

2 Day Short Course

Swedish Massage

Promote relaxation and eliminate stress through gentle massage



Endeavour College of Natural Health offers:

**Certificate IV in Massage Therapy Practice
or
Diploma of Remedial Massage**



I can now treat my friends and family to a professional massage experience, and the course really sparked my interest in further massage study. ”

The benefits of massage have been known for thousands of years. Massage directly stimulates the body's lymph flow and indirectly relaxes the nervous system and decreases blood pressure. With improved blood flow and lymph circulation comes the removal of metabolic wastes, a reduction in pain, enhanced joint mobility as well as the physical relaxation of the whole body.

During this two day short course you will learn how to apply a full body relaxation massage using particular massage techniques on different parts of the body. Learn how to massage safely and effectively so as not to cause harm or discomfort.

Swedish Massage is for anyone who has an interest in massage and wants to deliver a

relaxing and precise treatment on friends and loved ones.

Participants should wear suitable undergarments for practising massage techniques and have short neat fingernails.

WHAT YOU WILL LEARN

Over two days participants will learn massage theory, practical skills and:

- The therapeutic benefits of massage
- Body mechanics of the practitioner
- Contraindications
- Theory and practice of Massage techniques
- A full body relaxation massage sequence

2 Day Short Course

9am to 4:30pm

This course is accredited with ANTA for 13 CPE points

Adelaide, Gold Coast & Perth

29 & 30 October 2011
21 & 22 January 2012
18 & 25 March 2012
12 & 13 May 2012

Brisbane & Melbourne

29 & 30 October 2011
10 & 11 December 2011
21 & 22 January 2012
18 & 25 March 2012
12 & 13 May 2012

Sydney

26 & 27 November 2011
21 & 22 January 2012
18 & 25 March 2012
12 & 13 May 2012

Cost

Public Price
Endeavour Student Price

\$325
\$295

To book please fill out the form on the back

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DATE (Select your course date) – 2 Day Short Course 9am to 4:30pm

Brisbane		Sydney		Gold Coast	
29 & 30 October 2011	<input type="checkbox"/>	26 & 27 November 2011	<input type="checkbox"/>	29 & 30 October 2011	<input type="checkbox"/>
10 & 11 December 2011	<input type="checkbox"/>	21 & 22 January 2012	<input type="checkbox"/>	21 & 22 January 2012	<input type="checkbox"/>
21 & 22 January 2012	<input type="checkbox"/>	18 & 25 March 2012	<input type="checkbox"/>	18 & 25 March 2012	<input type="checkbox"/>
18 & 25 March 2012	<input type="checkbox"/>	12 & 13 May 2012	<input type="checkbox"/>	12 & 13 May 2012	<input type="checkbox"/>
12 & 13 May 2012	<input type="checkbox"/>				
Melbourne		Adelaide		Perth	
29 & 30 October 2011	<input type="checkbox"/>	29 & 30 October 2011	<input type="checkbox"/>	29 & 30 October 2011	<input type="checkbox"/>
10 & 11 December 2011	<input type="checkbox"/>	21 & 22 January 2012	<input type="checkbox"/>	21 & 22 January 2012	<input type="checkbox"/>
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18 & 25 March 2012	<input type="checkbox"/>	12 & 13 May 2012	<input type="checkbox"/>	12 & 13 May 2012	<input type="checkbox"/>
12 & 13 May 2012	<input type="checkbox"/>				

YES – BOOK A PLACE FOR ME!

Contact Name

Address

Phone Email

Date of Birth Student Number (if applicable)

Credit Card type: Visa Mastercard My cheque is enclosed

Cardholder's Name

Signature

Credit Card Number

Expiry date /

BOOK ONLINE

www.shortcourses.endeavour.edu.au/estore or call 1300 462 887
Email: shortcourses@endeavour.edu.au

COST

Public Price **\$325**

Endeavour Student Price **\$295**

CANCELLATION POLICY

Payment must be made upfront for any Endeavour Learning Group face to face or online Short Course booking. Bookings without payment are not considered secure bookings. Bookings that require an invoice will only be considered 'firm' for the term of that invoice.

Endeavour Learning Group reserves the right to cancel, close or reschedule short courses. In the event of Endeavour Learning Group cancelling or rescheduling a course, participants have the option of transferring their booking to an alternative date or transferring to a different course of equal value.

In the event that you are unable to attend you are eligible to transfer to an alternative date or course of equal value or send a substitute in your place however no refunds will be issued.

Short Course prices are correct at the time of publication.

Discover the future of wellbeing

www.endeavour.edu.au

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