



Brighton Holistics

Course Structure

Start Time: 10.30am

Finish Time: 16.30pm (approximate)

On arrival and over a cup of tea or coffee I will make an informal introduction of myself and the other students. This is a great time to learn about each other and pick up advice from other peoples' experiences.

We then start to discuss the outline of the course and distribute course manuals. These manuals are for you to keep and to use as a fresher for information. The manuals cover all aspects of the course such as promotional material, contraindications to treatment, relevant anatomy and physiology and detailed step by step treatment notes including photos.

Once we have covered all the aspects we need to, we then start on the practical side of things. We begin with clear demonstrations of the treatment, broken down section by section to make it easier to follow and learn.

There is then a great opportunity to give and receive a full treatment. This is important in seeing how the whole massage fits together. Guidance will be offered from me as you work from the training notes under close supervision.

Discussion - Question and Answer time!

To maximise teaching time a short break will be given along with a 30-45 minute lunch break – Please note that a light lunch will be provided.

I look forward to welcoming you to Brighton Holistics