

Community Swedish Massage Therapy Workshop-

Massage is great for bonding between partners, with children (research has linked improved outcomes for kids diagnosed with ADHD, Autism spectrum and other health issues), caretaking of ill or aging parents and anyone who participates in sports.*

Who: Anyone that would like to gain skills and competence in massage skills to use with their partner or immediate family members and individuals who may be interested in pursuing a career in massage therapy, but are not really sure yet.

Where: Bellevue Massage School 15921 NE 8th St, Suite C, Bellevue, WA. 98008 phone: 425.641.3409

When: Saturday January 21, 2017 (14 student max- 7 couples) 10am-3pm with 30 minute lunch

In this massage class you will learn:

Safety and hygiene; WA state laws regarding massage therapy

Tools and equipment choices

Primary applications and physiological effects of massage

The 6 basic techniques of Swedish Massage Therapy

Hands on practice of learned skills

Tuition:

\$130 per couple; Individual student \$75

Supplies to bring: 1 set of clean twin sized sheets with pillow case and a blanket

***This class does not meet legal guidelines for licensure and is intended for personal use, within Washington State law requirements.**