

## SHORT COURSE

# MASSAGE

*Massage is the manipulation of superficial and deeper layers of muscle*



### Course Description:

Massage uses various techniques to enhance function, aid in the healing process, decrease muscle reflex activity, inhibit motor-neuron excitability, promote relaxation and well-being, and as a recreational activity. Massage involves working and acting on the body with pressure – structured, unstructured, stationary, or moving – tension, motion, or vibration, done manually or with mechanical aids. This short course is a popular professional development course and will teach you the finer aspects of massage. Our trainers have the technical knowledge and expertise to teach the elements of massage that often go unexplained. This course is suitable for beauty therapists, hairdressers and those wanting to preform massage on family members.

### What will you learn?

- Theory and practice of techniques
- Client Preparation
- Full body Swedish relaxation massage routine
- Contraindications
- Body Analysis
- Developing a massage treatment plan
- Draping
- Anatomy and Physiology

### What is the course duration?

- 7 X ½ Days (over 7 consecutive weeks)

### What is included in your fees?

- Course Information
- Massage Oil
- Certificate of Participation

### When is the next enrolment date?

**Please contact 03 5222 1818 for more information.**

### What do you need to bring?

At least 2 models to practice on.

### How much will it cost?

- **\$895** (total course fees)

\*Fees must be paid 2 weeks prior to commencement of course\*

**\*To book please complete the form on the back and return to 126 Yarra Street, Geelong\***

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**OFFICE USE ONLY:**

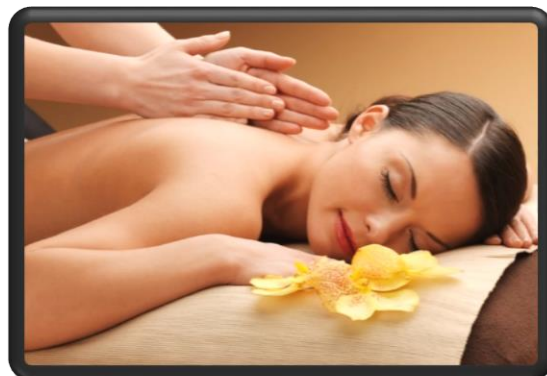
Fees paid: Yes / No  
 Paid VIA: EFT | Cash | Bank Transfer | Cheque  
 (please circle)  
 Receipt attached: Yes / No

Please select your preferred start date:

AM:

☐

PM:

☐Please book my place:

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_

State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Email address: \_\_\_\_\_

Total course fees: **\$895**

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**Cancellation policy:**

"Payment must be made up front in full for any short course booking. Bookings that require an invoice will only be considered 'firm' for the term of that invoice. The Centre of Excellence does not issue refunds or credits for Short Course bookings if such request is made before one week from the original start date of the course. If you are unable to attend, a substitute is welcome in your place. The Centre of Excellence reserves the right to cancel, close or reschedule short courses without notice. No refunds will be issued. Short course prices are correct at the time of publication."

**Please sign:**

I \_\_\_\_\_, have read and agree to the terms and conditions of the cancellation policy.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

**COE Bank Details: (For bank transfers)**

Bank: Bendigo Bank

Account name: The Centre of Excellence

BSB: 633 000

Account number: 112 408 570

\* Please reference your name followed by "SC"\*

Please like us on:

