

The 'M' Technique: 2-day Massage Therapy Course

(Links to KSF HWB 1, 2 & 10)

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

This technique is a registered method of touch suitable for almost everyone, even the very fragile or those for whom massage is inappropriate.

This exciting two days 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 and 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. The course 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.

**17th & 18th December 2009
9.00am to 5.00pm**

Venue: Treetops Training Room, St Nicholas Hospice Care,
Bury St Edmunds, IP33 2QY

Cost: £150.00

(does not include lunch & refreshments)

Payment by credit/debit card (by phoning 01284 715591) or by cheque (made payable to St Nicholas Hospice Care). Envelope to be marked Education Department and sent to the above address.

*learning
for life*

**St Nicholas
Hospice Care**

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To book your place email rachel.brown@stnh.org.uk
giving your full name, job title & employer name,
address & phone number