



New lymphatic course dates for 2025!!!



***Hands On Lymphatic Drainage** techniques are an integration of specialised methods that have been drawn from 20 plus years of practice and research. Throughout our courses practitioners build or continue to develop skills and, or refresh their knowledge about lymphatic drainage to secure their professional longevity.*

Health practitioners and bodyworkers benefit from hands-on guidance with an expert and being educated in consistent practice methods. Through case studies our non-invasive, rhythmic hand techniques open new body systems' pathways for quality assessment and treatment.



Course facilitator, Hans Lutters, has worked with high performance athletes across the globe since 2012 and has been privileged to work with teams representing New Zealand. Working with athletes and with people suffering from chronic conditions, or in palliative care provides Hans with the balance and motivation to share his passion and educate others about quality of life and aspiration.

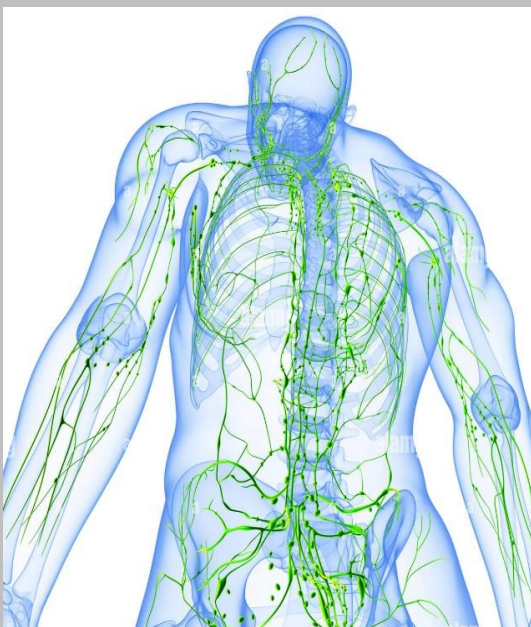
Lymphatic Drainage Level I / 7 - 9 February 2025

The anatomy and physiology of the lymphatic system is the important foundation of this course. However, the emphasis will be on the practical aspects of this modality. An important factor is the performance of the correct hand techniques. In this course (24 hrs total), the following patterns will be treated:

- Face, head & neck
- Trunk anterior & posterior
- Upper & lower extremities
- Hands & feet

By completing this introduction course the practitioner will be able to use their skills for preventive care and have knowledge about:

- Basic treatment of chronic fluid retention
- Basic treatment of MLD full body
- Comprehension of pathways, watersheds & MLD effects
- Reduction effects of lymphoedema and tissue changes





Lymphatic Drainage Level II / 7 -9 March 2025

Continuing lymphatic education is strongly advised after completing the 3 day MLD Level I course. It offers practitioners the opportunity to significantly enhance their understanding and skill-set in managing chronic fluid retention and applied MLD therapies.

Lymphatic Drainage Level II is designed for participants who have already completed the Lymphatic Drainage Level I course. The Level II course builds upon the foundational knowledge gained in the previous MLD course. It also provides practitioners with a more comprehensive understanding of Complete Decongestive Therapy (CDT). In this course (24 hrs total), the following patterns will be treated:

- *Applied techniques, organs (lungs, spleen, kidneys, liver)*
- *Applied techniques, facial (eyes)*
- *Management of complete decongestive therapy*
- *Introduction to bandaging and compression garments*
- *Medical taping for lymphoedema and acute swelling*
- *Case study: Chronic pain/sports injury & recovery*
- *Case study: Lipoedema/lymphoedema management*

By completing this advanced course the practitioner will be better equipped with a skill-set for preventative care and effective management of CDT. Some specific skills they will be able to use include:

- *Basic management of chronic fluid retention*
- *Reduction effects of lymphoedema and tissue changes*
- *Identifying Lymphoedema/lipoedema/phleboedema*
- *Basic management of compression bandaging*
- *Basic management of medical taping concept (MTC)*
- *Sports recovery & relaxation by applied MLD therapy*
- *Chronic conditions by applied MLD therapy*

Course Fees:

3 Day- Manual Lymphatic Drainage level I: \$650 (incl. GST)

3 Day- Manual Lymphatic Drainage level II: \$600 (incl. GST)

As per MANZ guidelines, MLD is a practice of RMT's. Therefore, MLD is a practice for level 6+ RMTs

Course facilitator



Hans Lutters

RMT MNZ | NGS | Vodder Applied MLD Therapist | ROC Teachers College