

## Advanced Massage

**DATES:**

Sunday 10.30am – 4.00pm – one day  
21<sup>st</sup> February 2010

**COST:**       **£65.00**

**LOCATION:** Phoenix Holistic, Beauty & Nail Training  
Baddow Park West Hanningfield Road Great Baddow Essex CM2 7SY

**CONTACT NUMBERS:** 01245 477577 / 07813 068560  
enquiries@phoenixshb.co.uk

**REFRESHMENTS:** Tea, coffee and soft drinks will be available

**ABOUT THE COURSE:** This workshop is designed for the qualified massage therapist looking to introduce some advanced techniques in to their routine to treat specific conditions; shoulder, lower back and leg strains. You will learn techniques that can be used to deliver a deeper more effective treatment with less effort and strain to your upper body.

You will learn how to:

- Use alternative delivery points for strokes
- Improve posture
- Incorporate greater movement using body weight and lean as opposed to push and strain to administer deep massage
- Protect your upper limbs from RSI and prolong your working life

Please bring with you:

- A pen / pencil and paper.
- Towels to cover the body and one pillow.
- Please wear flexible clothing such as gym wear and clean trainers. .
- Students should also bring their own lunch and plenty of water

Smoking is not permitted on the premises and especially before carrying out a treatment. Because massage will be undertaken, normal standards of cleanliness will be expected, including short fingernails.

It will be necessary for a copy of a massage qualification certificate to be supplied to the tutor on the day.

A certificate of attendance will be issued.

