Academy
of PHYSICAL MEDICINE

Advanced Shoulder Pain Workshop

with Simeon Niel Asher

18/19 April 2015

Whittlebury Hall
Northamptonshire
NN12 8QH

Congratulations on securing your place on Simeon Niel Asher's Advanced Shoulder Pain workshop on the 18th and 19th April. This will be a really valuable training weekend, with one of the world's experts in shoulder pain.

The Where and When

Whittlebury Hall

Whittlebury, Near Towcester, Northants
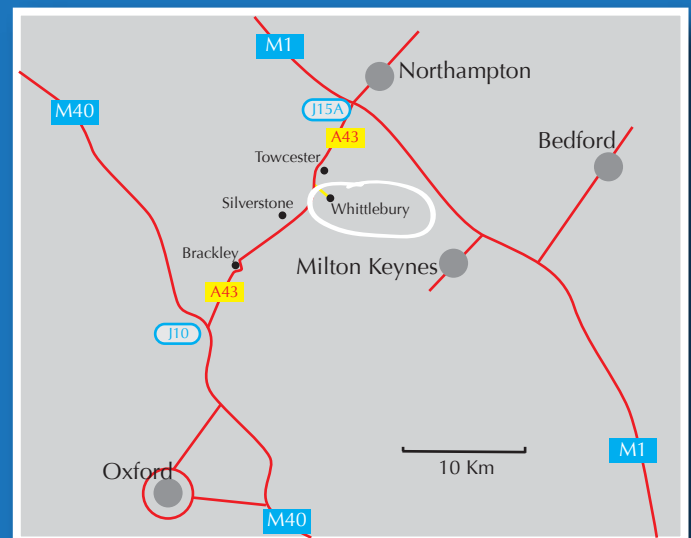NN12 8QH
Reception: 01327 850489

The course will take place at Whittlebury Hall, a luxurious venue close to the Silverstone Formula 1 race track in Northamptonshire.

Getting There By Road

Whittlebury is signposted off the A43, between the M40 and the M1. Your satnav will get you there easily (NN12 8GH), so I'm not going to try to give directions – if you need help, do give me a call (01933 328153).

There's lots of parking on site, as you would expect.

By Rail

If you're travelling by rail, Milton Keynes is the nearest station (11 miles), or Northampton (14 miles).

Course Timings

Saturday:		Sunday:	
9:00am - 9:30am	Registration	9:00am - 1:00pm	Part 3
9:30am - 1:30pm	Part 1	1:00pm - 2:00pm	Lunch
1:30pm - 2:30pm	Lunch	2:00pm - 4:30pm	Part 4
2:30pm - 5:00pm	Part 2		

Sustenance

Teas, coffee and biscuits will be provided on arrival and at morning and afternoon breaks.

Lunch in the Astons Restaurant is included in the course fee - vegetarians are catered for, but if you have other dietary requirements please let us know well in advance and we will ensure your needs are met.

Dinner is not provided, but if you are in the hotel on the Friday or Saturday night, you'll be very welcome to join us at our table, where you can chat to Simeon in a more informal environment.
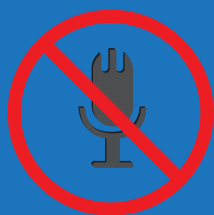
What to Bring

The usual stuff for a practical course: suitable clothing and a good sense of humour. It is worth having a notebook and pen but we will send out copies of Simeon's slides after the event.

We provide treatment tables, couch roll and hand-sanitizing gunk.

Course Material

Handouts and/or copies of Simeon's slides will be made available during the course.

Out of courtesy to Simeon, however (and to respect his intellectual property rights!), please do not make video or audio recordings of the training sessions. Still photography is fine - but please minimise the flashes!

Problems on the Day?

Call us on: **01933 328153**
or email:
hollie@academyofphysicalmedicine.co.uk

Accommodation

Whittlebury Hall
01327 850489
Dinner, Bed and Breakfast: £160 per night
(this is a £10 per night discount on their normal fee)
Definitely the luxury option, guests also have use of the
very swanky spa - make sure you ask for the discount!

The Gables Bed and Breakfast
3-4 Brookside, Lillingstone Lovel, MK18 5BD
01280 860680
From £35 per night including breakfast
2.9 miles from Whittlebury Hall
http://www.thegablesbandb.co.uk/splash

Hillside Guest House at Silverstone
8, Hillside Avenue, Silverstone, NN12 8UR
01327 858557
From £45 per night including breakfast
2.8 miles from Whittlebury Hall
http://hillsideguesthousesilverstone.co.uk/

The Counting House Bed and Breakfast
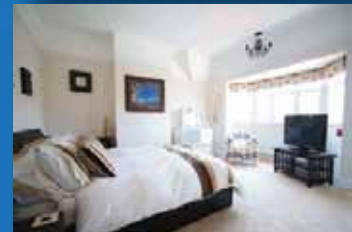67 Brackley Road, Towcester, NN12 6DH
01327 353611
From £65 per night including breakfast
4.2 miles from Whittlebury Hall
http://www.counting-house-b-and-b-silverstone.co.uk/

The Bell at Helmdon
Church Street, Helmdon, NN13 5QJ
01295 768155
From £50 per night including breakfast
9.5 miles from Whittlebury Hall
http://www.thebellhelmdon.co.uk/

Brackley Oaks Guest House
5 Halse Road, Brackley, NN13 6EA
01280 705200
From £50 per night including breakfast
9.8 miles from Whittlebury Hall
http://www.brackleyoaks.co.uk/

Jubilee House Bed and Breakfast
Gayton Road, Eastcote, Towcester , NN12 8NG
01327 830725
From £45 per night including breakfast
8.1 miles from Whittlebury Hall
http://www.jubileehouse.co.uk/

Plus...

The Coach House B&B, 01327 352855, £65 , 6.2 miles, www.thecoachhouseduncote.co.uk
Windmill Cottage B&B, 01604 858553, £49, 7.4 miles, www. sites.google.com/site/windmillcottagebb