

Massage Practice Days

When: Sunday 15th February 2015
Where: 12 Victor Gardens, Hockley, Essex. SS5 4DR
Time: 10 am to 5.30 pm
Cost: £75

Massage Practice Days are a valuable opportunity for refreshing and developing your skills; receiving massage yourself; sharing experiences; making new contacts; receiving support and having some fun, within a small group setting (max 8).

The days are open to:

- People already qualified who want a refresher
- Massage practitioners seeking input and advice on their skills and techniques
- Students currently in training who wish to boost their practice hours in a supervised setting
- People who have attended an introductory workshop who want a refresher or to develop their massage further

The content of the day will be tailored to address your specific issues and areas of interest, with time for work in smaller groups and individual attention.

Massage Practice Days may include:

- Practising effective body use, posture and movement
- Developing sensitivity and palpation skills
- Deepening connection
- Working with depth
- Offering good aftercare to clients, including stretches
- Individual case studies brought by participants
- Working in chairs, on couches or on the floor and with clients lying on their side
- Preparing ourselves physically and energetically for work - e.g. grounding, hand and wrist exercises
- Exploring percussive strokes
- Working effectively with specific body areas
- Hand saving techniques and hands free massage

About your workshop leader: Sally Morris

Sally has over 30 years experience working in the field of health. Her qualifications include general and psychiatric nursing, holistic massage, teaching, counselling, co-active coaching, reiki (master level), reflexology, Indian head & 'on-site' massage. She is also a Massage in Schools instructor with special needs experience and has a host of advanced skills in her repertoire. Sally has gained extensive experience in teaching, running a private practice, and working for different organisations; she draws on her own experience and training to provide individualised, holistic treatments and a range of courses that can be adapted for different levels of interest and ability. She began teaching massage in 1993 and joined the Massage Training Institute as a registered tutor (massage, anatomy, physiology & pathology) in 1995; she has been actively involved with MTI committees since 1997 and enjoys her current role of Event Coordinator.

It is her passion to bring the power of touch and connection to as many people as possible.

Sally Morris

Complementary Therapist - Co-Active Coach – Trainer & Leader

12 Victor Gardens, Hawkwell, Essex. SS5 4DR

www.sallymorris.co.uk / www.massageonthespot.co.uk

WHAT SHOULD I BRING?

Two large bath size towels (or a sheet and towel) and baby wipes. Biotone oil or fractionated coconut oil is available for your use but feel free to bring your own if you choose. Please wear clothing that allows free body movement (i.e. T-shirt, sweat shirt and track suit trousers).

Other points:

Adequate health/fitness for participants is required. 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 cafes within walking distance.

Places are limited and will be on a first come, first served basis, with a maximum number of 8. It is therefore advisable to book early to avoid disappointment.

To secure your place, please use the [booking facility](#) on the website