

Baltic Cruise

June 2011



In June 2011, we set sail on a Baltic adventure. This was another brilliant seminar, presented by Dr Helen Clare. Helen updated us on the current research into the efficacy of the McKenzie method. We seminared as we sailed between Baltic ports including Stockholm, Helsinki, St Petersburg and Tallinn. In between lectures we climbed rooves, rode bikes, and visited museums and palaces. A wonderful part of the world.

