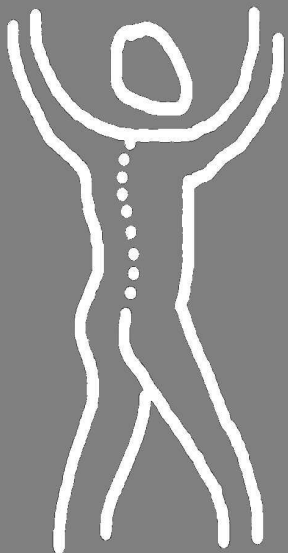


M  
a  
s  
s  
a  
g  
e  
f  
o  
r  
r  
L  
í  
f  
e



Remedial Massage  
Hot Stone Massage  
Indian Head Massage

# INTRODUCTION TO MASSAGE

Learn a new skill  
Help others

Introductory courses to give beginners the skills,  
knowledge and confidence to massage  
family and friends

- massage for relief of stress and tension
- massage for relaxation
- relevant underpinning principles and anatomy
- give a treatment, receive a treatment

The days will be relaxed, fun and practical  
with some theory and demonstrations.

2nd April: Head, neck and shoulders  
Foot and lower leg

7th May: Back neck and shoulders  
Arm and hand

4th June: Full leg  
Abdominal massage

You can do any one or all three days.

Cost: £65 per day

15% discount if booking with a partner or booking  
two or more days.

For further information and to book a place:

call **07981 101651**  
or email

**maureen@massageforlife.free-online.co.uk**