



# student massage calendar

- ◆ *Thursday & Friday bookings available from 10am to 1.30pm (last booking)*
- ◆ *Saturday am bookings available from 9am to 12.30pm (last booking)*
- ◆ *Saturday pm bookings available from 1.45pm to 5.15pm (last booking)*

DAY	DATE	Morning Sessions	Afternoon Sessions
Thursday	04/02/10	Swedish/Remedial	----
Saturday	06/02/10	Swedish/Remedial	Swedish/Remedial
Thursday	11/02/10	Swedish/Remedial	----
Saturday	13/02/10	Swedish/Remedial	Swedish/Remedial
Thursday	18/02/10	Swedish/Remedial	----
Saturday	20/02/10	Swedish/Remedial	Swedish/Remedial
Thursday	25/02/10	Swedish/Remedial	----
Saturday	27/02/10	Swedish/Remedial	Swedish/Remedial
Thursday	4/03/2010	Sports	----
Saturday	6/03/2010	Swedish/Remedial	Sports
Thursday	11/03/2010	Aromatherapy	----
Saturday	13/03/2010	Swedish/Remedial	Sports
Thursday	18/03/2010	Sports	----
Saturday	20/03/2010	Swedish/Remedial	Sports
Thursday	25/03/2010	Shiatsu	----
Saturday	27/03/2010	Swedish/Remedial	Sports
Thursday	1/04/2010	Advanced Sports	----
<b>EASTER CLOSED</b>			
Thursday	8/04/2010	Aromatherapy	----
Saturday	10/04/2010	Swedish/Remedial	Aromatherapy
Thursday	15/04/2010	Swedish/Remedial	----
Saturday	17/04/2010	Swedish/Remedial	Advanced Sports

**See below for prices and an explanation of massage styles.**

The calendar is also available on our website [www.schoolofmassage.com.au](http://www.schoolofmassage.com.au)

All massage sessions are 55mn apart from Aromatherapy which is a 1 ½ hr session.

**Swedish Massage** is a light relaxation massage which involves the use of hands, forearms or elbows to manipulate the superficial layers of the muscles to improve mental and physical health. **\$30**

**Remedial Massage** can be helpful in treating specific areas of muscle tension caused by stress or injury, or can be used to just relax. **\$30**

**Sports Massage** is a deep tissue massage for sport and occupational injuries. **\$30**

**Sports (Advanced)** is a deep tissue massage for sport and occupational injuries given by more experienced students. **\$30**

**Aromatherapy** combines the use of essential oils along with massage to create enhanced benefits. It is ideal for people wanting to enhance their daily wellbeing and obtain relief from stress. This is a 1 ½ hr massage. **\$40**

**Zen Shiatsu** is a deeply effective style of healing. In a Zen Shiatsu treatment the vital channels or Meridians carrying our ki (chi or prana or 'life force') are pressed with the fingers, palms, elbows, knees or feet. The massage is done fully clothed, lying on a mat on the floor. **\$30**

**Tui Na** is a Chinese form of massage therapy that is similar to remedial massage, but has a particular focus on Acupuncture points. The client may choose to either receive their massage with oil on bare skin, or through their clothing while remaining fully clothed. **\$30**

**Pregnancy Massage** is a perfect way to reduce stress and promote general well-being to the would-be mother (pregnant women must be in their 32<sup>nd</sup> week of pregnancy or over). This is a 1 ½ hr massage. **\$30**

**To make a booking please call us on 9262 2654**