

# Wellbeing: Shoulder Massage for Relaxation

## Course overview

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Our shoulders are often a place where we hold stress and tension. Because of this they can become tight and painful. In this short course we will cover some easy to use massage techniques that can be used for self-massage or to massage others. These techniques, which can also be used on other parts of the body, can stretch and release tight muscles and reduce aches and pains. As our biggest sensory organ and our skin is full of sensory receptors that, when activated, send signals that activate the relaxation side of our nervous system further helping us to relax and unwind.

## What will I study?

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You will:

- Identify which mediums you can use for massage
- Be able to use a range of massage techniques
- Be able to give yourself / a partner a shoulder massage
- Discuss how to apply these techniques to other people and other areas of the body.

## Assessment method

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You will massage, participate in discussions and receive verbal feedback from the tutor throughout the workshop.

## Entry requirements

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

## What should I bring with me?

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

## Key information

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Where possible this course will take place on site with appropriate PPE and social distancing measures / bubbles in place. In the event of a lockdown, the course will take place online via MS Team.

## Possible next steps

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

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722