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Introduction to Massage Therapy Training 2015

3-day Summer School Programme
for
International Students

Accredited by the

M A S S A G E
T R A I N I N G
I N S T I T U T E

International Summer School Programme

Day 1 – Introduction to Professional Massage Therapy

Facilitated by **Earle Abrahamson** and **Jennie Parke Matheson**

The day is designed to be fun, informative & experiential - and covers the following:-

- The history of massage
- The benefits of massage
- How massage works to relax muscles and relieve stress
- Which oils to use for massage
- How to give a basic massage to the back, shoulders and neck

Day 2 – Upper and Lower Limbs

Facilitated by **Earle Abrahamson** with Jennie Parke Matheson

The day begins with a quick revision of Day 1 and enables students to revisit some of the techniques learned on Day 1.

We then explore massage of the thighs, calves and feet; upper arms, forearms and hands. This is a practical day of hands-on learning and massaging. We also cover the major anatomy of the upper and lower limbs

Day 3 – Indian Head Massage Workshop

Facilitated by **Jennie Parke Matheson** with Earle Abrahamson

This final day of training is dedicated to an experiential learning workshop focusing on Indian Head Massage techniques – a must for all budding therapists.

The Venue

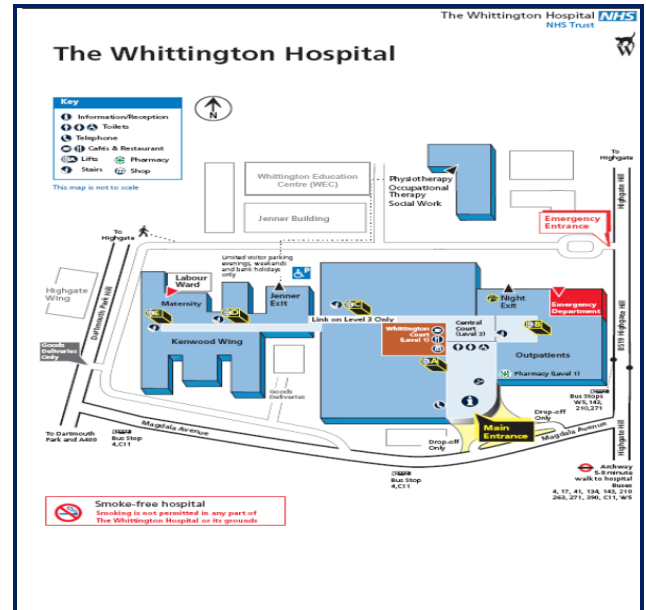
All **Hands-On** workshops and courses are held at:

The Education Centre

The Whittington Hospital
Magdala Avenue
Highgate
N19 5NF

The nearest tube is Archway, on the High Barnet branch of the Northern Line

And is served by buses 4, 17, 41, 43, 134, 143, 210, 263, 390, C11 and W5.



This purpose built facility provides the perfect backdrop for clinical training and further allows our students to work with hospital and clinical staff, and on some occasions - patients.

The Summer Camp runs daily from **10am - 5pm** with a 45 minute lunch break.

- Soft drinks and water are provided – but not hot drinks.
- Attendees will need to bring their own lunch or purchase from nearby restaurants and cafés.
- There is a food court with many food outlets in the main hospital building

Summer School Investment

- Your investment per individual for the full 3 days is **£375** with a minimum of 12 and maximum of 18 attendees.
- A non-refundable deposit of **£185** per individual must be paid at least 2 weeks prior to the start of the programme.
- All attendees must be 18 years old or older with a good understanding of English.
- On completion of the programme, attendees will receive a Hands-on-Training Certificate of Attendance.
- Should attendees wish to enrol on the professional Diploma Course in Holistic Massage; the attendance certificate can be presented as experiential learning.

HANDS-ON TRAINING

“transforming therapy by enhancing learning”

Hands-On Training is an **MTI accredited school** specialising in personal development workshops and courses designed for therapists and students across all levels of practice and experience, and for those who wish to train professionally.

Founded by Earle Abrahamson and Jennie Parke Matheson, Hands-On Training focusses on learning through doing and uses an interactive approach to engage therapy students with therapy learning and professional development.



Through a range of workshops, Hands-On Training enables both clinical and business skills development by promoting a culture of excellence, networking and scholarship.

Contact details...

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Twitter @HandsOnN10