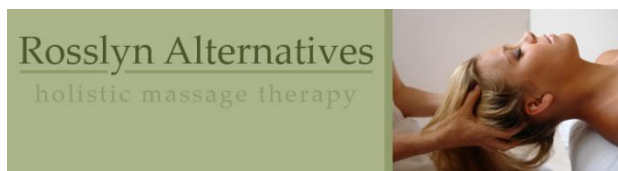




On the Spot Training School
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ADVANCED MASSAGE WORKSHOP

STONES THERAPY MASSAGE COURSE

Leading to a Certificate in Stone Therapy Massage



ACCREDITED SHORT COURSE

| | |
|-----------------|----------------------------------------------------------------------------|
| DATES | See Website |
| TIME | 9.30 am to 5.00 pm |
| COST | £320 inc. assessments (payment through website) |
| DURATION | 3 day course over two separate weekends. |
| PLACES | Capacity for 10 students allowing lots of 1:1 teaching |
| TRAINORS | Sally Morris and Ros Cope (of Rosslyn Alternatives, Scotland) |
| VENUE | On The Spot Training School 12 Victor Gardens, Hawkwell, Essex. SS5 4DR |

OVERVIEW:

3-DAY STONE THERAPY WORKSHOP

The workshop aims to:

- equip you with the knowledge and skills for holistic stone massage so that you can apply and integrate stone massage into your practice.
- Provide an environment where you will be able to experience the many benefits of stone massage.

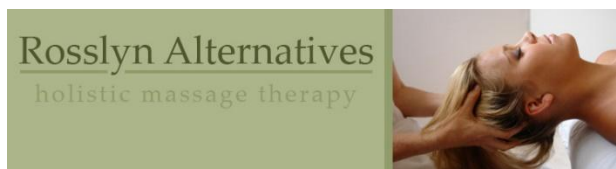
At the end of the workshop you will be able to:

- Understand and explain the concept and history behind stone therapy massage
- Understand and demonstrate how to give a full holistic massage treatment using stones
- Understand and demonstrate how to give a short holistic massage treatment using stones
- Understand the theory of hot and cold stone massage
- Understand and demonstrate how to incorporate stones into remedial massage treatments
- Understand and demonstrate the correct health and safety and hygiene procedures when using stones in massage
- Understand and recognise contraindications to stone massage
- Add hot stones massage to your massage therapist insurance.

There is a gap of five weeks between the first weekend and day three of the workshop; this is to allow you time to absorb your learning and apply it in your own situation. During this time students are required to complete a minimum of three one-hour sessions and record these as case studies.



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COURSE CONTENT:

Course Plan:

- Background and theory for stone therapy massage.
- Introductions, demonstrations and practice for hot stone massage for the upper body (prone).
- Demonstrations and practice – hot stones massage for lower body (prone)
- Exploring the use of hot stones in seated clothed massage.
- Demonstration and practice hot stones massage for supine upper and lower body.
- Massage practice - incorporating hot stones massage into your full body massage.
- Theory – red flags for hot stone massage
- Case study requirements
- Case study feedback
- Massage demonstrations and practice of a mini hot and cold treatment
- Working remedially with hot stones, cold stones and geothermal therapy.
- Final assessment and certification.

COURSE FACILLITATORS

Ros Cope

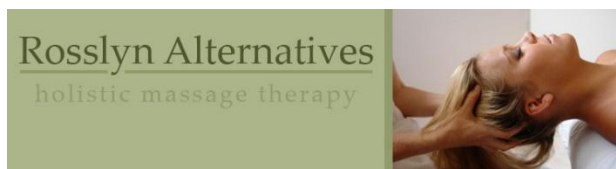
Ros has been working with people in a variety of different professions over the last 30 or so years. In England, she trained as a chef and catering manager. As a manager, she became more interested in working with individuals to help them reach their potential. She worked and lived in a community for a number of years in a training centre, focusing on personal development. Ros moved to Pitlochry, Scotland in 1983 as assistant director of a centre for people in need of respite. In the mid 80s Ros came to Edinburgh University, achieving a joint Honours degree in Divinity. Staying in the Edinburgh area, she worked for eighteen years as a manager in the social care field, particularly with homeless people who are among the most excluded from our society.

Ros gained her basic massage training with the School of Holistic Therapy in Edinburgh, where she subsequently worked as a tutor for three years. After undergoing extensive further training she now holds the Certificate in Advanced Clinical Massage Therapy certificate with Jing Institute and more recently has successfully completed Jing's three year degree level course in Advanced Clinical and Sports Massage, which is currently the most advanced massage course available in the UK!!

Her massage practice includes work in partnership with the NHS providing complementary health and relaxation sessions for patients in an addiction project. As owner and director of Rosslyn Alternatives, Ros currently provides a suite of training and workshop sessions in Livingston and Edinburgh.



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Sally Morris

Sally's life's work has been to understand and harness the healing power of connection; connection to self, other and all that is. People have described her as an alchemist, combining the elements of touch and connection in all of her therapeutic and teaching work.

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. Twenty years on from there, 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. She is the Managing Director of 'On the Spot' and hosts the On the Spot Training School in Essex. 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.

EQUAL OPPORTUNITIES

Courses are open to all women and men, irrespective of age, religion/creed or size. We welcome applications from black and ethnic minorities, lesbians and gay men. People with disabilities are encouraged to contact the training centre to discuss their requirements. Students can expect their tutors to be aware of this policy statement and be non-discriminatory in their teachings.

ENTRY REQUIREMENTS:

This three day workshop is open to massage therapists who have a recognised qualification in massage, anatomy and physiology.

COURSE COMPLETION

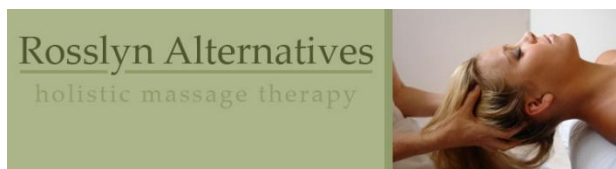
Successful completion of the course requires you to:

- complete 3 case studies between day two and three of the course,
- and take part in the final assessment at the end of the course.

You will receive our certificate of successful completion. Balens, our insurers, have seen a copy of the syllabus and have insured us to certify this course, which means that you should be able to add hot stone massage to your insurance if you currently are practising and insured for massage therapy.



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PRACTICALITIES:

We will provide:

- a course workbook to give you confidence to practice your new skills after the workshop.
- all hot drinks and light refreshments
- Massage tables, couch covers and a range of supports
- Stones and heaters to use *on the course days*
- A labradorite crystal for you *to keep* so that you can cleanse your own stones

You will need to bring:

- 2 Large towels
- A notepad and pen if you like to take notes
- You might like your own bottle of water, as you will be receiving quite a lot of massage over the weekend and it is important that you keep hydrated.
- You might also like to bring your own stones and/or heater so that you become familiar with using your stones.
- You should wear comfortable loose clothing that is not restrictive when you are moving around.
- Because we are working on others, please have short, filed and clean fingernails.

PLEASE NOTE: Although we provide hot stones and heaters for you to use during the course, you may want to bring your own to get used to them.

Discount available on Vulsini bag heaters:

Please visit www.vulsini.com and quote the code rosslyn5 to obtain you 5% discount

Purchasing stones:

Ros is now importing basalt stones from Peru. They are in sets of 50 stones in total, They comprise:

01 sacrum stone

01 neck stone

08 large stones

02 hand stones

14 medium stones

10 small stones

02 eye stones

04 face stones

08 toe stones

01 Labradorite crystal for cleansing

For students of our stones courses these are sold at £75, they retail at £90 for members of the public

www.rosslynalternatives.co.uk

www.sallymorris.co.uk

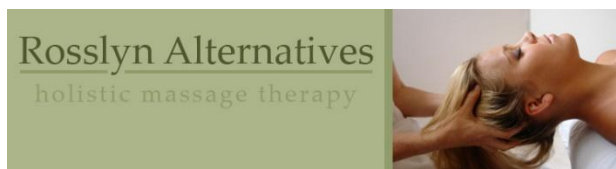
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Other points:

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.

Basic equipment will be provided for training, such as hand wipes, pillows for support and hand towels.

The course fees includes refreshments, however, lunch is not provided. Please bring a packed lunch, alternatively there are some shops and food outlets within a short distance.

TERMS AND CONDITIONS:

- Sally Morris reserves the right to refuse enrolment if an applicant is deemed unsuitable for the course.
- Sally Morris reserves the right to ask a student to leave at any stage: if they prove in any way unsuitable for the course.
- Students are required to attend all classes punctually. If a student's attendance falls below 85% extra tuition will be necessary to complete the course at the students own expense over and above the course fee.
- No one else, unless invited by Sally Morris other than the students may attend the course.
- All fees must be paid by the dates agreed.
- Students are expected to act in a compassionate, ethical and responsible way whilst on the course or engaged in any related way.
- Students must complete the course within 18 months from registering on a course, students who have postponed taking the AP&P or practical exam, or who need to re-sit, must sit the exams within 1 year from the end of the course.
- Students are expected to have current insurance for their practice, if this is not the case they will need to take out "Student Insurance" for the duration of the training. Please ask for details at the start of the course.

Students are agreeing to these terms and conditions when they complete their booking information



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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 10-15 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.