

Wellbeing: Indian Head Massage for Family and Friends

Course overview

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?

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

- 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

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

What should I bring with me?

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

Students will be working on each other. If this is a concern for you it is suggested that you enrol with a friend or partner that you can work with.

Possible next steps

During this course, you will be given advice and guidance on other courses suitable for you and your personal goals.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722