



On the Spot Training School
01702 203001 / 07989280469
www.sallymorris.co.uk
www.massageonthespot.co.uk
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ADVANCED MASSAGE WORKSHOP

'HAND-SAVING & HANDS-FREE' MASSAGE

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| DATES | See Website |
| TIME | 9.30 am to 5.00 pm |
| COST | See Website for cost and payment information |
| DURATION | 1 day course |
| FACILITATORS | Sally Morris |
| VENUE | On the Spot Training School, 12 Victor Gardens, Hawkwell, Essex. SS5 4DR |

OVERVIEW:

Techniques to Save Your Hands



This workshop addresses the problem that massage practitioners can experience of overusing and straining their fingers, thumbs and/or wrists while using firm and/or deep massage techniques. The 'hand-saving & hands-free' approach enables you to learn to apply firm pressure without great effort and without straining your hands.

This basic 'hand-saving & hands-free' massage workshop introduces you to a set of easy techniques that can be used in different parts of the body. It also covers basic principles that will enable you to work safely with the forearm and elbow - looking after your own body and avoiding bruising clients.

COURSE CONTENT:

The course includes:

- a range of forearm and elbow techniques that can substitute for and extend 'classic' massage techniques when applying medium to deep pressure;
- how to use them skilfully and sensitively, including ways of moderating the pressure that you are applying;
- where and how best to use them, including adapting them to suit the client's build and tensions;
- how to support this with good body-use rather than working too hard with your arms and shoulders;
- and how to blend them smoothly into a massage session.

The day focuses on finding ways to save your fingers and thumbs during massage. It will include the use of the 'fleshy' forearm (the bellies of the flexor muscles) as a substitute for



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using the palm for sweeping pressure strokes and using bony areas of the forearm and around the elbow for more specific pressure work, in order to save the thumbs and knuckles.

The overall aim is to refresh your approach by expanding your repertoire and by presenting practical principles that will help you to minimise strain on your hands.

COURSE FACILITATOR

Sally Morris - Sally's fascination with health and healing began over 35 years ago during her training in General and Psychiatric Nursing and Counselling. She learnt to appreciate the importance of mind, body, spirit awareness in health which led to her interest in complementary therapy training. She has amassed a wealth of learning and experience which she integrates into her practice and teaching. Alongside Sally's Holistic Massage and Bodywork training, Reflexology, and an abundance of advanced massage qualifications, she is also a CTI Co-Active Coaching and Leadership Graduate, a Reiki Master and a 'Massage in Schools' Instructor with Special Needs experience.

Sally has maintained a busy practice for over 25 years; she has used her skills in every situation imaginable; from the Andes Mountains in Peru, to back stage at Glastonbury festival, at exhibitions, events, in executive boardrooms, in schools and in Mental Health settings.

PRACTICALITIES:

What should I bring?

Two large bath size towels and baby wipes.

Please also bring writing materials and wear clothing that allows free body movement (i.e. T-shirt, sweat shirt and track suit trousers). Extra layers of clothing are useful to keep warm after massage.

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.



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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. Please check your journey for cancelations or delays

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 in the garage 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.

