

TIMETABLE | DAY ONE

WOMAN ON FIRE

TIME	ROOM 1 : LECTURES	ROOM 2 : MOVEMENT/THEORY	ROOM 3 : MOVEMENT
8.45 – 9.15	Opening and Keynote: Jenny Burrell		
9.15 – 10.30	What Metabolic Syndrome at Midlife REALLY Means For Your Long Term Health Jenny Burrell	Pilates Wizardry for Back Pain Steph Grey	Animal Flow® Masterclass Richard Scrivener
10.45 – 12.15	Living Your Best Life After Cancer Treatment Ends Michelle Lyons	NatalStrength® Launch Richard Scrivener + Vivienne Rounsley	Yoga Therapy for Pelvic Health Shelly Prosko
12.15 – 1.00	Lunch and Raffle Draw		
1.00 – 2.15	Bowel Health and the GI System in the Post Natal Population Susan Coel Clinton	Post Natal Programming Like a Boss Masterclass Jenny Burrell	How to Make Your Mobility Programming the STAR of the Show Paul Edmonson
2.30 – 3.30	The Rise of Post Birth PTSD Fiona Nicolson	How Stress is Processed and Manifests in Our Physical Body And How Movement Can Create Change Emily Splichal	How to Move From Selling to Problem-Solving? Adam Daniel
3.45 – 5.00	How to Support an Authentic Puberty for Your Teens Beth Learn	Medical Interventions During Labour and Birth Sofie Jacobs	The Gymstick® Masterclass Marietta Mehanni
5.00 – 5.30	The Power Years Games Grand Final		
5.30 – 5.45	Evening Event and Day 2 Orienteering		

**Please note that we endeavour to stick to this timetable as much as humanly possible but do reserve the right to alter the sessions & presenters if absolutely necessary. There is no need to 'book' your sessions, just attend the appropriate room at the stated time. A complimentary buffet lunch will be provided for all attendees. Tea, coffees, water & light snacks will be provided throughout the day.

TIMETABLE | DAY TWO

WOMAN ON FIRE

TIME	ROOM 1 : LECTURES	ROOM 2 : MOVEMENT/THEORY	ROOM 3 : MOVEMENT
7.15 – 8.00		MobilityMatters® Richard Scrivener	Sunrise Yoga
8.30 – 9.00	Opening and Keynote: Michelle Lyons		
9.00 – 10.30	Bowel and Bladder Health Extravaganza! Michelle Lyons	Diastasis Aware Fitness Explored Beth Learn	MSwing ® Masterclass Marietta Mehanni
10.45 - 12.00	Why Blood Sugar Management is ESSENTIAL For Management of Menopause Symptoms Claire Snowdon-Darling	Barre, Bone and Balance STRONG! Eliza Nearn	Functional Pilates for Fascial Fitness Lucy Pollard
12.00 – 12.45	Lunch and Raffle Draw		
12.45 – 2.00	Maintaining Hormonal Balance Throughout ALL the Key Female Lifephases Shania Seeber	Core Rehab Focused Pilates For The Post Natal Client Steph Grey	ESSENTIAL Movement + Nutrition For An Outstanding Midlife Clara Mosha
2.15 – 3.30	From Grief to Grit – Helping Mothers Deal with Loss Sofie Jacobs	Breathing, Voice + Core Dysfunction Susan Coel Clinton	MidlifeMetcon® and Whole Body Vibration Jenny Burrell
3.45 – 5.00	Compassion Focused Therapy Explored – An ESSENTIAL Coaching Paradigm Shelly Prosko	Why RECOVERY Programming is ESSENTIAL and How to Make it AMAZING! Paul Edmonson	Using Touch Sensory Stimulation to Improve Cognitive and Movement Co-ordination Emily Splichal
5.00 – 5.15	Closing and Final Raffle Draw		

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WOF 19 PRESENTERS AND SESSIONS EXPANDED

JENNY BURRELL

Keynote Day 1 | Why Your Authenticity At Work is Actually YOUR SUPERPOWER!

What Metabolic Syndrome at Midlife REALLY MEANS For Your Long Term Health | Lecture

THIS is literally of the biggest issues for Peri to Post Menopause women and it's not necessarily about aesthetics.....the fall-out from Metabolic Syndrome affects and has huge implications for bone, heart, cognitive and respiratory health and although driven by endocrine changes, the recipe for a woman's fightback lies in simple but powerful commitment to some KEY LIFESTYLE CHANGES. Women actually have more control than they think but this change requires a new 'map of the territory' that's often overlooked. In this session, Jenny unpacks WHY Metabolic Syndrome happens and give a step by step guide to out-foxing odds.

Post Natal Programming Like a Boss Masterclass | Lecture and Practical

For 13 years, Burrell Education has been at the forefront of helping professionals working with Post Natal woman to create programming THAT SOLVES PROBLEMS! We are in the 'PROBLEM/SOLUTION' AND RESULTS BUSINESS!! Our client's seek our help because they have problems specific to their lifephase, our job is to solve them and for that we need a PLAN! This session is all about how you make that plan, that get's results and creates your own tribe of raving mommy fans!

MidlifeMetcon® and Whole Body Vibration

So, in the 'Metabolic Syndrome at Midlife' Session, Jenny takes you on a journey though the why's and how's of Midlife Metabolic Syndrome and the myriad of other health issues that this then triggers. We know at this in life, MOVEMENT IS ESSENTIAL for bone health all the way to cognitive health but 'dose' matters, intensity matters, impact matters! How do we give these women not only what their physiology NEEDS and WANTS but.....how do we create high quality movement that will transform their relationship with movement and re-establish a lifelong love-affair? Jenny's answer is MidlifeMetcon® + Whole Body Vibration.

MICHELLE LYONS

Keynote Day 2

Living Your Best Life After Cancer Treatment Ends

The stats are climbing! It's official, more and more women are surviving cancer treatment and very grateful to do so but.....cancer treatment has a fall-out that, in many cases can last for decades. With stats for cancer sufferers now at 1:2, these women are our clients! How can we support them by truly understanding what they have experienced both physiologically and psychologically? How can we support them with the movement, lifestyle and nutrition prescription that they so desperately need in order to enjoy their new lease on life? Michelle always teaches on Cancer so beautifully with so much compassion and wisdom, virtually full house predicted for this session I think!

Bladder, Bowel and Backpain Extravaganza! Where do they intersect?

We know that for women with back pain, bladder control, breathing and bowel function are more important than BMI or level of activity (Smith 2014) and that scans/imaging are rarely informative...We know that the diaphragm and pelvic floor muscles are at the heart of pelvic health and spinal health, but that mindset, movement and nutrition are also vital pieces of the puzzle. A recent study showed that IBS sufferers would give up 25% of their remaining life to be symptom free... that endometriosis is often mis-diagnosed as IBS because of 'Endo-Belly', that menopause can see a sharp increase in both bowel and bladder dysfunction (did you know that 1 in 5 women over 40 has some sort of anal incontinence issues) So how can we put all these pieces of knowledge together to understand how hormones influence spinal, bladder and bowel health? To understand the evidence that shows how movement, food and stress management can work together to improve female spinal and pelvic health? Join me for this session on putting it all together - hormones, back pain, pelvic floor muscle dysfunction, bladder issues and bowel health and we'll come up with a plan to help women live better!

RICHARD SCRIVENER AND VIVIENNE ROUNSLEY

NatalStrength®

How EXACTLY, IN IMMENSE DETAIL, does one take a de-conditioned Post Natal women on a journey from SOFA TO SUPERSTAR when returning to her 'lifting-life'. There's just so much information out there delivered by those who don't know, do and teach this for their bread and butter both EXCELLENTLY and with deep passion. And this subject is REALLY IMPORTANT because when we start to load women who are essentially rehabbing, we'd better get the progressions and dosage right or we now start to do more harm than good. You'll love this session if you work with women who LOVE TO LIFT but need to journey back to their warrior-woman status with a strong foundation. Richard and Viv, have this nailed!

RICHARD SCRIVENER

Animal Flow®

Oh gosh, this is just so beautiful, you will weep! Animal Flow ® will take you back to the beginning of your movement journey as a human, break it all down and then build it all up again. Drawing from martial arts disciplines and gymnastics, the participants of this session will experience their bodies moving in a way that it's probably never moved before and your body will LOVE you for it!

MobilityMatters®

Mobility Matters....it just does because without full range of movement, mobility and stability, we can't harness our full strength and power. Whether your working with Post Natal women all the way to Post Menopausal, mobility or rather a lack of mobility starts to really affect functionality and freedom of movement. In this session, Richard will share with us a way to make improving mobility the 'star' of your programming instead of annoying afterthought. He'll share how he helps clients return to a love of being in and listening to their bodies with a compassionate and encouraging ear. It's revolutionary stuff and of course, instant content for you to go back and use with your clients right away.

LUCY POLLARD

Functional Pilates for Fascial Fitness | Lecture and Movement

Lucy Pollard was our 'New Presenter Search' winner in 2019 and now takes her extremely well-earned place in the line-up for 2019 delivering a delicious practical session where she integrates fascial science with Pilates to increase the interoceptive depth of work that you are currently doing with clients in your own classes. It's time to go deeper and Lucy will take you there!

FIONA NICOLSON

The Rise of PTSD Post Birth and How You Can Help Your Clients

With the rates of women being diagnosed with Post Birth PTSD climbing annually – some stats say the numbers are 1 in 4! – these women, more than likely are some of our clients. Fiona Nicolson is a Clinical Hypnotherapist who specializes in working with women who need deep support to unwind and make sense of the events of their birth and will share with us the how's and why's of this hugely complex condition and how we can be of assistance to our Post Natal clients. A great learning opportunity and ESSENTIAL INFORMATION for us all!

SOFIE JACOBS

From Grief to Grit: Essential tools for 'holding space' for clients going through loss | Lecture

Medical Interventions for Labour and Birth: Understanding what they are, why they're done, their physiological and psychological impact and how risk for interventions can be reduced - Lecture

Joining us all the way from Hong Kong, Sofie Jacobs is no ordinary Midwife! With a vast body of work and real-world experience under her belt combined with a massive dose of compassion for the women she serves, these two sessions are guaranteed to be hugely thought provoking. We simply can't work with women and not have an understanding of the very real potential for LOSS and the fall-out from bereavement and that not all births are 'smooth'! Some require interventions but there are consequence to the use of these interventions and the vibrations of these procedures

ELIZA NEARN

Barre, Bone and Balance Strong | Lecture

Eliza thrilled and wowed us all last year and collected a few fan-girls on the way! It was an honour to be in this session....it was a thing of beauty and literally didn't leave a dry eye in the house. Watching Eliza move is literally miraculous and whether you've experience or Barre or not, you'll adore how she coaxes you into 'principal ballerina mode' with an unconscious ease that's beyond rare. She's amazing, go move your body with her!

MARIETTA MEHANNI

MSwing ® Masterclass | Practical

GymStick ® Masterclasses | Practical

Hailing all the way from Melbourne in Australia, Marietta Mehani is literally the No 1: Fitness Presenter and Wellness Entrepreneur in the Southern Hemisphere and we are thrilled that she'll make the journey to UK to share with us two fantastic movement modalities. MSwing ® is THE MOST DELICIOUS way to load and move your myofascial system using rhythmical movement that will literally make your body melt. It calls heavily on Thomas Myers' Myofascial Lines and with application and huge value to all clients who simply need to return to the joy of moving in a way that will support their movements of daily life, hydrate and mobilize their fascia and overall, improve their 'fascial fitness'....this is a winner! GymStick ® - amazingly, we literally don't have this fantastic tool in the UK although it's used widely in Europe and in Australia and NZ! It's an amazing tool that promotes fascial tensioning, so important in connecting the dots of the fascial system and integrated movement, it's cool, it's highly effective and it just might be your next USP/Secret Weapon with your clients!

DR. SHANIA SEEBER

Maintaining Your Hormonal Authenticity as Your Journey Through Key Life Stages | Lecture

All the way from South Africa via Sussex, Dr. Shania specializes in Functional Medicine, Nutrition and Herbalism with a special interest in the key female lifestages and how modern lifestyle and habit and the modern environment affects the ease with which women now travel through puberty, the natal phase and the peri-to-post menopausal years. Ultimately, there's just so much that we can and must do to improve our hormonal health and Dr. Shania will show session attendees, how to make the small changes that truly have a huge impact.

PAUL EDMONSON

Paul Edmonson is one of the UK's leading Educators and is a Master Trainer for both the Institute of Motion and the Gray Institute, two powerhouses in the world of modern, integrated, fascially inspired movement. His session last year was a massive hit and so we thought we'd have him back again to share even more of his goodness.

How to Make Your Mobility Programming the STAR of the Show! | Lecture and Practical

We've all been there, either you tell your client to warm up and they moan or you prescribe exercises to improve their mobility and adherence is poor. Why is that? What's going on? Well, ultimately, the BRAIN listens to information coming in from the joint systems NOT MUSCLES – as most of us have been taught so when we want to improve mobility and give people the gains they need, we need to talk JOINTS! In this session Paul will explore the FOOT/ANKLE/HIP continuum. He'll make the science simple regarding their relationship and then give you a delicious sample of ways to move that will fill the room with ooh's and ah's....which is really what this is all about. We want our clients to ADORE their mobility sessions and to get RESULTS so that they continue to do what's prescribed.

Why RECOVERY Programming is ESSENTIAL and How to Make it AMAZING! | Lecture and Practical

PSA: The secret to unlocking performance 'gains' lies in your and your clients' Recover-ability! Most professionals in a training environment program for FITNESS benefit, but sometimes at the cost of health. This session will take a look at day to day stressors imposed on ourselves and our clients, how they manifest in your anatomy and physiology and how YOU, the health coach/practitioner can employ techniques that can aid restful sleep, preventative measures to combat stress, create and expand ranges in key joints (spaces) in the body that sedentary habits 'close down'. This session will help you understand how to look after your tissue remodelling in and between sessions and see how best to augment the detrimental effects of exercise styles such as HIIT. This session takes a deep dive on how to program for health NOT just fitness.

SUSAN COEL CLINTON

Breathing, Voice and Core Function | Lecture

Bowel Health and the GI System in the Post Natal Population | Lecture

Well, we are literally on our knees saying 'we are not worthy' to have his powerhouse of the global Physiotherapy world at our event. All the way from Pennsylvania in the USA, Susan is literally one of the best educators and thinkers in her field and she'll be making the deep science of BREATHING AND VOICE and BOWEL HEALTH for the Post Natal Population super simple and highly engaging. Literally it will be a knowledge-bomb festival! We're honoured to have her wisdom at our event this year and if you don't already know her work, you will be so glad to make her acquaintance!

SHELLY PROSKO

Enhancing Pelvic Health Through Yoga | Lecture and Practical

Compassion Focused Therapy Explored | Lecture and Practical

We are delighted to welcome Canadian Physiotherapist and Yoga Therapist Shelly Prosko to Woman on Fire 2019. Shelly is a global authority on Yoga and Pelvic Health and a truly beautiful presenter who manages to bring a lot of grace to the often gritty subject of Pelvic Health. Her globally available educational products are exquisite and if you don't already know her work, for sure they will become a go-to source after you meet her. In Shelly's session on Compassion Focused Therapy, she'll be exploring this ground-breaking and powerful model for understanding and coaching change with our clients and coaching session participants through a Self-Compassion workshop. In Shelly's 'Enhancing Pelvic Health Through Yoga' session, she'll be teaching her model for both activation and down-training the Pelvic Floor within its synergistic role as part of the entire Core using visualizations, movement and the breath....it's guaranteed to be delicious!

BETH LEARN

How to Support an Authentic Puberty For Your Teens – Raising Girls Who Get It | Lecture

Bethany Learn is a GLOBAL SUPERSTAR in the world of Women's Wellness. With her heart-felt and hugely intelligent company Fit2Be. She truly walks her own path in 'doing what's deep and right' for the women she serves. She's a massively respected member of the women's health online community and transcends the title of Pregnancy/Post Natal fitness and wellness education by a country mile. She's a woman doing 'purpose-driven' work and it shows! Beth has 2 sessions at Woman on Fire. Authentic Puberty tackles an often-neglected topic of 'how do we talk to our teenage daughters about their bodies, boys, lumps and bumps and being who they are!' A MUST for anyone who knows that they too need to have this conversation and who wants to have it from the best possible standpoint.

Diastasis Awareness Fitness | Lecture and Practical

In her second session, Beth takes us on a journey through the 'science of Diastasis Recti' before introducing participants to her movement methodology that has made her a global authority on Diastasis Recti. If you work with women with Diastasis Recti, and you want to know how to move them to support their wellbeing and healing, this session will THRILL YOU!

DR. EMILY SPLICHAL

Using Touch Sensory Stimulation to Improve Cognitive and Movement Co-ordination | Lecture and Practical

Dr. Emily is the head of EBFA Education the leader in 'Barefoot Education' and is the creator of Naboso Technology. In this session Emily will introduce you to and explore why/how there's another extraordinary level of awareness that we can all access to our movement life. This is ground-breaking news and so easy to implement and add to the movement work that we all currently teach. Want to get your clients truly connecting their bodies and minds....this is the gateway!

How Stress is Processed and Manifests in Our Physical Body and How Movement Creates Change | Lecture and Practical

In this session, Emily explores where stressful events within our lifetime are housed within our body and how our experiences manifest in postural and movement dysfunction. There will be a deep focus on how we help clients unwind their unhelpful habits in order to better inhabit their bodies and move more freely.

CLARA MOSHA

How to MOVE, THINK AND BE for an OUTSTANDING MIDLIFE! | Lecture and Practical

Oh gosh, this lady just had to present at Woman on Fire because she 100% walks the talk. Clara is a phenomenon in the world of Female Body Transformation.....helping women to buck the trend of opting for an elasticated waist and dialling in their nutrition and movement to transform their bodies, health and fitness at a time when most are 'powering down'. She's also, at 52, a mom of 3....one 'child' in his 20's and 2 twins born when she was almost 50!!!!!! Now, I think we all know that birthing even one baby in Peri-menopause is an 'ask'....but to birth twins is truly NEXT LEVEL! In this session Clara will show us EXACTLY how she manage to mom, run a very busy business and keep herself in the most outrageous shape....it's not easy but she most definitely has a system that works and she'll share all in her PRACTICAL/THEORY SESSION to help you work your body and your brain!

ADAM DANIEL

The Art of Moving From Selling to Problem-Solving and SERVING | Lecture

Adam is one the most respected Fitness Educators in the UK and main tutor on the Burrell Education Mentorship where his 'coaching change' session have been a huge hit. He has an incredible talent and track record in creating transformations and coaching change when working with individuals and professional sports teams. He's also an incredibly experienced businessman who very much knows how to work with both the hearts and heads of his clients. THIS skill alone, has the potential to transform your business and increase your value to clients as well as ensuring that they actually achieve the transformations that they desire. Coaching clients to change is the business that we're in but many of us haven't actually received any formal education. Coaching clients to change is a SCIENCE and Adam makes that science super simple! If you're ready to truly step into the arena as a COACH, you'll love this session.

CLAIRE SNOWDEN-DARLING

The VITAL Importance of Blood Sugar Balance to Manage Menopause Symptoms | Lecture

Claire is a Kinesologist and Menopausal Health Expert dedicated to transforming the lives of women through achieving hormonal balance. Ultimately, blood sugar levels and 'hormonal harmony' are linked BEYOND BELIEF. You can't have hormonal balance when your blood sugar levels are dysfunctional and although women might be able to grasp this concept intellectually, modifying lifelong habits in their nutrition and movement to affect change is generally very challenging. In this session, Claire shares how she supports and coaches the women she works with to make the changes that ensure they go from hormonal hell to their bodies being their haven again. Working with the Peri-to-Post Menopausal woman? You know you've got to be at this session.

STEPH GREY

Core Rehab Focused Pilates for the Post Natal Client | Lecture and Practical

Pilates Wizardry for Back Pain | Lecture and Practical

Steph Gray will be sharing her delicious Pilates methodologies tailored for the Post Natal woman and for those living with Back Pain. Steph practises at 'Live and Breathe Pilates' in Dublin Ireland and is a specialist for Post Natal rehab with an emphasis on tying global movement to the core for deep rehab before progressing women onto more dynamic movement. Steph's second session will focus on Spinal Care and solutions for your clients with Back Pain. As we all know, Back Pain and Spinal issues affect so many of our clients. This session is designed to give immense clarity as to the how's and why's of these conditions and then instantly transferrable practical solutions for you to learn and use with your clients. Pretty ESSENTIAL sessions for those of you practising Pilates and working with women.