



**On the Spot Training School**  
01702 203001 / 07989280469  
[www.sallymorris.co.uk](http://www.sallymorris.co.uk)  
[www.massageonthespot.co.uk](http://www.massageonthespot.co.uk)  
[www.facebook.com/massageonthespot](http://www.facebook.com/massageonthespot)

## **ADVANCED MASSAGE WORKSHOP 'MASSAGE PRACTICE DAYS'**

<b>DATES</b>	See Website
<b>TIME</b>	10.00 am to 5.30 pm
<b>COST</b>	£75 (payment through website)
<b>DURATION</b>	1 day course
<b>FACILLITATORS</b>	Sally Morris
<b>VENUE</b>	On The Spot Training School, 12 Victor Gardens, Hawkwell, Essex. SS5 4DR

### **OVERVIEW:**

#### **Day workshop to practice and improve your massage skills**



This workshop is a really 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 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.

This will enable you to ask specific questions, receive help and guidance in the areas you need it most and learn from your peer group at the same time.

### **The workshop is 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

### **COURSE CONTENT:**

#### **Tailored to those present but may include:**

- Practising effective body use, posture and movement
- Developing sensitivity and palpation skills
- Deepening connection



**On the Spot Training School**  
01702 203001 / 07989280469  
[www.sallymorris.co.uk](http://www.sallymorris.co.uk)  
[www.massageonthespot.co.uk](http://www.massageonthespot.co.uk)  
[www.facebook.com/massageonthespot](http://www.facebook.com/massageonthespot)

- 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

The overall aim is to refresh your approach, develop and improve your skills, broaden your experience in a small group setting, learn from fellow practitioners and receive and give massage to each other.

## COURSE FACILLITATOR

**Sally Morris** - Sally's fascination with health and healing began over 30 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 20 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. Biotone oil or fractionated coconut oil is available for your use but feel free to bring your own if you choose.

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:



**On the Spot Training School**  
01702 203001 / 07989280469  
[www.sallymorris.co.uk](http://www.sallymorris.co.uk)  
[www.massageonthespot.co.uk](http://www.massageonthespot.co.uk)  
[www.facebook.com/massageonthespot](http://www.facebook.com/massageonthespot)

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.

## **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](http://www.nationalrail.co.uk). The venue is a 10-15 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 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.