Organizers:

Co-Organizer:

(Physiotherapist Only)

ANATOMY TRAINS

STRUCTURAL ESSENTIALS SERIES:

>>> Head, Neck and Jaw <<<

The neck is a remarkable feat of biomechanical engineering, giving a combination of wide range of movement but maintaining a structural strength. It is often seen as the last site of compensation as it corrects for any alteration from below allowing the eyes and ears to orient to the horizon. Patterns can of course work their way in the other direction and particularly from the jaw and its many possible patterns of movement and holding. This course will focus on key areas of the neck and jaw complex to allow you to build successful strategies to ease these potential problem areas alleviating the issues working in both directions and setting the body up for a longer lasting change.

Focuses of this Module

21 - 22 NOV 2026 (SAT& SUN)

9AM - 1PM ; 2PM-5PM

GH016, PolyU

Capacity: 23

12 CPD points (AC1260067)

Original Price:

- **Members : HKD $5,900**
- **Non-members : HKD $6,500**

Early Bird (on or before Nov 8, 2026):

- **Members : HKD$5,600**
- **Non-Members: HKD $6,200**
- **Group ≥2 Members: HKD $5,500/person**
  (All group members have to be HKPA members)



Kit Man Ao
Anatomy Trains Structural Integration Certified Teacher

Deadline:
15 Nov 2026 (Sun)

APPLY NOW

For inquiries, contact Mr. Jeffrey MAN (promotionhongkongpa@gmail.com)

Organizers:

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Focuses of this Module:

- The sub-occipital muscles.
- The laminar groove and deep cervical muscles.
- Soft-tissue techniques for shoulder muscles
- The muscular wires of the front of the neck – anterior scalenes and colli muscles.
- Intra-oral work for the hyoid complex, the tongue, and the floor of the mouth.
- The jaw muscles, TMJ, the palate and facial muscles.



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Kit is a Doctor of Physical Therapy who was president of the Macau Physical Therapists Association for about ten years before becoming the association consultant. She is passionate about enhancing movement and recovery through advanced techniques in musculoskeletal disorders and sports injury management.

Kit has always been fascinated by human anatomy, and through the structural integration approach, she can combine her expertise in movement and manual therapy to empower individuals on their journey to wellness.

In addition to her daily clinical work, Kit has participated in many other physical therapy conferences as a speaker in Asia.



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ANATOMY TRAINS

STRUCTURAL ESSENTIALS SERIES

OVERVIEW

Module	Estimated Time (day)
> Arches and Legs <	3
> Fans of the Hip <	2.5
> Abdomen, Chest and Breath <	2.5
> Tensegrity Spine <	2
> Shoulders and Arms <	2
> Head Neck and Jaw <	2

Remark: Each module will be held individually

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