

ADULT NIGHT CLASSES



Fact Sheet

Massage for Everybody

Massage is the most natural way to share human warmth and comfort. For centuries, through touch we have been able to express emotions such as joy, sadness and loneliness. It has helped soothe feelings of anxiety and worry and eased away pain. Overall it has improved our physical health and enhanced our sense of self-worth. The physiological benefits of massage are many. They include improved joint mobility, release of tense muscles, better blood circulation, relaxation of the nervous system and more efficient removal of toxins and wastes.



Week 1

History of massage
Benefits of massage
Components of massage
Equipment, oils, hygiene
Contraindications and precautions
Basic massage techniques

Week 2 to Week 7

Back & shoulder massage
Leg massage (posterior)
Leg massage (anterior)
Foot massage
Hand and arm massage
Stomach, chest and neck massage
Face massage

Week 8

Full body massage

You will need:

1 Large Bath Towel
3 Medium Bath Towels
Choice of massage oil to purchase will be discussed at the first class
You need to wear comfortable, flexible clothing and ensure all nails are clean and short.

Assessment

This is not a certificate course and there is no formal assessment for this course. Due to the flexible nature of Adult Education classes, parts of the curriculum may be adapted to suit the needs of the class.

A Certificate of Participation may be issued on request.

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Further questions or course advice:

08 8920 1200 or email us at

csc.nightclasses@nts.schools.net

Note: All classes need a minimum number of students to go ahead. If your class does not have enough students it will be cancelled and you will be informed.

Term 1 – 2009 commences
week beginning February 9th

Term 2 – 2009 commences
week beginning April 27th

Term 3 – 2009 commences
week beginning August 3rd

Term 4 – 2009 commences
week beginning October 12th