

# Wellbeing: Indian Head Massage for Friends and Family

## Course overview

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Indian Head Massage is an amazingly effective therapy which is performed with the receiver seated. The giver can be seated slightly higher behind them or standing. There is no need to remove any clothing so the massage can be done in any setting. On this short course you will learn techniques for massaging the shoulders and scalp. You may want to enrol with your preferred partner so that you can learn how to massage each other.

## What will I study?

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You will:

- Hear a very brief history Indian Head Massage
- Identify when not to massage
- Give and receive massage techniques for the upper back, shoulders and scalp

## Assessment method

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- 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 and reflect.

## 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. You may also wish to bring a towel or small cushion to provide some support whilst you are receiving.

## Key information

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Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams, in which case you will need to arrange your own receiver.

## 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 enrichment courses or 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