

ACE
Italy
MANUAL THERAPY RETREAT
2027

More than professional development. More than a holiday.

The ACE Manual Therapy Retreat brings together clinically relevant education, genuine connection and an unforgettable travel experience — all in one incredible week.
Across seven nights in Italy, you'll learn alongside like-minded health practitioners through practical workshops designed to challenge the way you think, broaden your clinical toolkit and give you fresh ideas to take back into practice.

In 2027, our Retreat workshops will centre around the theme: Progression in Manual Therapy. We'll explore how manual therapy continues to evolve — from the techniques we use and the way we apply them, to clinical reasoning, rehabilitation and the way we communicate with our patients.

Some workshops will introduce completely new content. Others will take familiar concepts further, challenge existing thinking and provide new perspectives on the skills you already use.

But the ACE Retreat has never been just about the workshops... There will be time to explore, eat exceptionally well, enjoy the Italian sunshine, discover somewhere new and share the experience with an incredible group of people. Whether this is your first ACE Retreat or you're coming back for another, expect the perfect mix of learning, connection, adventure, relaxation and a lot of fun.

9-16 MAY 2027 • 7 NIGHTS • SORRENTO • LIMITED PLACES

Welcome to Sorrento, Italy



There are some places that seem made for an ACE Retreat.
Sorrento is one of them.

Perched above the sea on the Sorrentine Peninsula, Sorrento looks across the Gulf of Naples towards Mount Vesuvius. It is a place of spectacular coastal views, citrus groves, bustling piazzas, winding streets and long Italian evenings.

It also gives us the perfect balance for the week: somewhere beautiful enough to feel like a true escape, but lively enough that there is always somewhere new to wander, eat, drink or explore.



Sorrento's clifftop setting overlooks the Gulf of Naples and Vesuvius, with citrus groves, historic streets and the coastline forming a major part of the destination's character.



Between retreat activities, you'll have time to discover Sorrento at your own pace, enjoy the local food and hospitality, find your favourite aperitivo spot and experience this remarkable part of Italy beyond the workshop room.

This is professional development with a very different backdrop.

Grand Hotel Vesuvio

Your home for the week

For seven nights, the Grand Hotel Vesuvio will be our home for the ACE Retreat.

Set above Sorrento and surrounded by Mediterranean landscape, the hotel gives us the space to bring both sides of the retreat together: dedicated spaces to learn and connect, alongside plenty of room to switch off and enjoy being on holiday.

When you're not in a workshop, relax beside the semi-Olympic swimming pool, find a spot in the garden or citrus grove, enjoy the views across the Gulf, or head into Sorrento to explore.
The hotel also operates a complimentary shuttle service to the centre of Sorrento, approximately 2 kilometres away.









Grand Hotel Vesuvio



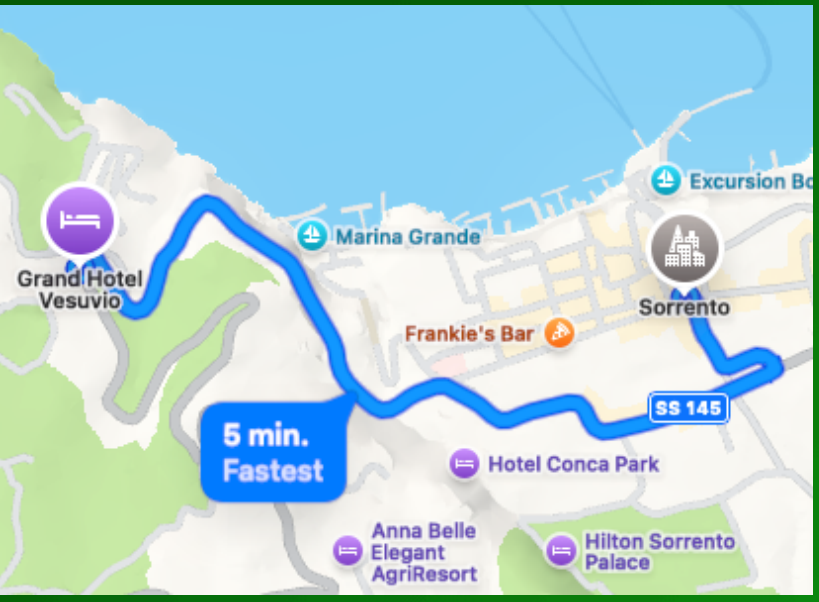












The Grand Hotel Vesuvio is located near the centre of Sorrento, with a stunning view of the peninsula.

The hotel guest shuttle bus to Sorrento operates from 9am to 11pm daily.

What makes an ACE Retreat different?

More than PD Workshops. More than a week away.
The ACE Retreat brings together clinically relevant education, genuine connection and unforgettable shared experiences.

The workshops matter. But so do the conversations over lunch, the people you meet, the places you explore and the moments that happen in between.





Learn
Clinically relevant education designed specifically for practising manual therapists. Practical, thought-provoking and focused on helping you develop the way you think and work in clinical practice.

Connect
Spend the week with health practitioners from different backgrounds, locations and stages of their careers. Conversations don't stop when the workshops finish - some of the most valuable connections happen over lunch, cocktails or dinner.

Experience
You're in Italy. We want you to enjoy it.
The retreat is designed to allow you to explore the location alongside your professional development - with time for food, adventuring, relaxing, group activities and simply enjoying where you are.



Been to the retreat before?
A new destination. A new workshop theme. New content and new experiences - all the familiar ACE Retreat energy you already know.

2027 Workshop Theme



Progression in Manual Therapy

Our 2027 theme draws on the importance of individualised care.

Quality healthcare requires a detailed and complex process of clinical reasoning to plan and deliver the best possible intervention for our patients. Developing and implementing an effective treatment plan requires us to plot out a progressive path toward the patient's end goal.

Across the week, we'll explore how to build on foundations, challenge your thinking, encourage innovation and refine your approach to contemporary patient care.



Some workshops will introduce new ACE content. Others will take familiar concepts and techniques and explore them in greater depth, from a different perspective or with new applications.

The goal isn't simply to learn more techniques.
It's to leave the retreat thinking differently about the techniques, knowledge and clinical decisions you already make.



What to expect at the workshops

Practical. Relevant. Designed for Clinicians
The ACE Retreat brings together practitioners with different qualifications, clinical interests and levels of experience - so the workshop program is deliberately varied.



Expect a combination of:

- Practical, hands-on workshops
- Clinical reasoning and discussion
- Technique application and discussion
- Contemporary perspectives on manual therapy
- Opportunities to revise and progress existing skills
- Ideas you can take into your practice

Each workshop will contribute something different to our exploration of the theme; 'Progression in Manual Therapy'. View all the 2027 Retreat workshop descriptions here.



Come curious.

You don't need to work in a particular speciality or have completed specific ACE courses to get something valuable from the workshops.





Workshops

View the full Workshop Schedule and descriptions here.

Workshop #1 Moving Beyond a Technique
Duration: 1 hour
Presented by: Shaun Brewster



Explore what progression really means in manual therapy and how it can guide better clinical decision-making.
This opening workshop looks beyond individual techniques to consider how assessment, meaningful goals, treatment selection and reassessment can work together to shape a purposeful and adaptable approach to care. Develop a framework for progressing treatment according to changes in pain, movement, tolerance and function.



Workshop #2 Carpal Tunnel Syndrome
Duration: 2 hours
Presented by: Carey Giddens

Develop a more confident and considered approach to managing carpal tunnel syndrome.
Explore the factors influencing nerve function, identify when conservative care may be appropriate, and use assessment and reassessment to guide treatment decisions. This workshop will examine how manual therapy strategies can be progressively adapted as symptoms and function change, while recognising when further investigation or referral may be required.

Workshops

Workshop #3 Shoulder Impingement Syndrome

Duration: 2 hours
Presented by: Amanda Kilminster



Challenge traditional thinking around shoulder impingement syndrome and explore a more contemporary approach to shoulder pain and dysfunction.
Through practical assessment, clinical reasoning and hands-on treatment, examine how manual therapy and exercise can be selected and adapted according to the individual presentation. Learn how ongoing reassessment can guide treatment progression and support improvements in movement, confidence and function.



Workshop #4 Plantar Fasciosis

Duration: 2 hours
Presented by: Dalton Yates

Explore a contemporary approach to plantar fasciosis, combining current understanding of tissue pathology, biomechanics and load management with practical treatment strategies.
This workshop will examine manual therapy, targeted exercise and patient education, with a focus on adapting treatment as pain, tissue tolerance and functional capacity improve. Learn how progressive loading can support a confident return to activity across both sedentary and athletic populations.

Workshops

Workshop #5 Gluteal Tendinopathies

Duration: 2 hours
Presented by: Olivia Crapper



Develop a more comprehensive approach to managing gluteal tendinopathies by exploring tendon pathology, mechanical loading and the factors influencing pain and function.
Through practical application, examine appropriate manual therapy, management of compressive and tensile loads, and strategies for progressively advancing rehabilitation. Learn how reassessment and patient response can guide treatment toward improved strength, movement tolerance and a sustainable return to activity.

Workshop #6 Four Lenses for Managing Mechanical Low Back Pain

Duration: 4 hours
Presented by: Dalton Yates, Carey Giddens, Amanda Kilminster, Olivia Crapper

Mechanical low back pain rarely has a single solution. In this four-part workshop, different members of the ACE teaching team will explore the same presentation through four complementary clinical perspectives.

Broaden your understanding of assessment, treatment and rehabilitation, and discover how different approaches can be integrated into an individualised treatment plan that progresses with the patient.






Retreat Social Activities







Welcome Cocktail Party
The official start to the retreat.
Meet your fellow Retreat attendees and the ACE Team over drinks and nibbles, settle into Sorrento and celebrate the beginning of seven days together.

ACE Race
Part scavenger hunt, part Amazing Race, part organised chaos.
You'll team up with other attendees to complete challenges, explore your surroundings and compete for prizes and all important bragging rights.

ACE Olympics
An ACE Retreat tradition.
Teams, challenges, questionable athletic ability, healthy competition and usually a lot of laughter. You don't need to be sporty - this is much more about team spirit, competitive spirit and having a laugh.

Farewell Dinner
Our final evening together to eat, drink and celebrate the week before we say goodbye. We always choose a dinner location with a little extra magic for our final night - somewhere that feels worthy of the week and gives everyone one last night to remember.







Your time in Italy

Make the week your own
The Retreat gives you the structure of a group experience without needing every minute of your holiday to be organised for you.

Outside the scheduled workshops and ACE activities, there will be time to enjoy Italy your way.

Find a cafe. Wander through town. Spend an afternoon by the pool. Book a long lunch. Head out and explore the Amalfi Coast. Or do absolutely nothing for a few hours.

There is no single right way to do an ACE Retreat.





Learn together. Explore your own way. Come back with stories.



Optional Excursions

COMING SOON

Want to explore a little further?
We're currently working on a selection of optional tours and excursions for Retreat attendees who would like to experience even more of the region during the week.



These experiences will be entirely optional and offered in addition to the core Retreat program.













Who comes to an ACE Retreat?

"I'd love to come, but I don't know anyone"



That's one of the reasons so much of the week is built around shared experiences — from workshops and meals to the ACE Race, Retreat Olympics and the conversations that happen in between.

You might arrive knowing no one.
You probably won't leave that way.

> *"The thing I liked most about the Retreat was being with like-minded therapists in a fun learning environment." - Jodie*



"I've already been on an ACE Retreat"
Awesome. Welcome back.

Returning attendees are a big part of what makes the ACE Retreat community so special.
You'll recognise some favourite traditions, but every Retreat brings a new destination, new workshop content, a new educational theme and new experiences.

And for Italy, we have something a little special planned for our repeat attendees too.

> *"The ACE Manual Therapy Retreat never fails to deliver! Interactive workshops with a wealth of knowledge from the team. Amazing to meet and have so many laughs with such a supportive group of fellow practitioners. Great job as always ACE"*
> *- Japan Retreat attendee*



"Who will I meet at the ACE Retreat?"

The Retreat brings together practitioners from different professions, locations, stages of their careers and clinical interests.
What they tend to have in common is a willingness to learn, share ideas, meet new people and have a genuinely good time while doing it.

> *"It's a great opportunity to add to your professional development, meet like-minded professionals and have a bit of fun along the way. Highly recommend."*
> *-Japan Retreat attendee*

Bringing a guest?

Some experiences are even better shared.

Bring your partner, a friend or your family and turn the Retreat into a holiday you can enjoy together. Or come with a colleague and share the full ACE Retreat experience together.



Bring a partner, friend or family

Our Double Room option includes accommodation and breakfast for one Retreat attendee and one guest, while our Family Room accommodates one Retreat attendee, one adult guest and one child.



While you're taking part in workshops, your guest has the freedom to enjoy Sorrento their way: relax by the pool, wander into town, head out for the day or simply enjoy a little Italian downtime.

And when it's time to celebrate, you don't necessarily have to leave them behind. A **Guest Social Events Package** can be added to your booking so your guest can join the group for our welcome cocktail party and farewell dinner.





Or come with a colleague

Have a colleague who keeps saying "we should do some PD together sometime?" This might be the time. Two practitioners can attend the Retreat together and share a room on our **Shared Room** package. You'll both attend the workshops, all the awesome Retreat activities - and have someone to explore with.

It's professional development. But with better food and scenery.

Travelling solo? *You'll be in good company. Plenty of people join an ACE Retreat without knowing anyone beforehand - but it doesn't stay this way for long.*

Schedule

Sunday 9th May	Monday 10th May	Tuesday 11th May	Wednesday 12th May	Thursday 13th May	Friday 14th May	Saturday 15th May	Sunday 16th May
Attendees arrive at the Grand Hotel Vesuvio		**Exercise Session** 7am - 8am	**Free Day** **Book an optional day tour, explore Sorrento or just enjoy a day by the pool...**				**Check-out Day**
	Orientation 9am - 9:45am	**Workshop #2** 9am - 11am		**Workshop #4** 9am - 11am	**Workshop #6** 9am - 1pm		
	Workshop #1 9:45am - 10:45am						
	Morning Tea	**Morning Tea**		**Morning Tea**	**Morning Tea**		
	Social activity 11am -12pm	**Workshop #3** 11:15am - 1:15pm		**Workshop #5** 11:15am - 1:15pm			
	Lunch 12pm	**Lunch** 1:15pm		**Lunch** 1:15pm	**Lunch** 1pm		**Start dreaming about the next ACE Retreat...**
				ACE Race 3pm - 4.30pm	**ACE Olympics** 3pm - 4.15pm		
					Next location announcement 4.30pm		
Retreat Opening: Welcome drinks 5pm - 7pm						**Farewell Dinner** 7.30pm - 9.30pm	

What's included

Your Retreat Registration Includes...



- **7 nights accommodation at the Grand Hotel Vesuvio**
  Check in: 9 May 2027 I Check out: 16 May 2027
- **Daily breakfast**
  Included for all Retreat attendees and guests
- **All ACE Manual Therapy Retreat workshops**
  A week of practical and clinically relevant education centred around our theme 'Progression in Manual Therapy'



- **Morning tea and lunch on workshop days**
- **Welcome Cocktail party**
- **Farewell dinner**
  This is an evening not to be missed. We always choose a location with a little extra magic that feels worthy of the week together.



- **ACE Race activities**
- **ACE Olympics**
- **Official 2027 ACE Retreat Italy T-shirt**

Plus seven days of ACE Retreat memories that are considerably harder to put into a bullet point.



Choose your Retreat

There are several ways to join us in Italy

Payment plans available on all registrations

Single Room $5,900 AUD

1 Retreat attendee

For one ACE Retreat attendee enjoying their own room for the week.



Includes:

- 7 nights accommodation & breakfast
- All retreat workshops
- Morning tea & lunch on workshop days
- Welcome Cocktail Party
- Farewell Dinner
- ACE Race & ACE Olympics activities
- ACE Retreat 2027 T-shirt

Coming with someone? They can holiday while you learn!

$6,200 AUD Double Room

1 Retreat attendee + 1 guest (adult or child)

Perfect if you'd like to attend the Retreat and bring your partner, friend or family member along to enjoy Sorrento with you

Includes:
7 nights accommodation & breakfast for 2
Full retreat registration and inclusions for 1 attendee



Want your guest to join you at the celebrations?

Add a **Guest Social Events Package** so they can join you at the **Welcome Cocktail Party** and **Farewell Dinner**

SECURE YOU PLACE

Choose your Retreat cont.

Family Room $6,700 AUD

1 Retreat attendee + 1 adult + 1 child

Bring the family and combine your professional development with an Italian family holiday

Enjoy an Italian family holiday



Includes:
7 nights accommodation and daily breakfast for 2 adults and 1 child
Full retreat registration and inclusions for 1 attendee



Want your guests to join you at the celebrations?

Add a **Guest Social Events Package** so they can join you at the **Welcome Cocktail Party** and **Farewell Dinner.** We have packages for adults and children.

Share a room & the experience with a colleague

$4,700 AUD per person — Shared Room

2 Retreat attendees sharing a twin room

Designed for 2 practitioners who are both attending the ACE Retreat and have organised to share together.

Each attendee purchases their own registration, and each receives the full Retreat inclusions.



Please note:
ACE is not able to match attendees with roommates. You will need to organise who you are sharing with before purchasing your registration.

SECURE YOU PLACE

ACE Team

Presenters



SHAUN BREWSTER
Founder & Executive Director

Musculoskeletal Therapist, Exercise Physiologist.



CAREY GIDDENS
Assistant Educator

Sport and Remedial Massage Therapist



DALTON YATES
Assistant Educator & Student Support

Remedial Massage Therapist.



AMANDA KILMINSTER
Assistant Educator

Remedial Massage Therapist.



LIV CRAPPER
Assistant Educator

Myotherapist. Personal Trainer

Retreat Coordinator



ERIN BAKER
Director of Operations

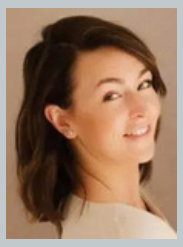
Myotherapist. Pilates Instructor

Event Support



NICK KILMINSTER
Activities Co-ordinator

Travel Manager



Hope Johnson
Personal Travel Manager
0437 669 016
hope.johnson@travelmanagers.com.au
travelmanagers.com.au/ptm/hopejohnson

Travel Managers
As individual as you are
travelmanagers.com.au

Our personal Travel Manager, Hope, is ready to turn your travel dreams into reality.

With a decade of experience in administration and a passion for travel, Hope has built her career helping others bring their dream holidays to life.

Please contact Hope for help with the following:

- International Flights & Internal Europe Flights
- Hotel transfers from train station or airport
- Optional day trips and excursions
- Holiday itinerary planning
- Independent & Group travel
- Travel Insurance

Retreat Resources

Cancellation Policy

We understand that sometimes plans and circumstances can change. Our cancellation policy has been created to provide clear and transparent terms while allowing ACE to meet our non-refundable obligations and give you clarity on what refunds are available should your plans change.

See our Retreat Cancellation Policy here.

We strongly recommend that you consider taking out Travel Insurance. Depending on your circumstances and individual policy, this may provide cover for you should your plans change unexpectedly before or during your holiday. Our Travel Manager, Hope, can provide assistance with arranging travel insurance.

Payment Plans

We appreciate that investing in our Manual Therapy Retreat is a significant financial commitment. To help make the Retreat more accessible, we offer payment plans that allow you to spread the cost of your registration over time.

Payment plans are available at checkout. Plans require:

- An initial 20% deposit (plus Humanitix booking fees)
- Payment of the remaining balance through automatic weekly or monthly instalments
- Full payment by 15th March 2027

See our Payment Plan Policy here

Pay by Invoice

You can also choose to pay by invoice. This option allows you to avoid the Humanitix booking fees and payment plan fees. Please note that invoice payments cannot be made by credit card.

See our Invoice Payment Policy here.

Got Questions?
Please contact us at
admin@advancedclinicaled.com



SECURE YOUR PLACE

Salute!

See you in Italy

ACE ADVANCED CLINICAL EDUCATION

www.advancedclinicaled.com