



Course details

Course title

Healthy Living: Swedish Massage Techniques as a self-help tool

Course code

Q00018662

Course date

Start: 05/09/24

End: 24/10/24

Number of classes

7 sessions

Timetable

Thu 5th Sep, 11:00 to 12:30

Thu 12th Sep, 11:00 to 12:30

Thu 19th Sep, 11:00 to 12:30

Thu 26th Sep, 11:00 to 12:30

Thu 10th Oct, 11:00 to 12:30

Thu 17th Oct, 11:00 to 12:30

Thu 24th Oct, 11:00 to 12:30

Tutor

Georgia Daniel

Fee range

Free to £38.85

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Qualification name & awarding organisation

Healthy Living: Swedish Massage Techniques as a self-help tool ()

Level of study

Level 1

Course overview

Can't afford a massage but know you feel so much better after a treatment? Join me on this friendly self-help course that takes you week by week through how to massage the key areas of the body. You will learn Swedish massage techniques commonly used to support your self-help techniques within your own home. This friendly informative course. Will also cover some of the most popular aromatherapy oils that will support muscle aches and pains, congested tissues, lymph oedema, plantar fasciitis, frozen shoulder and a range of other health problems. Learn the key ingredients of Swedish massage that you apply to yourself. Each week we will cover a different part of the body, massage mediums, safe working practice and some basic anatomy and physiology. Open to all levels of learning.

Course description

September can feel like an ideal time to learn something new. Why not learn some of the classic Swedish massage techniques that you can use on yourself and/or your loved ones. One way to provide short and often long -term relief from the gnawing jaw, back, neck or knee pain is to apply a little massage to the body. Once you understand and recognize the pain you are experiencing you will learn that you can make a real difference and take our power back from pain!

Your tutor will encourage you to bring a pillow, towel, some carrier oils used for massage and essential oils if you own them, a couple of cushions, dim the lights, maybe even light a candle with some incense sticks. Set up your working area, find your favourite chilled music, turn off that mobile phone and spend some time just doing you. If you care for someone you are also welcome to bring them to the session to practise your newfound techniques on them to add another dimension to your role as a carer. Some weeks you may be asked to perform a massage on the face and neck, shoulders, stomach, knees, hands and feet. We will be focusing attention on different parts of the body and releasing tension throughout. The practice often ends with visualizing calming images, such as a deep forest, the waves of the sea, or a green garden.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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