



FRIDAY 10 OCTOBER 2025

THE NATURAL THERAPISTS
SYMPOSIUM
EMPOWERING & CONNECTING PRACTITIONERS

8:00am Registration

8:45am Welcome to Country (Aunty Bridgette Chilly) & **Event Opening** (ANTA President, Shaun Brewster)

9:05am Meditation: Breath-focused meditation led by Neerja Ahuja, ANTA Branch Chair, Ayurveda

9:15am Keynote Speaker: Mark Bunn

The Daily Habits of 'Healthy' High Achievers: How Practitioners can do 30% more ... in 30% less time ... with 30% less stress

10:00am Expert Guest Speaker: Julian Moore

Topic: *What Artificial Intelligence (AI) Can Do Today For Tomorrow's Natural Therapists*

10:45am Morning Tea - Delegate and Exhibitor Networking

Practitioner Profession Streams

11:15am Naturopathy & WHM

Speaker: Dr Beth Steels

Topic: *Practitioner Use of Pathology Reports*

11:15am Acupuncture

Speaker: Dr Kate Levett

Topic: *Frameworks for Integrative Models of Care.*

11:15am Manual Therapies Workshop

Led By: Bodine Ledden

Topic: *Progressive Manual Interventions for Lower Back Pain: Integrating Manual Therapy with Meaningful Movement*

12:00pm Naturopathy & WHM

Speaker: Ananda Mahony

Topic: *Collaborative Approaches to Understanding and Managing Women's Pain*

12:00pm Acupuncture

Speaker: Paul Movsessian

Topic: *The Blind Acupuncturist Tradition of Japan*

12:45pm Lunch - Delegate and Exhibitor Networking

1:45pm Naturopathy & WHM

Speaker: Tara Nelson

Topic: *The Thyroid-Gut Connection - How the Microbiome Impacts Thyroid Health*

1:45pm Chinese Herbal Medicine

Speaker: Jean-Paul Staats

Topic: *Staying relevant as a Chinese Medicine Practitioner*

1:45pm Manual Therapies Workshop

Led By: Rob Granter

Topic: *Rethinking Chronic Knee Pain: Through a Whole-Body Lens*

2:30pm Clinical Nutrition & WHM

Speaker: Dr Brad Leech

Topic: *Are Grains Killing Our Patients - or Could They Be the Missing Link to Wellness*

2:30pm Chinese Herbal Medicine

Speaker: David Hartmann

Topic: *Beyond the Box: A Multimodal Approach to Patient Care in a Chinese Medicine Clinic*

3:15pm Afternoon Tea - Delegate and Exhibitor Networking

3:45pm - 5:00pm Multi-Modality Panel Discussion and Q&A Forum

Topic: *Natural Therapy Approaches and Multi-Disciplinary Considerations for*

1. *Pain Management*

2. *Mental Health & Wellbeing*

3. *Women's Health*

Chair & Facilitator: Mark Shoring (ANTA Multi-Modality Branch Chair)

Panellists: *Session Speakers Day 1 (above) and ANTA Board & Branch Chairs*

7:00pm Pre-Dinner Networking Event

7:30pm Gala Dinner - Natural Therapists Professional Excellence Awards and ANTA 70th Birthday Celebrations.

8:15am Arrivals

8:50am Meditation - Breath-focused meditation led by Neerja Ahuja, ANTA Branch Chair, Ayurveda

9:00am Welcome to Day 2 and ANTA Strategy (2030) Launch (ANTA CEO, David Liesegang)

9:15am Keynote Speaker: Dr Jodi Richardson

Elevate Your Wellbeing for a Thriving Practice: Feel empowered, equipped and inspired to grow the businesses you love.

10:00am Expert Guest Speaker: Tammy Guest

Topic: Future-Proofing Your Business: Innovative Models and Mindsets for the Future of Natural Therapists.

10:45am Morning Tea - Delegate and Exhibitor Networking

Practitioner Profession Streams

11:15am Clinical Nutrition & WHM

Speaker: Jessica Cox

Topic: From Clinician to Business Owner: How to Run a Successful Clinic

11:15am Manual Therapies

Speaker: Rob Granter

Topic: The Manual Therapist's Survival Guide: Insights from 39 Years in Practice

11:15am Acupuncture Workshop

Led By: Paul Movsessian

Topic: Sôtai Therapy - Japanese Structural Balance & Neuromuscular Re-Education

12:00pm Clinical Nutrition & WHM

Speaker: Jacinta Barbagallo

Topic: Aligned & Online: Using Food as Medicine to Support Women's Health & Grow Your Online Practice

12:00pm Manual Therapies

Speaker: Bodine Ledden

Topic: Manual Therapy & the Predictive Brain: Rethinking Pain Modulation in Manual Therapy

12:45pm Lunch - Delegate and Exhibitor Networking

1:15pm Expert Panel and Q&A Forum

Topic: Personalisation Pays: How Tailored Practitioner Care Drives Clinic Revenue and Success

Chair & Facilitator: Warren Maginn (ANTA Clinical Nutrition Branch Chair)

Panellists: Guest and Session Speakers Day 2 (above) and others to be announced.

2:45pm Afternoon Tea - Delegate and Exhibitor Networking

3:15pm - 4:45pm Closing Plenary: Practitioner Community Workshop

Topic: From Reflection to Action: Shape Your Practitioner Future with Purpose

Guest Facilitator: Tammy Guest

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