

The Quiet Mind Body Shop

School of Massage and Yoga Life Sciences
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Holistic Body Work Introductory Course Curriculum

This course has been taught in NZ since 1970 and is one of the most practical and comprehensive available to the public. It is a primer for those considering a career and an excellent tool to help care for friends and family.

Public class - 6 x 2 hour classes training taking turns to massage on fellow students
Private tuition - 7 hours one on one training and massage practice on voluntary models
All lessons are conducted with an explanation, demonstration and guided practice.

Lesson 1 - Introducing massage

- The purpose of massage, health and safety, contraindications, the use of oils, balms and essential oils.
- Client care & draping
- Principal massage techniques to the back and shoulders including
- Centring : the art of becoming still or clearing the mind prior to commencing the massage
- Holistic Pulsing : 1 - 2 mins
- Effleurage : superficial and firm strokes.
- Petrissage : light kneading
- Percussion techniques

Lesson 2

- Revising and improving on lesson one and
- Massage to the back legs

Lesson 3

- Foot massage and the principals of reflexology

Lesson 4

- Massage to the front legs and abdomen (chest optional)

Lesson 5

- Massage to the arms & hands, shoulders, neck, head and face

Lesson 6

- Complete massage, reviewing the complete full body massage

Lesson 7 for those taking personal tuition

- Receive a full one hour massage covering all that has been taught

To graduate, all students must have attended all lessons and demonstrate a reasonable level of skill and satisfactorily complete a one hour full body massage.