



Body Massage - Introduction

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

Course Code: UXPKAH02

Start Date: Sat 17 April 2021

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