



An Introduction to Massage...

...from Hands-On Training
on Sunday 13th October



- 🌀 **Have you ever received a really good deep tissue massage?**
- 🌀 **Did it make a difference to how you felt afterwards?**
- 🌀 **Would you like to learn the basics of massage for home use?**
- 🌀 **Are you considering training as a massage therapist, but would like a taster first?**

If you can answer yes to one or more of these questions, then this workshop is for you.

Facilitated by **Paul Grainger** and **Jennie Parke Matheson**, this workshop is designed to be fun, informative and experiential.

You will learn some of the basics of massage including:-

- 🌀 The history of massage
- 🌀 The benefits of massage
- 🌀 How massage works to relax muscles and relieve stress
- 🌀 Which oils to use for massage
- 🌀 A little bit of useful anatomy
- 🌀 How to give a massage to the hands and arms
- 🌀 How to give a massage to the back, shoulders, neck and head
- 🌀 How to give a massage to someone sitting up or lying down

This workshop is a must for anyone who wants to learn how to give an effective home massage - or anyone considering a future as a massage therapist

The Fee: £95, or £175 for couples
The Venue: Riverhouse in Hammersmith
The Date: Sunday 13th October
The Time: 10am to 5pm
To book: email info@hands-on-training.co.uk
or call 07831 164430

