



## On the Spot Training School

Tel: 07989280469

[www.sallymorris.co.uk](http://www.sallymorris.co.uk)

[www.massageonthespot.co.uk](http://www.massageonthespot.co.uk)

[www.facebook.com/massageonthespot](https://www.facebook.com/massageonthespot)

## SEATED MASSAGE (FOUNDATION WORKSHOP)

<b>DATES</b>	See Website
<b>TIME</b>	9.30 am to 5.30 pm
<b>COST</b>	See Website for cost and payment details
<b>DURATION</b>	1-day course (can lead to Advanced Workshop and Seated Event Massage certificate)
<b>FACILITATOR</b>	Sally Morris
<b>VENUE</b>	On The Spot Training School, 12 Victor Gardens, Hawkwell, Essex. SS5 4DR

**Come and explore the wonderful world of seated massage**

**Expand your repertoire of skills and techniques**

**Learn to minimise strain on your body and maximise the effect for your clients**

**Feel confident working without oils and through clothes**

**Discover alternative ways of working and the financial potential of adaptability**

### OVERVIEW:

This course is designed for qualified therapists who wish to add to their skills and repertoire. Seated massage is the perfect way to add versatility to your massage practice. This popular therapy is usually offered through clothing and without the use of oils, which makes it extremely practical for those who are limited with time or for those who do not wish to remove clothing. It can be carried out in almost any setting, in offices, at events and exhibitions, shopping centres, or at festivals, as such seated massage can reach a more diverse customer base than a typical couch-based session. Seated massage is also known as 'On-Site Chair Massage' and clients are seated in specialised, ergonomic, forward-facing chairs. Oakworks chairs are provided for your use during this training day, you will be shown how to adjust these for the comfort of your clients and how to adapt your massage to suit this seated position.

### COURSE CONTENT

#### **This course includes:**

- How to adapt your body use to chair treatments in order to minimise strain and maximise effectiveness.
- How to adapt your present skill set to suit clothed, chair massage.
- New techniques and skills that are effective in easing tensions and improving mobility.
- How to tailor treatments to suit 10, 20- and 30-minute sessions.
- Handouts and a link to a training video to support classroom learning.
- CPD attendance certificates are awarded upon completion of the workshop

**This one-day workshop forms the foundation required to attend the advanced training day. 10 Case studies are required between day 1 and 2. Successful completion of a practical assessment at the end of day 2 is required to receive a certificate of competence in Seated Event Massage.**



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### COURSE FACILLITATOR

**Sally Morris** has been offering seated massage for over 25 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 a number of myofascial release courses and advanced massage training workshops in Essex and elsewhere in the UK and abroad.

### PRACTICALITIES:

#### What should I bring?

A small towel

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, which explains very well 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](http://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.