



student massage calendar

- ◆ *Thursday 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)*

Please note that of the 2nd August Student Clinic will also be held on Mondays (10am to 1.30pm).

DAY	DATE	Morning Sessions	Afternoon Sessions
Thursday	22/07/2010	General	-----
Saturday	24/07/2010	General	General
Thursday	29/07/2010	General	-----
Saturday	31/07/2010	General	General
Monday	2/08/2010	General	-----
Thursday	5/08/2010	General	-----
Saturday	7/08/2010	General	General
Monday	9/08/2010	General	-----
Thursday	12/08/2010	General	-----
Saturday	14/08/2010	General	General
Monday	16/08/2010	General	-----
Thursday	19/08/2010	General	-----
Saturday	21/08/2010	General	General
Monday	23/08/2010	General	-----
Thursday	26/08/2010	Sports (Deep Tissue)	-----
Saturday	28/08/2010	General	Sports (Deep Tissue)
Monday	30/08/2010	General	-----
Thursday	02/09/2010	Aromatherapy	-----
Saturday	04/09/2010	General	Shiatsu General
Monday	06/09/2010	General	-----
Thursday	09/09/2010	Sports (Deep Tissue)	-----
Saturday	11/09/2010	General	Aromatherapy General
Monday	13/09/2010	General	-----
Thursday	16/09/2010	Aromatherapy	-----

Saturday	18/09/2010	General	Sports (Deep Tissue) General
Monday	20/09/2010	General	-----
Thursday	23/09/2010	Shiatsu	-----
Saturday	25/09/2010	General	Sports (Deep Tissue) General
Monday	27/09/2010	General	-----
Thursday	30/09/2010	Shiatsu	-----
Saturday	02/10/2010	General	General
Monday	04/10/2010	CLOSED	
Saturday	09/10/2010	General	Sports (Deep Tissue) General
Monday	11/10/2010	General	-----

See below for prices and an explanation of massage styles.

The calendar is also available on our website www.schoolofmassage.com.au

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

General Clinics offer clients the chance to experience a range of massage treatments. Massage treatments will be predominately **Swedish** and **Remedial** massage. Occasionally, students from the elective disciplines will also join general clinics.

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**

To make a booking please call us on 9262 2654