

Certificate in Relaxation /Therapeutic Home study

With added bonus of Heartworks Lomi Lomi Hawaiian Massage

Materials provided:

- Professionally produced instructional video/DVD covering massage techniques/strokes for Relaxation/Therapeutic, and Lomi Massage and demonstration of 2 practitioners working on one recipient.
- E-manual video companion with suggestions how to learn from video watching and companion notes for the stroke sequences.
- E Manual with Theory History and Philosophy of Hawaiian Massage.
- E Manual with Contraindications and benefits of massage, Draping oil, clinic requirements, client history forms, Lymphatic drainage etc.
- E- Manual with questions to be answered from material in manuals and Log forms and client session logs to be filled out.

What you will learn

- The manual manipulation of muscle and connective tissue to promote relaxation and wellbeing.
- Techniques to enhance function in the circulatory, lymphatic, muscular, skeletal and nervous systems.
- How Massage can also be used to accelerate healing from injury and illness.
- Techniques, to provide effective relaxation and therapeutic massage.
- Professional boundaries and communication.
- Draping methods to maintain modesty for individuals needs
- How to be respectful and professional for needs of every client
- You will have gained skills to confidently do relaxation, deep tissue and lymphatic drainage massage and both soft and deep tissue work
- Energy balancing, draping, contraindications and benefits of massage will be covered.
- A fantastic massage that teaches correct posture and movement and prevents any injury to you as therapists
- You learn through dance like rhythmic movements that strength comes from the legs and not merely from upper body
- How to unblock and clear energies in the body
- How to create a sacred and safe environment
- New meditation techniques-Heart breathe

- How to work with energy to prevent burnout
- How to enhance your own inner powers
- How to set and achieve goals
- The 7 principles of Huna philosophy
- How to use music as a healing tool
- And much more

Please go to www.kdmassagecourses.com.au Relaxation/ Therapeutic and Hawaiian Heartworks Lomi Lomi pages for what is covered in the course and to view a video promo for Lomi Lomi.

Structure of Home study –Course Syllabus

It needs to be completed within 2 years of receiving documentation.

- Watching the video and practicing - fill out log session forms. (15 hrs.)
- Massage 3 recipients and fill out client session forms. (5 hrs.)
- Answer questions from readings in manual. (2 hrs.)
- Answer questions from readings on Contra indications of Massage(3hrs)

Home study course gives you suggested times and methods to assist watching and learning from DVD and exercises to do to make it fun and assist learning outcomes.

On Completion of course you will be able to

- 1hr & 1 1/2hour Relaxation /Therapeutic massage.
- 1hr & 1 1/2hour Hawaiian Heartworks Lomi Lomi massage.

Approved Certification

- Certificate in Relaxation/ Therapeutic and Lomi Lomi Heartworks massage for 25 hours study
- Can gain join Massage association IICT and or MAA and gain professional liability insurance. www.iict.com.au and www.maa.org.au
- Can get CPE points for 25 hours
- Can add as approved modality to existing insurance.

3. Who this course is for

- Lay person wanting to learn full-body relaxation, deep tissue massage with approved hours.

- People wanting to set up their own massage business.
- People wanting to gain professional indemnity insurance for Relaxation /Therapeutic Massage
- Health care professional wanting to learn complimentary therapies
- People wanting to expand business adding an extra healing modality to generate more clients and income.

About the double Qualification

- Swedish relaxation massage originated in the 1940's. Ancient techniques were drawn upon to develop what is known in Spa industry today as relaxation massage. The difference being the body was now divided up into smaller parts along the same lines as western medicine. Hawaiian and all indigenous massage always worked with the energy of the whole body. In this course you learn both. Having qualified and taught Relaxation, Remedial massage and Hawaiian massage CSSM brings you the best of both in one course.
- This brings you many advantages both financially, spiritually and physically.
- Please go to www.kdmassagecourses.com.au to the Relaxation and Ancient Heartworks lomi lomi pages to gain further insight and knowledge of what is covered in the course and the advantages of learning both.
- You can also view a video promo for Lomi Lomi, remember that that draping in relaxation covers the body more thoroughly and this can be adapted also to lomi.

Contact and Support

Please ring or email if you have questions. I'm here to answer them.

kaye@kdmassagecourses.com.au or ph 0407645764

Assistance is provided by phone or email if you need assistance while doing your home study course

