

# THE 'M' TECHNIQUE MASSAGE THERAPY

Come and learn about one of the most researched  
massage techniques

Build on your existing skills or just come and learn!  
Suitable for everyone, whether an existing therapist or not.

This exciting weekend will teach you how to use one of the most researched massage techniques known at present. The 'm' technique is a relaxing massage which works well with or without essential oils. It was invented by Dr Jane Buckle who has written extensively about aromatherapy and who is an international lead in the area

Presently only 12 people in the UK are qualified to teach this technique so  
availability of courses is rare

This is an exciting chance for you to learn how to help people relax.

This weekend will teach the technique in detail over two days, and will allow you to then use the technique on friends and family and patients in the healthcare setting.

18<sup>th</sup> & 19<sup>th</sup> December 2008  
9.00am to 5.00pm

Venue: West Suffolk Hospital Education Centre,  
Bury St Edmunds, Suffolk

**£150.00**

(does **not** include lunch & refreshments)

For further details or to book a place please e-mail [rachel.brown@stnh.org.uk](mailto:rachel.brown@stnh.org.uk)

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