

## Course details

### Course title

Self-massage for pain and health and well-being

### Course code

Q00016955

### Course date

Start: 27/09/24

End: 27/09/24

### Number of classes

1 sessions

### Timetable

Fri 27th Sep, 9:30 to 13:30

### Tutor

Georgia Daniel

### Fee range

Free to £14.80

### 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

## **Level of study**

Beginners

## **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, if you suffer from pain and/or on 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!

## **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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