
Indian Head Massage:

Course Duration: 10 Weeks

Course Fee: £94

Overview

Indian head massage was created in India thousands of years ago. Adult members of the family would perform treatments on the younger members, passing the skill forward so in turn they then perform the massage on others. Steeped in History this treatments has many positive benefits, especially in our modern hectic life

The Indian Head Massage is a shoulder, neck, scalp and face massage performed to reduce blocked energy, sooth tense muscles and aid deep relaxation. You will learn how to perform a full treatment, learning basic anatomy, history, and some Chakra work.

This course is for anybody who has an interest in holistic treatments and wishes to perform this wonderful treatment, and maybe pass the skill onto their families and friends.

Course Structure

Students who enrol in this course will be expected to learn:

- History, Potential effects and benefits of Indian Head Massage
- Basic Anatomy
- Contra-indications and health and safety
- Holistic theory and chakra work
- Use of oils and their benefits
- Massage techniques
- Techniques and basic routine
- Practice in pairs and on modals

Course Structure

The programme will consist of 10 sessions of two hours each. There will be practice and theory with no formal homework. However, students will benefit from practice at home.

Lecturer: Mrs Wendy Freeman
E-Mail: TBC
Location: [College Main Building]
Session Hours: Monday [18:00 - 20:00]

Entry Requirements?

We will be unable to except anybody on the course if they have cuts, abrasions or any contagious skin complaints. There are other contra-indications to Indian massage, if you are in any doubt please contact me and I will be able to advice you

What do I need to bring?

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Important Points

- Gibraltar College reserves the right to make changes to this course without prior notice.
- All courses are accurate at the time of upload or print.
- Courses can only run if there are sufficient numbers.