

# Thai Foot Massage

**DATES:**

Sunday 10.00am – 4.00pm – one day  
10<sup>th</sup> January 2010: 13<sup>th</sup> June 2010

**COST:** £75.00

**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:** Thai foot massage is a treatment of the lower legs and feet using hands and a traditional stick, that stretches and opens sen (energy) lines to stimulate the reflex points on the feet which correspond to the internal organs of the body. Thai foot massage stimulates these points to promote general health & well being. The treatment will usually last for 1 hour and there is approximately 10 minutes of hand-on massage. Thai foot massage takes its origins from China where the art has been practiced for over 5000 years and Thai foot massage as seen everywhere in Thailand today has developed from Chinese, Japanese and Korean foot massage. Taught by therapist educators who have visited and studied in Thailand, this workshop will provide you with an insight to the origins of the treatments practices by monks in Buddhist temples today.

Training covers:

- A practical demonstration is followed by hands on experience of a treatment ensuring you have all the skills and knowledge to perform this wonderful treatment in many ways in your business.
- the origin of the treatment
- physical and psychological benefits of the treatment.
- contra indications
- full treatment procedure
- business advice

Pre-requisites: Attendees must hold a recognised therapy qualification

Please bring a pen/pencil and paper and 2 small towels. Students should also bring their own lunch.

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 and professional work wear.

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

# Course Booking Form

## Terms & conditions

To secure a place, please complete the booking form below and return with course fee. Credit cards are accepted and will incur a 2% surcharge, debit cards will incur 35p surcharge. If unable to attend the training date you will be able to attend another session as long as there is availability 48hrs before the course. Refunds are not usually given unless the organization has to cancel the workshop.

Workshop places must be paid for in full at time of booking.

Name: .....

Address.....

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..... Post code: .....

Telephone Numbers (inc STD): Home: .....

Work: ..... Mobile: .....

E-mail: .....

Workshop applied for: Thai Foot Massage

Please book me a place on the above workshop. - I agree to the terms & conditions stated above.

Date of workshop: ..... Cost of workshop £75.00

### Payment details:

Please make cheques payable to: Phoenix Holistic, Beauty & Nail Training Ltd

Credit Card  Debit Card  (tick as appropriate)

Credit Cards 2% surcharge, Debit cards 35p surcharge

Number

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Start date:

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Expiry date:

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Security Digits:

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Signed: ..... Date: .....