



MRC EUROPEAN SUMMIT 2026

November 18-20

Waalwijk, the Netherlands

A three-day event for dental and orthodontic professionals, combining expert lectures on **Myofunctional Orthodontics**, **TMD** and **SDB**, with international networking opportunities.



With lectures by leading international experts:
Dr Steffen Decker, Dr John Flutter, Patrick McKeown, Peter Jan Meulenbelt,
Dr Aoife Stack en Steven Zwerink

The seventh edition of the

MRC EUROPEAN SUMMIT

Featuring an extensive line-up of internationally renowned speakers addressing key topics in myofunctional disorders, sleep-disordered breathing (SDB) and temporomandibular disorders (TMD).

The Summit program is complemented by workshops, followed by opportunities to network with colleagues from around the world during evening events featuring diverse activities and excellent cuisine.

Key Topics

- Myofunctional Orthodontics: treating the underlying causes rather than the symptoms
- The future of orthodontics through the integration of breathing and myofunctional techniques
- Latest research on myofunctional disorders, sleep-disordered breathing (SDB) and temporomandibular disorders (TMD)
- Screening, diagnosis and treatment of malocclusion, TMJ dysfunction, sleep-disordered breathing, tongue-tie and soft tissue dysfunction
- Practical aspects of implementing myofunctional treatment in clinical practice
- MRC treatment systems: *Myobrace*[®], *Myosa*[®], *Myoretainr*[®] and *Myotalea*[®]
- MRC Activities programs, improving patient outcomes and enhancing treatment insight
- Treatment planning, Protocol and Case discussions

myobrace[®]

myosa

myoTALEA[®]
Tongue And Lip
Exercise Appliances

myoRetainr



Speakers



Dr Steffen Decker

(BDS, MSc in Lingual Orthodontics) UK

Dr Steffen Decker has been an Orthodontic Specialist since 2012. He completed his primary dental training and his specialist training in Germany, Switzerland and the US. He is highly trained and experienced in early interceptive orthodontic treatment. Dr Decker considers the whole patient development throughout his treatment and connects the dots between breathing, teeth, function and development. He is one of the world's leading Clear Aligner providers in children and lingual orthodontists and has served as a member of the Global Advisory Board for 3M and Align Technology and has been their Clinical Advisor for Western Europe for 3M. Dr Steffen Decker is the Director of the Orthodontic Specialist Academy. He was an Official Invisalign Clinical Speaker, lecturing worldwide and is now a KOL for Angel Align. Dr Decker is as well the first and only Kois Recognized Specialist in the UK and John Kois Scientific Advisor for Orthodontics and Airway.



Dr John Flutter

(BDS Dental surgeon) UK

Dr John Flutter qualified as a dentist at Kings College Hospital Dental School at the University of London in December 1971. Dr Flutter has been doing orthodontic treatment for 44 years and has become familiar with all techniques in particular the Biobloc technique integrated with an emphasis on techniques to establish nasal breathing to improve growth and development of the growing child, focusing on health, the face and the orthodontic stability rather than orthodontic excellence. Dr Flutter was the first to adopt his clinic to MRC Clinics in October 2009. Dr Flutter is a Certified Breathing Practitioner and a Buteyko Breathing Practitioner who has lectured on 'Myofunctional Influences on Facial Growth and The Dentition' in 67 countries in the last 25 years.



Patrick McKeown

(Founder & CEO Oxygen Advantage) Ireland

Patrick McKeown is an internationally recognised breathing expert, author and educator. He trained at Trinity College Dublin and the Buteyko Clinic in Moscow, where he developed a strong foundation in functional breathing. Since 2002, Patrick McKeown has taught breathing techniques to children, teenagers and adults, helping them decongest the nose, improve functional breathing and change habitual mouth breathing. His work supports better sleep and overall wellbeing across all ages. Patrick McKeown is the author of eleven books on breathing, health and performance. His publications on sleep include *The Breathing Cure for Better Sleep*, along with peer reviewed research such as *Breathing Reduction and the Phenotypes of Sleep Apnea*. His work bridges research, education and clinical practice, translating respiratory science into practical tools that are accessible and effective for children, teenagers and adults alike.



Peter Jan Meulenbelt

(Dentist) The Netherlands

Peter Jan Meulenbelt is a Dutch dentist and a pioneer in the field of preventive orthodontics. He graduated as a dentist from Utrecht University in 1981. In the 1990s, he completed the first course of Progressive Orthodontic Seminars (POS), through which he introduced orthodontic principles to general dental practitioners. He was a co-founder of the Orthodontic Association for General Practitioners (OVAP), which grew to include 450 member dentists. He later focused on bioprogressive orthodontics and became known for his use of *The Myobrace*® System and orofacial myofunctional therapy (OMFT). In 2015, he opened the first clinic for preventive orthodontics in the Netherlands, titled 'Wijs Met Je Neus'. Since 2020, Peter Jan Meulenbelt has also delivered lectures on the health benefits of *Myobrace*® compared to traditional orthodontic treatment.



Speakers



Dr Aoife Stack

(BDS Dental Surgeon)
UK

Dr Aoife Stack is a general dentist with an interest in how function and structure come together to affect our airways, sleep, breathing and facial form. Dr Stack graduated with honours from Cork University Dental School and Hospital in 2013. She has gained membership of Faculty of Dental Surgery in 2014. Dr Stack has completed a one year orthodontic certificate in London and is currently studying diploma in early interceptive orthodontics. She has trained with The Breathe Institute in L.A. for treatment of tongue tie. Dr Stack is a trained myofunctional therapist and trained in use of lasers in dentistry. Dr Stack performs functional frenuloplasty within a multidisciplinary team. Dr Stack serves on the board of the British Society of Dental Sleep Medicine, is a member of the Society for Dentofacial Growth & Function, and the British Society of Intergrated Dentistry.



Steven Zwerink

(Breathing Physiologist)
The Netherlands

Steven Zwerink is a Dutch respiratory physiologist and founder of the Dutch Institute for Respiratory Physiology. He works professionally in the field of respiratory physiology, focusing on how breathing patterns, airway function, sleep, and neuro-regulation influence behavior and learning. He is the author of a white paper examining the negative effects of dysfunctional breathing on learning, behavior, and play in primary school children. In his clinical practice, he regularly assesses and treats young children, translating respiratory physiology into practical, child-appropriate interventions. To support early awareness and prevention, he also authored a Dutch children's book (Leeuw & Luijaard), introducing healthy breathing habits through storytelling. A complementary educational game is currently in development.



Niels Hulsink

(Int. Sales & Product Manager
MRC Europe) the Netherlands

Niels Hulsink has been working at MRC's European Head Office since 2004. Prior to joining MRC Europe, he held various positions in the orthodontic field. Niels Hulsink is the lead lecturer for the European region and provides treatment support, education and advice to dental and orthodontic specialists and their teams across multiple countries in implementing myofunctional orthodontic treatments for both children and adults. His training focuses on the use of MRC's treatment systems, including *Myobrace*®, *Myosa*®, *Myoretainr*® and *Myotalea*®, and the use of *MRC Activities* programs.



Beth Hildebrand

(Senior *Myobrace*® Educator)
MRC Australia

Beth Hildebrand serves as the Senior Educator at MRC's flagship *Myobrace*® Centre and has been with the company since 2019. With a diverse background in dentistry, Beth Hildebrand actively contributes to shaping educational programs for dental professionals. Collaborating alongside leading dentists who are reshaping the world of orthodontics, including the founder of *Myobrace*®, Dr Chris Farrell, Beth Hildebrand leverages her experience to contribute to advancements in the field. Her commitment extends to promoting a more patient-centred and family orientated approach to oral health within the dental community.



Summit Program

day 1

Wednesday 18TH

08:45 – 09:00	Registration & Daily Announcements
09:00 – 09:15	• Welcome & Program Presentation
09:15 – 10:30	• Speakers • Topics • Connections • Treatment Options Presented by Niels Hulsink
10:30 – 11:00	Break
11:00 – 12:30	• Myofunctional Orthodontics, TMD and Sleep Disorders Presented by Beth Hildebrandt
12:30 – 13:30	Lunch
13:30 – 15:00	• Lecture: Breathing, Sleep and Attention Presented by Patrick McKeown
15:00 – 15:30	Break
15:00 – 17:00	• Workshop: Breathing, Sleep and Attention Presented by Patrick McKeown
17:00 – 17:30	• Q&A • Lottery & Evening Announcements
17:30 – 20:00	• Indonesian Food • Drinks & Games • Summit Disco Party

day 2

Thursday 19TH

08:45 – 09:00	Daily Announcements
09:00 – 10:30	• Case Studies • Myofunctional Orthodontics & BWS Arch Expansion Technique Presented by Peter Jan Meulenbelt
10:30 – 11:00	Break
11:00 – 12:30	• Trouble Shooting & Treatment Planning Presented by Beth Hildebrandt
12:30 – 13:30	Lunch
13:30 – 15:00	• Lecture: Early Interceptive Orthodontics Presented by Dr Steffen Decker
15:00 – 15:30	Break
15:30 – 17:00	• Workshop: Early Interceptive Orthodontics Presented by Dr Steffen Decker
17:00 – 17:30	• Q&A • Lottery • Ceremony of Certification
17:30 – 20:00	• Diner • Bowling

day 3

Friday 20TH

08:45 – 09:00	Daily Announcements
09:00 – 10:30	• Lecture: From Dysfunctional Breathing to Respiratory Resilience Presented by Steven Zwerink
10:30 – 11:00	Break
11:00 – 12:30	• Lecture: Early Treatment: While Biology Is on Your Side Presented by Dr Aoife Stack
12:30 – 13:30	Lunch
13:30 – 15:00	• Lecture: SDB and TMD in the Dental Practice Presented by Dr John Flutter
15:00 – 15:30	Break
15:00 – 17:00	• Workshop: SDB and TMD in the Dental Practice Presented by Dr John Flutter
17:00 – 17:30	• Q&A • Lottery • Summit Closing

Registration form

To register, simply complete this digital form and email it to info@myoresearch.nl, or contact us by phone at [+31 \(0\) 416 651 696](tel:+3120416651696). We will then send you a confirmation and all necessary practical details.

Registration Fee (Three Days - Fully Catered)

Practitioner € 1.395,00 Staff (max 2 per practice) € 975,00

Discount 25% Member/MCP 10% Early Bird (Before April 1) Prices include 21% VAT (no refund after 30 September 2026)

Registration Details

Profession: Name:

Practice Name:

Telephone: Email:

Postal Address:

Dietary Requirements:

Additional Attendees

Name: Staff Role:

Telephone: Email:

Postal Address:

Dietary Requirements:

Payment Details

Make payment to Myofunctional Research Europe

Amount €: Credit Card (Visa or Mastercard) Bank Transfer

Card Number: / / Expiry Date: / CVV:

Venue Details

MRC Europe Head Office & International Training Centre

Gompenstraat 21C • 5145 RM • Waalwijk • The Netherlands



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