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*The OSR workshop in*

## **INDIAN HEAD MASSAGE (1M)**

*An extended one-day workshop in this traditional massage technique*

Indian head massage is a technique of manipulating soft tissues in the shoulders and scalp. The therapist uses a range of different massage pressures and rhythms to stimulate the head and neck area. A typical massage lasts about 20 minutes.

### ***The combination of techniques used***

- aids the circulatory, muscular and nervous systems
- stimulates arterial circulation, and increases venous and lymphatic flow
- reduces stress and can induce a feeling of euphoria
- frees knots of muscular tension and relaxes connective tissue
- stimulates the skin and underlying nerve endings
- aids in the elimination of accumulated toxins and waste products

Indian head massage is particularly effective in addressing the effects of stress.

Oxford School of Reflexology holds its regular workshops in Indian head massage at Wheatley Complementary Therapy Clinic, or nearby at Holton Village Hall, depending on numbers, where you can learn to use this traditional technique yourself.

### **The Workshop:**

- Maximum of six students per instructor
- Minimum of four students on course
- Clinic situation
- Course workbook provided
- Tea/coffee provided
- 10:00 a.m. to 5.00 p.m. approx.
- All inclusive cost £80

*Please note that if you cancel a booking, we can only refund your course fees if given at least one month's notice, or if we can fill your place from a waiting list, which we will make every effort to do.*

In 2012, workshops are planned on the following dates:

**TBA**

**Please be aware that while this workshop teaches a massage technique, it is not a stand-alone full professional qualification in massage. If you intend to give treatments professionally and charge for them, you will need to be a qualified therapist in another discipline to be insured on the basis of this one-day course. Please ask for further details if needed.**

*For further information, please call us on the telephone number above.*

*Or to reserve a place on this workshop please use the accompanying booking form*

