

45 High Street  
Wheatley  
Oxford OX33 1XX



Tel. 0800 970 1559

Fax 01865 872 475

*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, where you can learn to use this traditional technique yourself.

### **The Workshop:**

- Maximum of 6 students
- 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 2010, workshops are planned on the following dates:

**21<sup>st</sup> May 2010**

**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*

[www.therapy-school.co.uk](http://www.therapy-school.co.uk)  
E-mail: [info@therapy-school.co.uk](mailto:info@therapy-school.co.uk)

45 High Street  
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Tel. 0870 740 9256

Fax 0870 743 6733

## INDIAN HEAD MASSAGE WORKSHOPS

Thank you very much for enquiring about this workshop. You will find full details enclosed.

Demand for places on this workshop has been very high, and course numbers are kept to a strict maximum of 6, so we do recommend booking very early.

If you would like to join one of our workshops, there is a booking form below. You can return the form to us at no postage cost by sending it to:

**Oxford School of Reflexology, FREEPOST (SCE 9903), Wheatley, Oxford OX33 1BR.**

Please contact us if there is anything else we can help with.

**OSR admin**

*cut here if you like*

Indian Head Massage	
I wish to book .... place(s) on the above workshop hosted by Oxford School of Reflexology. I enclose a cheque / credit card details for £80.00 course fees per person. I understand that if I wish to cancel less than one month before the course, a refund can only be given if my place can be filled.	
Signed: ..... Date: .....	
My preferred date is ....., and my next best date is .....	Please debit my <i>Visa / Mastercard / Delta / Switch</i> card for the £80 course fee.
I would like the following name to be shown on my certificate of attendance:	Card No.: .....
Name you prefer to be known by:	Start date: ..... Expiry date: .....
My telephone numbers are:	Issue No.: ..... Security code: .....
Day: ..... Weekend: .....	(3 digits on signature strip)
Exact name on card: .....	
Full name(s):	
Address:	
<i>(If paying by card, and this is not the address your credit card is registered to, please supply the card address overleaf)</i>	
Where did you first hear of this workshop?	