



White Hart Lane
Portchester
PO16 9BD
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Head Teacher: Mr. Roger Matthews

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PO315
INDIAN HEAD AND SHOULDER
MASSAGE FOR COUPLES/PARTNERS

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 - 13th November 2010



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By popular request this one day course is open to couples who would like to come with their partner to learn how to massage each other to ease stress and aid relaxation. Indian Head and Shoulder Massage is easy and fun to learn and no previous experience of massage is required.

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, family 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 .

Refund Policy – we can only refund fees due to serious illness or sudden move a £10 admin fee will be deducted