

Massage Short Course Information

Course tutor: Linda Birch/Bernie Farrell

Session Duration: 2 hours

Who should attend

- People interested in increasing their knowledge of alternative therapies
- Those interested in being able to utilize self massage and massage on others

Course outline/ weekly outline

- Footbath and massage – how to loosen and invigorate feet
- Seated head, neck and shoulder massage; key release points
- Clothed back of body massage and oil massage of legs and arms.
- Thai massage – legs, abdomen and chest
- Aromatherapy massage using oils – back and neck
- Aromatherapy facial massage using skin care oils
- Thai massage – seated arms, neck and shoulder
- Weekly stretching, self and partner work
- Weekly guided meditation

Learning outcomes

- Good posture for massage practice
- Energy awareness for massage practice
- Relaxing the body to receive massage
- Basic massage skills which can be performed easily without oils or props
- Basic Thai massage skills which use energy channels to relax muscles and energise body
- Basic massage stroked using oils
- Experience with using massage and meditation to achieve a relaxed frame of mind

Course prerequisites & level of proficiency required

- No experience required

Equipment required

- Week 1: a towel and shallow bucket (to use as a footbath)
- Weeks 3 & 5: a bath towel and handtowel
- Week 6: two handtowels, medium sized bowl and hairband

Tutor's background & relevant qualifications

Linda has been a practicing naturopath, massage therapist and aromatherapist for 13 years and has taught at the Melbourne College of Natural Medicine in naturopathy and clinical aromatherapy. She has a Diploma of Applied Science (Naturopathy), Diploma of Health Science (Aromatherapy), Certification of Relaxation Massage and Accreditation in Remedial massage.

Bernie has been a practicing massage therapist for 14 years and has conducted various short courses and workshops. He has a Diploma of Health [Massage] and Certification of Relaxation Massage and Remedial Massage.

