



CENTRAL SCHOOL
OF MASSAGE

Course Guide 2019

Introductory Workshop in Thai Yoga Massage

Level 3 Certificate in Thai Yoga Massage

Level 3 Certificate in Swedish Massage

Table Thai Stretch Massage CPD Course

Deep Tissue Massage CPD Course





Level 3 Certificate in Thai Yoga Massage

You will learn the fundamentals of Thai Yoga Massage (TYM) and will be able to give a range of different treatments lasting between 1 hour and 90-minutes, as well as “taster” sessions. This includes Thai Yoga Massage in three positions (supine, prone and side-lying), and working the Sen (energy) lines. Classes are kept small to ensure close supervision (maximum student:teacher ratio of 8:1).

The structure of the course is designed to nurture and develop our students into becoming excellent practitioners. The whole routine is split into sections that can be learnt and developed through home practice. The importance of regular practice between teaching blocks cannot be overestimated and is an integral part of the course.

Each course has 6 days of training, plus an assessment day which will be scheduled to take place approximately two months later (to allow students time to complete their case studies).

After each training session, students will be expected to build their hands-on experience of TYM with logged case-studies. There are a total of 50 taught hours. In addition there are 30 hours of case-studies. The final assessment will be an observed massage treatment once all home-study has been completed.

Course requirements

Each applicant must have a level 3 massage qualification including Anatomy & Physiology (A&P) at level 3 or equivalent.

Ideally, applicants will have attended an Introductory Workshop in Thai Yoga Massage (either with Central School or another comparable organisation).

Introductory Workshop in Thai Yoga Massage

A half-day workshop designed to introduce you to this wonderful, ancient form of massage. It is a great opportunity to experience Thai massage in a fun and relaxed environment.

You will learn how to give and receive a short Thai massage routine that you can then practise on friends and family. The routine will include foot massage, leg stretches, and back, neck and shoulder massage. The approach will be based on practical learning, with a focus on developing hands-on skills.

The workshop will run from 12.30pm till 4.45pm with a short break to include light refreshments.

Numbers are limited to eight on a first-come, first-served basis.

2019 Dates

COURSE 1:

Sat 26/Sun 27 January

+Sat 2/Sun 3 March

+Sat 30/Sun 31 March

COURSE 2

Sat 28-Mon 30 September

+ Sat 9-Mon 11 November

Cost

£575 + £75 assessment fee



2019 Dates

Sun 17 March

Sun 30 June

Sun 8 September

Sun 24 November

Cost

£49



Level 3 Certificate in Swedish Massage

A wonderful massage in its own right, Swedish (Holistic) Massage is regarded as the basic massage training course from which to build your other massage techniques.

Our course at Central School focuses on establishing great techniques from the start. We emphasise good posture and body mechanics to ensure that you learn how to use your body with the minimum of effort and maximum of ease. We want to make sure our students are equipped with the best skills to guarantee a long-lasting career.

This is a 200-hour course (including case studies and written assignments), suitable for complete beginners, and is accredited by FHT.

2019 Dates

COURSE 1:

Sat 9/Sun 10 March
+Sat 6/Sun 7 April
+ Sat 4/Sun 5 May

COURSE 2:

Sat 14/Sun 15 September
Sat 19/Sun 20 October
Sat 16/Sun 17 November

Cost

£795



Table Thai Stretch Massage CPD Course

Learn how to integrate Thai Yoga Massage techniques into your existing couch-massage practice.

This course will teach you how to give a couch massage with dynamic, flowing movements using joint manipulation, stretching, compression work and Thai acupressure.

You'll learn how to use your body-weight and body positioning to apply deeper, more effective pressure without straining your hands, thumbs and wrists.

It's a great way to bring variety into your work and to alleviate the repetitive movements of a traditional, Western, massage treatment.

It's ideal for massage therapists who are already trained in couch massage and are looking to increase their massage techniques and to extend their potential career.

2019 Dates

Mon 18 + Tues 19 Feb (Main)
Wed 20 Feb (Advanced)
Sat 25 +Sun 26 May (Main)
Mon 27 May (Advanced)
Sat 21 +Sun 22 Sept (Main)
Mon 23 Sept (Advanced)

Cost

£225 (Main Course)
£325 (Main + Adv Course)



Deep Tissue Massage CPD Course

This version of Deep Tissue Massage is inspired by the approach used in Thai Yoga Massage and influenced by Sports Massage techniques.

Learn how to:

- use compression and myofascial stretch techniques
- apply deep tissue massage using your forearms, elbows and fists
- prevent overuse injuries of your thumbs, fingers and wrists
- work along energy lines and focus on specific trigger points of the shoulders and upper back, lower back and glutes.

2019 Dates

Thurs 21 February
Mon 13 May
Mon 16 Sept

Cost

£125



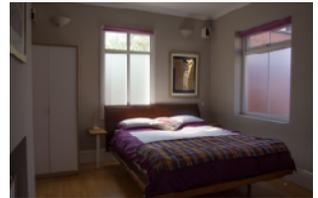
Central School of Massage

We are based in historic Leamington Spa, easily accessible from Coventry, Birmingham, Stratford-upon-Avon, Oxford, Northampton, Leicester, Nottingham, London and beyond – just 5 minutes from Junction 13 on the M40, and 10 minutes' walk from Leamington Spa's mainline train station.

Training takes place in our purpose-built Massage Studio – a log cabin specifically designed to provide the highest comfort for learning and receiving massage. Lots of light from windows and sky-lights, plus the comfort of underfloor heating. The cabin provides comfortable, spacious accommodation for up to 10 students.



We are also able to offer accommodation (subject to availability) for students attending Central School of Massage courses. Our rental accommodation comprises a ground floor studio flat and a one-bedroom first floor apartment – both with en-suite shower rooms – located next door to the training venue.



Tutor – Kathryn Ellis

BSc (Hons), RTT, ITEC, BTEC Dip (PTS)

Kathryn is an Advanced Thai Yoga Massage practitioner, Sports and Remedial Massage therapist and yoga teacher who runs a successful practice in the Midlands. She has studied Thai Yoga Massage both in the UK and Thailand, Sports and Remedial Massage at Oxford School of Sports Massage, and numerous supplementary courses in complementary disciplines including Vocal Massage and Structural Integration (Myofascial Release).

Kathryn holds the City and Guilds PTLLS and CTLLS teaching qualifications and has been teaching massage at Central School of Massage since 2010.



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