

INDIAN HEAD MASSAGE WORKSHOP

COURSE DETAILS

Time: 10.00 am to 4.30 pm

Cost: £40 per person

Location: 108, Bay View Road, Northam, Bideford, Devon, EX39 1BJ

Parking: plenty of parking on the drive in front of house.

What you will need to bring:

- A packed lunch (Hot and cold drinks are provided throughout the day. Fridge to keep lunch fresh, and microwave available if you need).
- If hair long, a clip to keep hair up.
- Wear a simple tee-shirt as we will be working through the clothes.
- Also bring a thin strapped vest top for session using oils on skin.
- A light jumper, cardigan or tracksuit top as you may feel cold after massage.
- No jewellery (no earrings, necklaces or rings except for simple wedding band type)
- Completed health questionnaire. Please note there are some conditions where doctor's approval may be needed before receiving any treatment. If you have health problems, please do get in touch and we can discuss.

Workshop aim:

To learn to perform an Indian Head Massage safely and effectively on friends and family.

Workshop objectives:

- To learn about the history and development of the therapy
- To understand contra-indications (when treatment may be inappropriate or need adaptation), and contra-actions to treatment
- To understand the benefits of Indian Head Massage and the different types of methods involved (effleurage, petrissage, etc.)
- To learn a 20 to 30 minute routine to perform on friends and family through clothes.
- To also look at application of oils and perhaps try some techniques with the use of oils.

This will be an informal and fun day! If you have any queries then please feel free to phone or email me.