MINDFUL TOUCH MASSAGE

Learn Mindful Touch Massage

One Day Recreational Course

Unlock the Art of Effortless Relaxation: Learn to Give Therapeutic Massages with Ease!

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Prepare to embark on a delightful journey into the world of Mindful Touch Massage. This one-day course is a high-quality experience, thoughtfully designed to introduce you to the art of both relaxation and therapeutic massage. The carefully crafted massage routines designed by Ross will allow time and stress to melt away seamlessly for both partners, ensuring both will thoroughly enjoy the experience. Ross is a seasoned expert with over seven years of experience, blending Swedish, myofascial release, and deep tissue massage techniques. With a background as an "Outstanding Teacher", you're in for an enriching learning experience. Mindful Touch Massage has been praised by over 80 five-star reviewers and hundreds of happy clients. This unique training event is perfect for absolute beginners or experienced therapists.

Course Information.

Who is the course intended for?

Participants of all ages, genders, and levels of experience are encouraged to join our one-day recreational course. You'll have the opportunity to give and receive massages under the careful guidance of your tutor. We also accommodate those with reduced physical abilities, offering expertise in seated, floor, and couch massage techniques. *(Participants under 16 must be accompanied by a parent or guardian.)*

What is covered?

Our course will equip you with practical skills to effortlessly provide exceptional massages to your loved ones. We will cover massage theory, practice, spiritual aspects, anatomy, and health and safety. By the end of the course, you'll be able to:

- Easily and efficiently give a comprehensive whole-body massage
- Describe the benefits of massage for both the giver and receiver
- Apply various pressures and techniques during massages
- Select suitable massage oils
- Identify conditions where massage is not advisable
- Label different connective musculoskeletal tissues on a diagram
- Describe the importance of informed consent in massage
- Master the use of appropriate draping techniques for modesty
- Experience a loving-kindness guided meditation, adding a touch of serenity to your practice.

What is the course structure?

This one-day course covers theoretical, practical, and spiritual aspects of Mindful Touch Massage. You and your partner will take turns giving and receiving massages. The day starts at 10:30am and concludes at 4:30pm, with a brief lunch break in the middle.

Where is the course located?

The course is conveniently located in the heart of Banbury, with easy parking access.

Who will I be massaging?

We recommend attending with a friend or partner, and our course fees are structured with this in mind. If you wish to come alone, you'll work with a fellow participant of the same gender whenever possible.

What are the costs?

The course fee is £195 per couple. Payment is due in full after your phone enrolment.

What should I wear for the course?

To set a relaxed yet working atmosphere, we have a dress code in place:

- Comfortable leggings or jogging bottoms
- T-shirt or vest top
- Clean and comfortable trainers
- Minimal jewellery
- Small piercings or retainers
- Neat and clean nails
- Long hair tied back

What is phone enrolment?

This call gives you an opportunity to ask me any questions and for me to find out a bit more about your needs, requirements and aspirations for the course.

Cancellation policy

Our course spots are limited and specific to the booked date, similar to theater performances.

In the event of course cancellation by Mindful Touch Massage, you'll be offered an alternative date or a full refund.

If you cancel more than 14 days before the course date, you can request a 30% refund of the fees. Cancellations less than 14 days before the course date will not be refunded, and rescheduling to an alternative date without additional fees is not possible.

What to bring?

Course materials and the majority of equipment are provided. Please bring

- Three large towels
- Pen and paper
- Dressing gown (optional and for the convenience of popping to the toilet)

Mobile Phones:
To maintain a peaceful environment, we kindly request that you turn your phones to silence for the duration of the course.

Accessibility for All

If you have a disability that might affect your participation, we can discuss reasonable adjustments during the phone enrolment call. Please feel free to bring up any additional requirements with your tutor before the course.

How do I apply?

To apply for the course or obtain further information, please email rossdevereuxwhite@gmail.com or text Ross directly at 07864 980812. I look forward to hearing from you.

Are there gift vouchers available?

Yes. This course is an ideal Christmas gift for a friend or a fun activity with a loved one. Please contact rossdevereuxwhite@gmail.com or text Ross directly on 07864 980812.

A final Note

At the conclusion of this fantastic course, you will not be a certified massage therapist. However, you will have gained valuable skills in recreational massage. If you're interested in obtaining insurance to provide massages to friends and family, we can guide you to Westminster Insurance Ltd. Please reach out to Ross for further information.

Customize Your Experience

While this course is a group experience, we also offer a bespoke couples one-day massage course in Cropredy. This experience is tailored specifically for you and your partner, addressing your unique needs and preferences. The cost for this individually tailored massage course is £300 for the day.

So there you have it - a day filled with relaxation, fun and new skills. We're excited to have you join us for an incredible journey into the world of Mindful Touch Massage.