

Taster Day 1st August 2015



*'The mind cannot forget
what the hands have
learned'
~ Jon Zahourek*

Can you picture yourself on an SCMT course?

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If you are thinking of doing one of our professional massage trainings then an introductory weekend is a great opportunity to find out more about **Holistic Massage**. You can also attend if you would like to learn some basic massage to

BEING NOT DOING

The philosophy of SCMT is to cultivate the development of a style and approach that can be seen as 'being with' the client rather than 'doing to' them. A simple statement but a big difference! This creates space and a sense of presence for the client, which some people describe as having a spiritual basis. Join us and find out more!



Your Teacher
Vicky Gaughan

*I was very impressed with
the trainer and really valued
the course*

DF

*A great experience that
brought me further on in
my personal development*

EW

*Loved being part of a
very special place and
very special people*

IB

*The course was
inspirational. Thank
you for sharing your
unique knowledge and
skills.*

HG

Can you picture yourself on one of our courses?

Taster Day

1st August 2015

The day includes:

Basic Strokes **Self Massage** **Time to Practice**
Discussion Time **Deepen Self Awareness**
Meet Like Minded People **Relaxation**

Come and find a slower pace for a while, learn the art of massage and recharge your batteries. You will also find **time to relax and take time out from your busy life.**

During the Taster Day guidelines will be given about when and when not to massage and advice offered on how to create an appropriate environment for the receiver. In the 21st century it is vital to learn to relax and stress management strategies are also included in the weekend. As you complete this programme of beginners massage, by the end of the day you will be able to give a relaxing back massage to your friends and family.

Please bring a towel, sheet & pillow and a packed lunch. Hot beverages including herbal teas are provided. There are also local shops close by.

Places are limited to 14 so please book early.

"WHAT DOES HOLISTIC MEAN?" Holistic means 'whole' - a Greek word. So this form of massage deals with you as a 'whole'. Like other therapies, it is not just looking to treat the symptoms, but to establish the cause, whether it be internal or external. The aim is to work with the body so it achieves whole balance. The professional training is extensive, as it not only covers massage, but also anatomy physiology and pathology, and all other areas relevant to working within a therapeutic relationship.

WIDE SPECTRUM

The professional training commences **October 2015** and includes a wide spectrum of techniques and approaches from deep muscular work to connective tissue massage, passive mobility work, to light energetic touch and work in the aura. It looks at the reasons for physical distress in the body, whether it is expressed as a headache, backache, joint problems, stress, sleeplessness, sadness, anxiety or depression. By working with massage, we can soften the physical armoring, releasing held tension and freeing old fixed patterns in the body. Making sense of the energetic and emotional meaning of physical symptoms and non-verbal communication is unique to the Massage Therapy training that is on offer at SCMT.

LISTENING

You will be interested to know that massage is a form of communication and in essence, is a physical activity where the connection between client and practitioner is mediated through touch. Any communication takes place primarily at the level of tissue and physicality. Therefore the massage therapist is a listener to the body!

INTEGRATIVE

In the last few decades other elements have led to the emergence of this more 'holistic' style of massage taught by SCMT. Traditions from the East including meditation, T'ai Chi, and other martial arts, dance and also bodywork disciplines have offered practical ideas of body and body use that underpins this training. Western approach to disease is studied, as is body psychotherapy traditions. Common to SCMT is the importance of practitioners working on themselves. A self - care programme will be developed by each individual student, making it possible to embody the energy that they wish to create around their massage practice.