

[www.jingmassage.com](http://www.jingmassage.com)

**JING**

ADVANCED MASSAGE  
TRAINING

**ADVANCED CLINICAL  
AND SPORTS MASSAGE TRAINING**

2015-2017



# Welcome!

**Welcome to the world of Jing Advanced Massage,  
a home for all those who are passionate about bodywork.**

Our range of unique massage courses are suitable for everyone  
from the complete beginner to the highly experienced practitioner.

We offer a BTEC Level 6 Diploma, postgraduate certificates,  
and short CPD courses.

Join us in Brighton, London and Edinburgh or study with us from  
the comfort of your own home with our dynamic online courses  
and groundbreaking new *Massage Fusion* book.

**Jing is there for you every step of the way,  
we hope to see you soon...**

**Meghan Mari**

BA, MA, LMT.

**Rachel Fairweather**

BA, LMT, AOS, COSW.



# Contents

## 6 BEGINNERS COURSES

- 7 ● Bodywork beginnings - the Jing way
- 

## 8 POSTGRADUATE QUALIFICATIONS

- 11 ● Certificate in advanced clinical massage  
15 ● Professional diploma in advanced clinical & sports massage BTEC Level 6  
19 ● Certificate in advanced myofascial release  
22 ● Certificate in advanced musculoskeletal anatomy
- 

## 24 SHORT CPD COURSES

- 25 ● Foundation in advanced clinical massage  
26 ● Advanced clinical massage courses  
26 ● Ribs, thorax and abdomen pain  
28 ● TMJ pain  
28 ● Working with the spine  
29 ● Orthopaedic assessment  
29 ● Table thai massage  
29 ● Pregnancy and post-natal massage  
31 ● Hot stone intensive  
32 ● Forearm and deep tissue massage
- 

## 34 PREREQUISITES, PAYMENT AND POLICIES

---

### JING ADVANCED MESSAGE TRAINING

28/29 Bond Street, Brighton BN1 1RD

info@jingmassage.com

01273 628942

www.jingmassage.com

#### Jing Advanced Message Training Ltd.

Company No. 07431804

Registered address:

2nd Floor, Stanford Gate,  
South Road,  
Brighton, East Sussex  
BN1 6SB

VAT No. 866374290



# ***The Jing method for the treatment of chronic pain***

Jing Advanced Massage has been providing quality education for massage therapists since 2003. Therapists trained in the Jing method for treating chronic pain are nationally respected for their passion and commitment to excellence.

Our ACMT and BTEC graduates enjoy busy, fulfilling and successful careers treating common pain conditions including headaches, low back, neck and shoulder pain and stubborn sporting injuries.

We would love to help you achieve your own dreams and become part of our ever growing family worldwide. Wherever you live or whatever your budget, there are many ways that you can now be part of the Jing revolution...



## ***The book***

### **Massage Fusion: The Jing method for the treatment of chronic pain**

Immerse yourself in the Jing method with this essential companion for all manual therapists interested in treating common pain issues. Beautifully illustrated with clear photographs of each step, this book gives massage therapists a tried and tested blueprint for approaching chronic pain conditions with confidence.

Drawing on both the available evidence and several decades of clinical experience, *Massage Fusion* draws together art and science, East and West, philosophy and psychology into a joyful exploration of how to gain the best results for your clients. A must read for all bodyworkers who want to be the best. Get yours NOW!

- **Amazon:** [amazon.co.uk](http://amazon.co.uk)
- **Handspring, our publisher:** [handspringpublishing.com](http://handspringpublishing.com)
- **Get a signed copy from us:** [jingmassage.com](http://jingmassage.com)

## ***The online TV show***

**Free, fabulous and featuring Jing founders, Meghan and Rachel.**

Get top tips on massage techniques, business and much more. Check out our website to catch up on current and past episodes.





## ***The hands on courses***

**We are renowned for our fun, interactive and innovative teaching style.**

Learning should be enjoyable and our courses provide maximum opportunity for hands on work and laughter. We offer everything from beginners courses to short CPD courses for qualified therapists. For the passionate, enrol for our famous three year degree equivalent BTEC Level 6, still the first and only of its kind in the UK. Check out what we offer on pages 15-17 to see what's right for you.



## ***The films***

**Our ground breaking online courses**

Study at your own pace and get the best of the Jing vibe without leaving your seat. Beautifully shot, with high definition detail of techniques and engaging TV style commentary by Meghan and Rachel themselves, our online film courses also utilise clearly illustrated handouts and quizzes to test your knowledge.

Our essential knowledge, entertaining anecdotes and powerful protocols aim to help you get results in 1-6 treatments. Learn how to combine hot or cold, fascial techniques, trigger points, acupressure points, stretching and self care advice. Bonus content is also included that we don't usually incorporate into our hands on courses.

**Online courses available in 2015 and 2016 are:**

**THE JING METHOD:**

- **Advanced clinical massage for low back pain**

**THE JING METHOD:**

- **Advanced clinical massage for neck and shoulder pain**

**THE JING METHOD:**

- **Advanced clinical massage for shoulder girdle pain**

**THE JING METHOD:**

- **Advanced clinical massage for carpal tunnel, wrist and arm pain**

- **Advanced certificate in musculoskeletal anatomy**  
(Page 22)

**PRICE: £195 +VAT per course**

**Purchase a Jing hands on course and get an online course for half price. Contact us for more information.**







**BODYWORK  
BEGINNINGS**  
THE JING WAY

## ***Qualify as a massage therapist***

If you are new to bodywork then your Jing journey starts here. Immerse yourself in the wonderful world of advanced clinical massage with one of our short introductory workshops or our acclaimed nine day intensive *Bodywork beginnings - the Jing way*.

### ***One day massage workshop***

This massage workshop is perfect those interested in a new career as a massage therapist or simply for those looking to use massage skills within the family. The day is packed with hands on experience to help you decide if you wish to take your training further.

Learn with the experts who have helped hundreds of people change their lives and start a successful and fulfilling career in bodywork.

**PRICE: £105 + VAT**

**2016: Thursday 24 March**



# ***Bodywork beginnings - the Jing way***

**9 DAYS: THURSDAY 19 - FRIDAY 27 MAY 2016  
INCLUDING 2 SELF STUDY DAYS**

**A STAND-ALONE COURSE  
OR PREREQUISITE TO THE JING ACMT  
AND/OR BTEC LEVEL 6 PROFESSIONAL  
DIPLOMA.**

Do you want to become a massage therapist? Have a career that you love and the ability to treat common aches and pains like bad backs, headaches and neck and shoulder pain?

Maybe you are a pilates instructor, yoga teacher or acupuncturist who is already in the complementary therapist field and you require more hands on skills? Then this course is for you.

A nine day intensive, led by internationally acclaimed teachers and authors Meghan Mari and Rachel Fairweather will introduce you to the magical world of advanced clinical massage. Gain all the hands on skills you need to start treating real people. Learning relaxation massage and the get the tools to set you on your journey of working with people in pain.

Following this course you can gain insurance to practice as a massage therapist. Many students choose to continue their journey with our degree level course in advanced clinical and sports massage and become one of the UK's most highly qualified experts in treating soft tissue pain.

**PRICE: £775 +VAT**

when paid before 22 January 2016

**PRICE: £995 +VAT**

after 22 January 2016





## ***Postgraduate qualifications***

**Enhance your skill set with our range of exciting postgraduate qualifications in massage and advanced soft tissue techniques.**

Courses are open to all who have some previous qualification in massage or bodywork including graduates of our bodywork beginnings course, massage therapists (level 3, 4 or 5), osteopaths, physiotherapists and movement instructors.



# Postgraduate qualifications



## **CERTIFICATE IN ADVANCED CLINICAL MASSAGE**

**24 Days - 9 modules over 10-12 months**

If you have already qualified in some form of bodywork and want to become an expert in the treatment of soft-tissue pain, this course is for you. Jing's method of advanced clinical massage employs integrative sports and eastern massage allowing you to treat any type of client. You can work with anyone, from elite athletes, to those suffering with common pathologies. These modules constitute year 1 of BTEC Level 6.



## **PROFESSIONAL DIPLOMA IN ADVANCED CLINICAL AND SPORTS MASSAGE BTEC LEVEL 6**

**20 modules over 3 years flexible part-time**

We are proud to have designed the first and only BTEC Level 6 in advanced clinical and sports massage - the highest level of education in the field in the UK. Get a degree level education and the recognition that accompanies it. This course breaks new ground by incorporating soft-tissue work with orthopaedic assessment, myofascial release, sports massage and Eastern philosophies.



## **CERTIFICATE IN ADVANCED MYOFASCIAL RELEASE**

**9 days - 3 modules over 3-6 months**

Jing has been offering courses in MFR for over 10 years in Britain and training therapists in the US since 1999. Having trained with the experts from the US and Europe, Rachel Fairweather has designed a unique course that offers a different approach combining indirect and direct forms of MFR. This enables you to choose what works best for you and your clients. Feel confident working with all types of injuries and many chronic systemic conditions such as chronic fatigue, ME, rheumatoid arthritis and those in trauma.



## **CERTIFICATE IN ADVANCED MUSCULOSKELETAL ANATOMY**

**12 Month Course, 6 practical days with 16 x 1 hour webinars and final exam**

This unique 12 month course aims to give massage therapists, bodyworkers and movement instructors the highest level of theoretical and practical mastery of musculoskeletal anatomy. This course will elevate your understanding of all bodywork techniques in addition to enhancing your palpation skills and professional confidence.





**CERTIFICATE  
IN ADVANCED  
CLINICAL  
MASSAGE**

**edexcel**   
Approved Centre

## ***Qualify as an Advanced Clinical Massage Therapist***

### **THE BEST OF WHERE EAST MEETS WEST...**

The Jing method of advanced clinical massage combines the best of sports and Eastern massage allowing you to treat anyone, from elite athletes, to those suffering with chronic pain conditions such as:

- Chronic low back pain
- Pain from herniated disc
- Frozen shoulder
- RSI
- Knee pain
- Strain and Sprains
- Osteoarthritis
- Pain from cervical disc pathologies
- Thoracic outlet syndrome
- Plantar fasciitis
- Migraines, whiplash and more...

**THE JING METHOD IS AN OUTCOME BASED MODEL, INCREASING YOUR ABILITY TO REDUCE CLIENT PAIN IN 1-6 TREATMENTS.**

**Each module covers the relevant anatomy, demystifies the associated pathologies and gives you a proven pain treatment protocol incorporating:**

- Trigger point therapy
- Shiatsu
- Sports massage
- Advanced stretching
- Myofascial release
- Deep tissue work
- Body mechanics to protect yourself

**24 DAYS - 9 MODULES  
OVER 10-12 MONTHS**

**ALL OF THESE MODULES GIVE CREDIT TOWARDS GAINING YOUR BTEC LEVEL 6 IN ADVANCED CLINICAL AND SPORTS MASSAGE.**

**PREREQUISITES:** Jing bodywork beginnings intensive or a qualification in massage, anatomy and physiology or any discipline where you are insured for hands-on body work.

**PRICE: £2,400 +VAT** when paid in full

**OR MONTHLY PAYMENT PLAN: £600** deposit + 12 monthly payments of **£220**



## CERTIFICATE IN ADVANCED CLINICAL MESSAGE STRUCTURED TRACKS

All courses are in Brighton unless otherwise indicated.

COURSE	AUGUST 2016 ACMT INTENSIVE	TRACK 0215	TRACK 0315
FOUNDATION IN ADVANCED CLINICAL MESSAGE	 <p><b>SUMMER OF SOUL</b></p> <p><b>WEDNESDAY 3 AUGUST to SUNDAY 21 AUGUST 2016</b></p> <p><b>ACMT INTENSIVE</b></p>		Friday 18 - Sunday 20 September 2015
LIVING ANATOMY			Friday 16 October 2015
 LOW BACK PAIN			Saturday 17 - Sunday 18 October 2015
 NECK AND SHOULDER PAIN		Friday 4 - Saturday 5 September 2015	Saturday 21 - Sunday 22 November 2015
 CARPAL TUNNEL, WRIST & RSI PAIN		Sunday 6 September 2015	Friday 15 January 2016
 SHOULDER GIRDLE PAIN		Thursday 1 - Friday 2 October 2015	Saturday 16 - Sunday 17 January 2016
UPPER BODY THEORY AND PRACTICAL APPLICATION MASTERY		Thursday 29 - Friday 30 October 2015	Thursday 25 - Friday 26 February 2016
ADVANCED STRETCHING		Friday 18 - Sunday 20 December 2015	Friday 8 - Sunday 10 April 2016
HIP AND PELVIS PAIN		Thursday 4 - Friday 5 February 2016	Saturday 28 - Sunday 29 May 2016
LEG, KNEE AND FOOT PAIN		Saturday 12 - Sunday 13 March 2016	Thursday 23 - Friday 24 June 2016
LOWER BODY PRACTICAL APPLICATION MASTER CLASS AND CLINICAL ASSESSMENT		Thursday 28 - Friday 29 April 2016	Thursday 28 - Friday 29 July 2016
PRACTICAL AND THEORETICAL FINAL EXAM		Tuesday 31 May - Wednesday 1 June 2016	Wednesday 14 - Thursday 15 September 2016



These courses also available online.

TRACK 0116	TRACK 0216	TRACK 0316	TRACK 0117
Thursday 3 - Saturday 5 December 2015 or Thursday 18 - Saturday 20 February 2016	Thursday 7 - Saturday 9 April 2016 LONDON or Friday 3 - Sunday 5 June 2016	Friday 16 - Sunday 18 September 2016 or Wednesday 15 - Friday 17 June 2016 EDINBURGH	Thursday 1 - Saturday 3 December 2016 Thursday 16 - Saturday 18 February 2017
Friday 18 March 2016	Friday 1 July 2016	Friday 14 October 2016	Friday 17 March 2017
Saturday 19 - Sunday 20 March 2016	Saturday 2 - Sunday 3 July 2016	Saturday 15 - Sunday 16 October 2016	Saturday 18 - Sunday 19 March 2017
Saturday 16 - Sunday 17 April 2016	Thursday 1 - Friday 2 September 2016	Saturday 19 - Sunday 20 November 2016	Saturday 13 - Sunday 14 May 2017
Friday 13 May 2016	Friday 28 October 2016	Friday 20 January 2017	Friday 16 June 2017
Saturday 14 - Sunday 15 May 2016	Thursday 29 - Friday 30 September 2016	Saturday 21 - Sunday 22 January 2017	Saturday 17 - Sunday 18 June 2017
Thursday 16 - Friday 17 June 2016	Saturday 29 - Sunday 30 October 2016	Thursday 9 - Friday 10 February 2017	Saturday 15 - Sunday 16 July 2017
Friday 22 - Sunday 24 July 2016	Friday 16 - Sunday 18 December 2016	Friday 3 - Sunday 5 March 2017	Thursday 24 - Saturday 26 August 2017
Saturday 3 - Sunday 4 September 2016	Saturday 14 - Sunday 15 January 2017	Thursday 11 - Friday 12 May 2017	Thursday 19 - Friday 20 October 2017
Saturday 1 - Sunday 2 October 2016	Saturday 11 - Sunday 12 February 2017	Saturday 10 - Sunday 11 June 2017	Saturday 11 - Sunday 12 November 2017
Thursday 10 - Friday 11 November 2016	Thursday 9 - Friday 10 March 2017	Saturday 22 - Sunday 23 July 2017	Thursday 14 - Friday 15 December 2017
Thursday 8 - Friday 9 December 2016	Wednesday 5 - Thursday 6 April 2017	Wednesday 6 - Thursday 7 September 2017	Wednesday 24 - Thursday 25 January 2018







**PROFESSIONAL  
DIPLOMA IN ADVANCED  
CLINICAL AND SPORTS  
MASSAGE BTEC LEVEL 6**

## ***A degree level course that massage therapists can be proud of...***

### **3 YEARS PART-TIME WITH FLEXIBLE ATTENDANCE**

Jing founders, Rachel and Meghan, both received degrees in Massage Therapy in the US, after completing BAs in Psychology related sciences. This degree level course is the result of their dedication to offer UK massage therapists the same level of education they received.

#### **The course incorporates:**

- Clinical massage therapy
- Trigger point therapy
- Myofascial release
- Traditional Chinese medicine
- Sport massage
- Musculoskeletal anatomy
- Musculoskeletal pathology
- Advanced pathology pertaining to systemic conditions such as cancer, heart disease, asthma, diabetes and chronic fatigue
- Techniques used by physiotherapists
- Orthopaedic assessment
- Rehabilitation

- Research methods
- Dissertation supervision

Your ability to gain results will be elevated by participation in specialised clinic days with supervision and feedback from injury and pain management experts.

We will support your business development, by helping you employ the latest marketing methods. The diploma also encompasses the exciting opportunity to carry out original research or a creative project in a specific area of your choice. You will be supported every step of the way to bring out the very best of your unique potential and explore your own passion for bodywork.

**PRICE - YEAR 1: £2,400 +VAT**  
or payment plan

**PRICE - YEARS 2-3: £4,250 +VAT**

or payment plan: **£540 + 24 monthly payments of £205**

Edexcel fee **£132**

## Choose your path to qualify...

 <b>Fast and furious</b>	<b>The mixed method</b>	 <b>Slow and steady</b>
<p>Prerequisite of level 3, 4 or 5 in massage or bodywork.</p> <p>Or 7 day intensive, bodywork beginnings - the Jing way. 19 - 27 May 2016 (See page 7)</p>	<p>Prerequisite of level 3, 4 or 5 in massage or bodywork.</p> <p>Or 7 day intensive, bodywork beginnings - the Jing way. 19 - 27 May 2016 (See page 7)</p>	<p>Prerequisite of level 3, 4 or 5 in massage or bodywork.</p> <p>Or 7 day intensive, bodywork beginnings - the Jing way. 19 - 27 May 2016 (See page 7)</p>
<p>- YEAR 1 -</p> <p><b>JING ACMT INTENSIVE AUGUST</b></p> <p>3 - 21 August 2016</p>	<p>- YEAR 1 -</p> <p><b>JING ACMT INTENSIVE AUGUST</b></p> <p>3 - 21 August 2016</p>	<p>- YEAR 1 -</p> <p><b>JING ACMT</b></p> <p>Starting December 2015 or February, April, June or September 2016. 1 module per month (See page 12/13)</p>
<p>- YEAR 2 -</p> <p>September 2016 - 2017</p> <p>Approx 1 taught module per month in Brighton</p>	<p>- YEAR 2 -</p> <p>September 2016 - 2017</p> <p>Approx 1 taught module per month in Brighton</p>	<p>- YEAR 2 -</p> <p>September 2017 - 2018</p> <p>Approx 1 taught module per month in Brighton</p>
<p>- YEAR 3 -</p> <p>Nov 2017 - Sept 2018</p> <p>Work on your own research project with support. Approx 5 tutorials over the year in Brighton</p>	<p>- YEAR 3 -</p> <p>Nov 2017 - Sept 2018</p> <p>Work on your own research project with support. Approx 5 tutorials over the year in Brighton</p>	<p>- YEAR 3 -</p> <p>Nov 2018 - Sept 2019</p> <p>Work on your own research project with support. Approx 5 tutorials over the year in Brighton</p>
<p>December 2018</p> <p>Success! Your degree level qualification in Jing Advanced Clinical and Sports Massage with Springtime graduation, cap and gown.</p>	<p>December 2018</p> <p>Success! Your degree level qualification in Jing Advanced Clinical and Sports Massage with Springtime graduation, cap and gown.</p>	<p>December 2019</p> <p>Success! Your degree level qualification in Jing Advanced Clinical and Sports Massage with Springtime graduation, cap and gown.</p>



**PROFESSIONAL  
DIPLOMA IN ADVANCED  
CLINICAL AND SPORTS  
MASSAGE** BTEC LEVEL 6

**SCHEDULE: YEAR 2 and 3**

**Prerequisite: Complete Jing ACMT**

<b>Orientation</b>	Thursday 6 October 2016
<b>Sports and events techniques</b>	Friday 7 October 2016
<b>Marketing 1</b>	Thursday 24 November 2016
<b>Soft tissue release</b>	Friday 25 - Saturday 26 November 2016
<b>Fascial foundation</b>	Thursday 26 - Saturday 28 January 2017
<b>Myofascial release</b>	Thurs 23 - Sat 25 February 2017
<b>Structural fascial bodywork</b>	Thursday 23 - Saturday 25 March 2017
<b>Tutorial day</b>	Friday 7 April 2017
<b>Anatomy of injury</b>	Saturday 8 - Sunday 9 April 2017
<b>Marketing 2</b>	Wednesday 3 May 2017
<b>Clinical mastery days</b>	Thursday 4 - Friday 5 May 2017
<b>Pathology for the massage therapist</b>	Thursday 8 - Friday 9 June 2017
<b>Orthopaedic assessment 1</b>	Thursday 20 - Friday 21 July 2017
<b>Orthopaedic assessment 2</b>	Saturday 9 - Sunday 10 September 2017
<b>Rehabilitation for sports and injury</b>	Thursday 12 - Friday 13 October 2017
<b>Clinical mastery days</b>	Thursday 23 - Friday 24 November 2017
<b>Research day 1</b>	Saturday 25 November 2017
<b>Research day 2</b>	Saturday 16 December 2017
<b>3 tutorial days</b>	To be announced
<b>Completion day</b>	Friday 7 September 2018







## CERTIFICATE IN ADVANCED MYOFASCIAL RELEASE

### ***Become an expert myofascial practitioner***

Fascia is the tissue that surrounds and connects all the structures in the body. Learning effective release techniques can be the missing key to solving chronic pain. We have designed these unique courses that combine indirect and direct forms of MFR, enabling you to choose what works best for you and your clients.

Feel confident working with all types of injuries and chronic systemic conditions such as chronic fatigue, ME, rheumatoid arthritis and those in trauma.

Modules can be taken as a track, standalone or mixed and matched. For full immersion you can now cover all the elements of our acclaimed modular course over 9 days of learning and laughter with our myofascial release intensive.

**PRICE: £950 +VAT or £350 +VAT per module**

MODULE	COURSE	DATES		
1	<b>Fascial foundation</b>	Thurs 26 - Sat 28 Nov 2015	<b>Myofascial release intensive</b>	Thurs 26 - Sat 28 January 2017 <b>or</b> Wed 19 - Fri 21 Oct 2016 EDINBURGH
2	<b>Myofascial release</b>	Thurs 28 - Sat 30 Jan 2016		Thursday 23 - Saturday 25 February 2017
3	<b>Structural fascial bodywork</b>	Thurs 3 - Sat 5 March 2016		Thurs 23 - Sat 25 March 2017



## CERTIFICATE IN ADVANCED MYOFASCIAL RELEASE

**Save!**  
**BOOK ALL THREE  
COURSES FOR  
£332.50 +VAT**

## Advanced fascial master classes

We are delighted to offer a series of advanced fascial master classes featuring both experienced Jing teachers and other fascial experts from around the world.

**PRE-REQUISITE:** Jing certificate in advanced myofascial release or similar fascial bodywork experience.

### Unwinding

In this one day experiential and dynamic course we will explore hands on techniques that will develop both your client unwinding and self-unwinding

You will develop the practice of unwinding working from self-unwinding to working as a member of a MFR - Multiple Hands Team.

This is a fantastic opportunity for personal growth on both individual and professional levels.

**PRICE: £125+ VAT**

**2016: Thursday 8 September**

### Myofascial positional release

A creative fusion of the techniques of positional release, orthobionomy and strain-counterstrain. These methods involve positioning an area in such a way as to produce a combination of neurological and circulatory changes that produce pain relief and relaxation.

Fascial positional release combines the theory of these methods with the sensitivity of a fascial "listening touch" and knowledge of fascial and acupuncture meridians. Created, taught and tried and tested clinically by Jing director, Rachel Fairweather, this workshop is not to be missed.

**PRICE: £125+ VAT**

**2016: Thursday 13 October**

## ***Myofascial stretching***

Enjoy a fun day exploring an exciting new creative approach to working with fascia through myofascial stretching. The workshop will explore techniques you can easily integrate into your existing fascial work or use as a stand-alone full body treatment. This work fuses myofascial release, principles of Thai massage and intuitive whole body listening palpation skills on the part of the therapist to produce a novel and exciting new form of treatment.

**PRICE: £125+ VAT**

**2016:** Thursday 8 December

## **International guest lecturers in fascial therapy**

As part of our advanced practitioner programme, we regularly welcome internationally renowned guest experts in fascial technique including: Til Luchau, James Earls, Greg Morling amongst others. Please call us or check our website for details.



## CERTIFICATE IN ADVANCED MUSCULOSKELETAL ANATOMY

# ***A unique qualification in musculoskeletal anatomy for massage therapists and movement teachers***

This unique 12 month course gives massage therapists, bodyworkers and movement instructors the highest level of theoretical and practical mastery of musculoskeletal anatomy. This course will elevate your confidence and understanding of all bodywork techniques and enhance your palpation skills and professional confidence. We are delighted to offer this acclaimed Jing course in a groundbreaking new format of blended hands-on and online learning.

Complete the full certificate in practical and theoretical musculoskeletal anatomy by attending both hands on days and all the online modules or opt to complete the online version only to gain our certificate in musculoskeletal anatomy theory.

### **ONLINE ELEMENT**

- Learn at your own pace with our interactive webinars led by Rachel Fairweather, internationally respected director of Jing and author of *Massage Fusion: The Jing method for the treatment of chronic pain*.
- Watch and replay the webinars in your own time, at your own pace on your computer, tablet or smartphone.
- Consolidate your learning with online quizzes and worksheets.
- Interact with fellow students online via our special Facebook group.

### **HANDS-ON ELEMENT**

- Have fun the Jing way with interactive days to ensure the material gets into your hands, heads and heart.
- Consolidate and advance your learning with fun small group work involving games and 3D learning
- Take part in specialised palpation sessions to take your learning out of the text books and onto the body

## COURSE STRUCTURE

MODULE	DATES FOR 2016
Course introduction 2 x 1 hour webinars	January
Shoulder 2 x 1 hour webinars	February
Forearm 2 x 1 hour webinars	March
Practical review and mastery	Thursday 14 - Friday 15 April
Spine 2 x 1 hour webinars	May
Head, neck and face 3 x 1 hour webinars	June
Practical review and mastery	Friday 8 - Saturday 9 July
Pelvis and thigh 3 x 1 hour webinars	September
Leg, knee and foot 2 x 1 hour webinars	October
Practical review and mastery	Thursday 17 - Friday 18 November
Final exam and celebration day	Thursday 15 December

**FULL COURSE PRICE: £1,500** +VAT when paid in full

**OR MONTHLY PAYMENT PLAN: £324** deposit + 12 monthly payments of **£135**

**ONLINE ONLY: £800** +VAT when paid in full

**OR MONTHLY PAYMENT PLAN: £258** deposit + 12 monthly payments of **£65**








## Courses included in the ACMT certificate:

We offer the following Advanced Clinical Massage Courses for the treatment of pain as stand alone 1, 2 and 3 day courses. See pages 12-13 for dates and locations.

- 
- Living anatomy
  - Low back pain: sciatica, herniated disc, acute locked back & piriformis syndrome
  - Neck and shoulder: migraine, whiplash, cervical sprain
  - Shoulder girdle pain: frozen shoulder, dislocation and bursitis
  - Carpal tunnel, wrist and arm pain
  - Advanced sports stretching
  - Wrist and arm RSIs: carpal tunnel, golfers and tennis elbow
  - Hip and pelvis pain
  - Leg, knee and foot pain

**1 DAY COURSE = £105 +VAT**

**2 DAY COURSES = £205 +VAT**

**3 DAY COURSES = £305 +VAT**



These courses also available online.

## Courses not included in the ACMT certificate:

***Ribs, thorax and abdomen pain: asthma, thoracic outlet syndrome, intercostal pain, breathing complications 2 Days***

You can help increase breathing capacity for athletes, people with asthma and recovering cancer patients. Your clients will love you for this work!

### LEARN:

- A powerful protocol adapted from osteopathic techniques, visceral manipulation, myofascial release, remedial and trigger point work to identify and relieve the source of pain in 1-6 treatments.
- Palpate and treat the relevant musculoskeletal and visceral anatomy including: the intercostal muscles, pectoralis minor, lungs, diaphragm, rectus abdominis.
- The causes and contra indications of thoracic pain pathologies.

**PRICE: £205 +VAT**

**2015:** Saturday 31 - Sunday 1 November

BRIGHTON

**2016:** Saturday 10 - Sunday 11 December

BRIGHTON



## ***TMJ pain: headache, jaw pain, bruxism and bell's palsy***

### ***1 Day***

This workshop was developed by a massage therapist with 20 years experience as a dental nurse. These skills will help you achieve astounding results with patients who cannot find relief elsewhere.

#### **LEARN:**

- A powerful protocol to treat TMJ (temporomandibular joint syndrome) incorporating a range of advanced techniques such as trigger point therapy, STR, and myofascial release.
- To find, palpate and treat the relevant musculoskeletal anatomy including: the temporomandibular joint, masticatory muscles, digastric muscles, sternocleidomastoid, and trapezius.
- The causes and contra indications of head and face pain.

**PRICE: £105 +VAT**

<b>2015:</b> Thursday 15 October	BRIGHTON
<b>2016:</b> Sunday 7 February	BRIGHTON

## ***Working with the spine 2 Days***

Lose your fear of working with the spine in this fascinating workshop combining insights from bodywork, physiotherapy and yoga.

#### **LEARN:**

- Detailed anatomy of the spine and relevant musculoskeletal, ligamentous and fascial structures.
- Body reading: how to visually assess spinal bends, excessive curvature and rotations.
- Advanced soft tissue techniques to free spinal restrictions.  
Techniques include: direct and indirect myofascial release, trigger point, stretching and osteopathic skills adapted for the massage therapist.
- Effective and safe movement exercises for your client.
- The causes and contra indications of spinal pathologies including herniated disc, ankylosing spondylitis, spinal arthritis.

**PRICE: £205 +VAT**

<b>2016:</b> Saturday 23 - Sunday 24 April	BRIGHTON
--	----------









## *Forearm and deep tissue massage 1 Day*

This unique one-day course will give you a dynamic 'tool box' of forearm, deep tissue and energy saving advanced strokes that will delight your clients and protect your own body. Highly effective in both relaxation and clinical massage, the Jing approach to saving your hands will teach you to get more effect for less effort and give you the tools to treat any part of the body with minimal use of fingers or thumbs.

### **LEARN:**

- Great forearm strokes for both prone and supine positions for the entire body.
- How to eliminate strokes that hurt your hands and save your thumbs.
- How to achieve depth and pressure through correct use of body weight.
- How to use the principles of tai chi to achieve flow and fluidity in your work.
- The adaptation of common Swedish massage strokes to prevent strain.

### **PRICE: £105 +VAT**

<b>2015:</b> Thursday 17 September	BRIGHTON
<b>2016:</b> Saturday 6 February	BRIGHTON
Thursday 27 October	BRIGHTON

## *BTEC Level 6 standalone courses*

**Many of our BTEC modules are also available as stand alone courses including:**

- Marketing for the massage therapist
- Anatomy of injury
- Pathology for the massage therapist

Please call or see our website for details.



## Prerequisites for courses at Jing

We require that students either attend the seven day bodywork beginnings Intensive or have a prior learning of anatomy, physiology or hands-on body work. For appropriate qualifications please see our terms and conditions at: [www.jingmassage.com](http://www.jingmassage.com)

### PROFESSIONAL INSURANCE

As a post-graduate and CPD course provider, we ask for students to gain professional or student insurance for hands-on soft tissue work before attending a course. If you do not have insurance and want to enrol on a course, please call and we will endeavour to direct you to a provider that may help you.

### REGISTRATION

If you have any questions regarding booking or registration, please call: **01273 628 942**. We are more than happy to help you find the best course for you. You can book your place and register for courses at [www.jingmassage.com](http://www.jingmassage.com) with a credit or debit card. Alternatively, email: [info@jingmassage.com](mailto:info@jingmassage.com) or send by post. We will need the following information from you:

- Your full name
- Your address
- Home and mobile phone numbers
- Name and date of course
- Information on how you wish to pay

As soon as we receive your payment, we will send you a booking confirmation with course and venue details. We regret that we cannot guarantee your place until we receive full payment or a deposit. Please also see the prerequisite section for further information.

## Payment options

You can book, register and pay for all our courses at: [www.jingmassage.com](http://www.jingmassage.com) using a credit or debit card.

**Jing Advanced Massage Training Ltd**  
**account details for online transactions:**



**ACCOUNT NUMBER:** 10333309  
**SORT CODE:** 09-02-22

- At the time you book your course we will require a deposit or payment in full.
- For short courses we require a 50% minimum deposit of the course cost. The balance is due on the day prior to the start date of your course.
- For our longer courses please refer to the respective course details. We are happy to work out a payment plan to suit your work/life balance.

**JING ADVANCED MASSAGE TRAINING**  
28/29 Bond Street, Brighton BN1 1RD  
[info@jingmassage.com](mailto:info@jingmassage.com)

**01273 628942**  
[www.jingmassage.com](http://www.jingmassage.com)





**BODYWORK  
BEGINNINGS**  
THE JING WAY



**CERTIFICATE  
IN ADVANCED  
CLINICAL  
MASSAGE**



**PROFESSIONAL  
DIPLOMA IN ADVANCED  
CLINICAL AND SPORTS  
MASSAGE** BTEC LEVEL 6



**CERTIFICATE  
IN ADVANCED  
MYOFASCIAL  
RELEASE**



**CERTIFICATE  
IN ADVANCED  
MUSCULOSKELETAL  
ANATOMY**

## **CPD COURSE CANCELLATION POLICY**

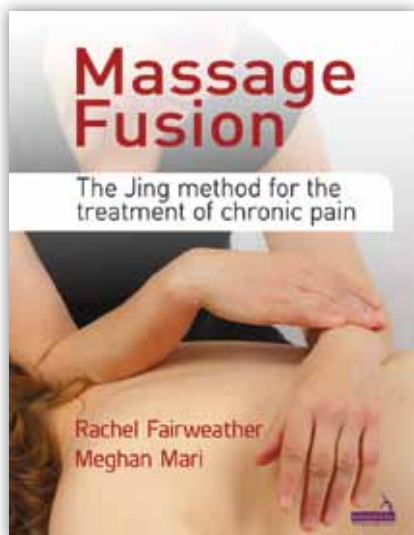
- Deposits for our CPD courses are **NON REFUNDABLE** but may be transferred to another Jing course with six weeks notice given in writing.
- A £50 administration fee will be charged for all course changes.

## **ACMT CANCELLATION POLICY**

- The full deposit is **NON REFUNDABLE**.
- If cancellation of the entire course occurs prior to the course start date you are liable for the **FULL** deposit.
- If cancellation occurs within three months after the course commencement you are liable for the **FULL** deposit, plus the cost of individual modules taken.
- If cancellation occurs more than three months after the course commencement you are liable for the entire course cost.
- Changes to the dates of course modules will incur an administration fee of £50 per module.

## **BTEC 6 CANCELLATION POLICY**

- The full deposit is **NON REFUNDABLE**.
- If cancellation of the entire Diploma course occurs prior to the course start date you are liable for the **FULL** deposit and the Edexcel fee.
- If cancellation occurs within three months after the course commencement you are liable for the **FULL** deposit, the Edexcel fee plus the cost of individual modules taken and associated costs for assessment.
- If cancellation occurs more than three months after the course commencement you are liable for the entire course cost, plus the Edexcel fee.
- Changes to the dates of course modules will incur an administration fee of £50 per module.



# Massage Fusion

The Jing method for the treatment of chronic pain

**Immerse yourself in the Jing method with this essential companion for all manual therapists interested in treating common pain issues.**

**A must read for all bodyworkers who want to be the best. Get yours now from these websites:**



[www.handspringpublishing.com](http://www.handspringpublishing.com)



[www.jingmassage.com](http://www.jingmassage.com)



[www.amazon.co.uk](http://www.amazon.co.uk)

