

Wellbeing: Indian Head Massage Taster

Course overview

Indian Head Massage is an amazingly effective therapy which is performed with the receiver seated. There is no need to remove any clothing. On this taster you will learn techniques for massaging the shoulders and scalp.

What will I study?

You will:

- hear a brief history Indian Head Massage
- identify when not to massage
- give and receive massage techniques for the upper back, shoulders and scalp

Assessment method

- Self Assessment and evaluation and peer feedback
- Your tutor will observe you and give you verbal feedback throughout the course
- You will take part in Q&A session to confirm your understanding
- You will also have the opportunity to self-assess

Entry requirements

This course is open to all. You will need a good understanding of English.

What should I bring with me?

You will need to provide your chosen method of note-taking such as a notepad and pen or a tablet.

Key information

Code	Date	Time	Location	Full Fee	Concessionary Fee
7013CPT	Wednesday 21 April 2021	6.30pm to 9pm	Dagenham	£0.00	£0.00

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other wellbeing or enrichment courses or signposted to another course suitable for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722