



Body Massage

Learn the basics of massage in this introductory one day course.

Course Code: UXPKHH16

Start Date: Sat 8 February 2020

Weeks: 1

Time: 10:00 - 16:00

Fee: £45 *

Overview

Over the day you will be shown basic massage techniques and their benefits which can be used on the back, legs and arms.

This will be a practical class and you will be working on each other within the group.

Equipment Info

Please wear:-

- comfortable loose clothing
- flat footwear

* Fee remission available on this course