

Head Teacher: Mr. Roger Matthews

PO314 INDIAN HEAD AND SHOULDER MASSAGE

DAY AND TIME:	Saturday, 10.00 am - 4.00 pm
VENUE:	Portchester Community School
TUTOR:	Linda Turner
DURATION:	1 Day
COST:	£24.00
COURSE DATE:	Autumn Term – 9 th October 2010



This course is open to both men and women. Come along with a friend, partner or on your own.

Indian Head and Shoulder Massage is becoming both popular, and an acknowledged form of easing away stresses and daily tensions. It is a very versatile massage which can be performed anywhere and is a useful aid for relaxation, for reducing stress, headaches and many other common disorders.

This one day workshop will give students the opportunity to gain practical knowledge with plenty of 'hands on' learning. Students will learn the benefits and practical application of the massage for use with partners and friends as an effective form of stress management. The day will be informal and relaxed and students should wear a cotton shirt with sleeves for massage practice. Printed notes will be available but bring a pen for any additional notes.

(Please be aware that this day can be quite tiring and you may prefer to relax in the evening rather than having a planned activity!)

PLEASE BRING A PACKED LUNCH WITH YOU .