

# The Quiet Mind Body Shop

School of Massage and Yoga Life Sciences

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## Holistic Body Work Introductory Course Curriculum *for those taking personal or private tuition*

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

4 x 1.5 hour classes; one on one training plus a one hour full body massage to experience the techniques taught. A total of 7 hours.

The student will receive verbal instructions, view demonstrations of massage techniques and have guided practice on voluntary models. We endeavor to have a different model for each lesson so that the student experiences working on a variety of body types or students may arrange their own models.

### Lesson 1

- ⇒ Theory, the purpose of massage, health and safety, contraindications, the use of oils, balms and essential oils, client care & draping
- ⇒ Massage to the back
  - ◆ 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
  - ◆ Massage to the back legs

### Lesson 2

- ⇒ Revising and improving on lesson one plus
  - ◆ Foot massage and the principals of reflexology
  - ◆ Massage to the front legs

### Lesson 3

- ⇒ Revising previous lessons plus
  - ◆ Massage to the body front, arms & hands, shoulders, neck, head and face

### Lesson 4

- ⇒ The complete review of the full body massage

### Lesson 5

- Receive a full one hour massage covering all that has been taught so that the student has the direct perceptual experience of the massage that they have learned.

To graduate and be awarded a certificate, all students must have completed all lessons and demonstrate a reasonable level of skill and satisfactorily complete a lesson 4.