



On the Spot Training School

01702 203001 / 07989280469

www.sallymorris.co.uk

www.massageonthespot.co.uk

www.facebook.com/massageonthespot

SEATED EVENT MASSAGE COURSE

ADVANCED SEATED MASSAGE

DATES	See Website
TIME	9.30 am to 5.30 pm
COST	See Website for cost and payment details
DURATION	1-day workshop (leading to a certificate of competence)
FACILITATOR	Sally Morris
VENUE	OTS Training School, 12 Victor Gardens, Hawkwell, Essex. SS5 4DR

Develop your skills and presence to become the best therapist you can be

OVERVIEW:

This advanced training day is designed for those who are ready to take their practice to the next level; to learn new techniques and develop their seated massage repertoire, to become ever more effective in relieving the tensions and restrictions that are commonplace for clients.

COURSE CONTENT

This course includes:

- Movement and body use to minimise strain and maximise effectiveness.
- Support and supervision with case studies
- Advanced techniques and skills that are effective in easing tensions and improving mobility
- Exploring common issues and how to adapt treatments
- Practical Assessment: Tailoring a treatment to suit a 20-minute session
- Handouts and a link to a training video to support classroom learning
- A Certificate of Competence for those who successfully complete the workshop

Advanced techniques and skills will include:

Forearm and elbow work to avoid strain and maximise effectiveness, soft tissue release, muscle energy techniques, trigger point work, myofascial release, acupressure points and mobilisations.

WORK OPPORTUNITIES

This course is a pre-requisite to join the **On the Spot** festival and event team, following completion of this workshop you are welcome to apply by emailing me at sally@sallymorris.co.uk

You may also apply to the **On Site Massage Co**; an agency providing wellbeing services to UK companies, (established since 2003 with a large client base across the country). Therapists work on a freelance basis, owning your own chair is preferable. To apply please email via the website <https://www.onsitemassageco.com>



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COURSE FACILLITATOR

Sally Morris has been offering seated massage for over 20 years and draws from a wealth of skills learnt in courses such as; Indian head massage, on-site acupressure massage, advanced massage workshops, stone therapy massage and myofascial release training. She has used seated skills in every situation imaginable; from the Andes Mountains in Peru, to back stage at Glastonbury festival, at exhibitions, events, in executive boardrooms and in Mental Health Institutions. She has been a tutor with MTI since 1995 and currently teaches on the practitioner training course with Bodyology in London in addition to her advanced massage training workshops and courses in Essex, UK and abroad.

PRACTICALITIES:

What should I bring?

A small towel and baby wipes and/or hand sanitizer.

Writing materials

Please wear comfortable clothing and footwear. We massage through clothing and it is therefore helpful if you wear a T. Shirt under warmer layers and trainers or similar.

Other points:

Adequate health/fitness for participants is expected. If you have any concerns about your health please feel free to contact me and check these before booking.

The fee for the day includes refreshments. Lunch is not provided; please bring a packed lunch, alternatively there are some shops and food outlets within a short distance.

In preparation for this workshop it would be useful for you to watch this instructional video, to remind yourself how to adapt the position of the Oakworks Chair to suit the client as will be using these chairs during the training. <http://bit.ly/1Ky8bbc>

DIRECTIONS:

By car -There is ample residential parking in the vicinity (please be considerate to neighbours).

By train - Hockley Station is on the London Liverpool Street line to Southend Victoria and takes approximately 46 minutes. www.nationalrail.co.uk. The venue is a 10-minute walk from the station.

By taxi – If you prefer a taxi the local firm can be found usually outside the station or on Hockley taxis 01702 531531

By walking – From the station exit onto Spa Road, cross the road at the zebra crossing and you will notice a walkway behind railings, this leads you to Hawkwell Road. Follow the road all the way to White Hart Lane and you will see my road almost directly opposite. It is less than a 10-minute walk.

Arrival - When you arrive at the house enter through the door on the left and walk straight through to the back garden where you will find the Training Centre, a warm welcome and a nice hot or cold drink