

THERAPY & MASSAGE WORKSHOP

This workshop enables you as participants to appreciate the working mechanics of muscles anatomically as our muscular system is critical in maintaining posture and enabling body movements. You will also acquire the skill of effective therapeutic and deep tissue massages. Surprise yourself with the quality of our lessons that will rival professional services. Learn more about the use of essential oils that help complete a fulfilling personalised massage experience.

CERTIFICATE OF ATTENDANCE WILL BE AWARDED AT THE COURSE END

TOPICS

- Day 1 – Anatomy 1, Identify and recognise upper body muscles and landmarks
- Day 2 – Anatomy 2, Identify and recognise lower body muscles and landmarks
- Day 3 – Therapeutic massage, techniques, applications and target muscles
- Day 4 – Deep tissue massage, techniques, applications and target muscles
- Day 5 – Essential oils, benefits and effects of different remedies, recognising scents

Workshop days comprise of theory lessons and practice sessions

TARGET AUDIENCE

This interactive hands-on workshop is best for anyone who likes to gain practical knowledge of the muscular system and proven methods to deliver therapeutic and deep tissue massage as well as the healing effects of various essential oils made so easy.

We encourage partners and friends to pair up to enjoy a wholesome learning and massage application experience for one another or simply work with like-minded participants.



WORKSHOP DETAILS

5 hands-on Sessions on Sundays

Time : 2.00 pm to 6.00 pm (4 hours)
Dates : 2, 9, 16, 23, 30 August 2015

Venue : The Central #03-31S
6 Eu Tong Sen Street
Singapore 059817

Participation Fee :

\$250/pax, **Couple special** \$220/pax for 2 pax
(Sports Relief Therapy customers)

\$590/pax for public

Attire: sports shorts and singlet / Sports bra
(optional for female)

Personal towels 1 big and 2 small (Can be rented at \$2 for 3 towels if preferred)

Workshop comes complete with

- 1 copy of printed workbook
- 1 bottle of therapeutic massage oil

Small Class limited to 10 pax / Intake



Therapeutic
Massage



Deep Tissue
Massage



Essential Oil
Massage

 **SPORTSRELIEF THERAPY**

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