

www.jingmassage.com

THE MOST COMPREHENSIVE  
PROFESSIONAL POST-GRADUATE  
MASSAGE TRAINING IN THE UK

COURSES: 2011 - 2013

JOIN THE  
REVOLUTION!  
www.jingmassage.com

**JING**  
INSTITUTE  
OF ADVANCED MASSAGE TRAINING

CPD COURSES

ADVANCED CERTIFICATES

NEW BTEC LEVEL 6

PROFESSIONAL DIPLOMA

BTEC LEVEL 6

**edexcel**   
advancing learning, changing lives

**CThA** CPD  
Complementary Therapists Association

**FHT** CPD  
Federation of Holistic Therapists

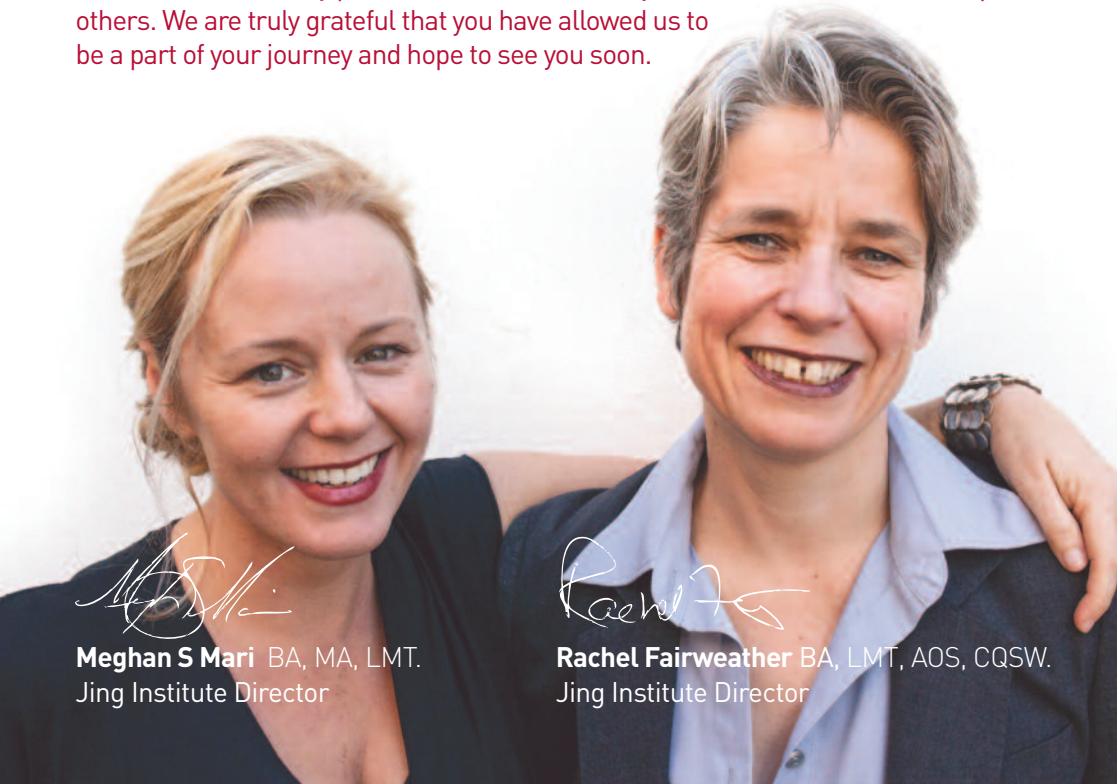
# Welcome to a fantastic year!

**We're so excited about all the amazing things that are happening at the Jing Institute and in the world of Massage Therapy. We can't wait to share them all with you...**

This year we're offering over 50 different CPD courses, workshops and qualifications. You can learn with us for just a day, or choose to study with us for up to 3 years to gain a Professional Diploma in Advanced Clinical Massage and Sports Therapy.

We're delighted to be offering the highest level of massage training in the UK, our unique and revolutionary BTEC level 6 Professional Diploma in Advanced Clinical Massage and Sports Therapy. Now, serious bodyworkers can achieve a degree level qualification and be respected for their wide variety of soft tissue skills to help people in chronic pain.

Our courses are open to all bodywork professionals such as Massage Therapists, Physiotherapists, Osteopaths, Yoga and Pilates Instructors – we aim to build bridges between passionate bodyworkers from all disciplines. As always we are amazed at the dedication of every professional we meet with your desire to achieve and help others. We are truly grateful that you have allowed us to be a part of your journey and hope to see you soon.



**Meghan S Mari** BA, MA, LMT.  
Jing Institute Director

**Rachel Fairweather** BA, LMT, AOS, CQSW.  
Jing Institute Director

# The Jing Educational Centre of Excellence in Brighton

**WE OPENED OUR DOORS TO STUDENTS IN JUNE 2010 AND ARE SO EXCITED ABOUT ALL THAT'S HAPPENING HERE:**

- **2-3 CPD day courses**
  - **Certificate in Advanced Clinical Massage**
- **Post-Graduate Certificates:**
  - **Certificate in Advanced Clinical Massage**
  - **Certificate in Advanced Myofascial Release**
  - **Certificate in Advanced Palpatory Musculo-Skeletal Anatomy**
- **Post-Graduate Diploma:**
  - **Professional Diploma in Advanced Clinical & Sports Massage**  
**BTEC level 6 - accredited by Edexcel**

All our courses are recognised by the FHT, CtHA and the larger national professional bodies for CPD points (Continuing Professional Development Points). We also travel, so you can find Jing teaching in London, Liverpool and Edinburgh.



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

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*The Jing Journey!  
Where do I start?*

**Jing offers a wide range of courses open to qualified therapists from a diversity of backgrounds:** massage, aromatherapy, sports massage, physiotherapy, osteopathy and other complementary practices. Some courses are also open to Pilates and Yoga instructors. We welcome all practitioners from the newly qualified to those with decades of experience.

Our diverse and flexible programme allows you to pick and choose from our short CPD workshop schedule or follow a structured certificate or diploma programme to gain a superior qualification.

Most of the core CPD courses give you credit towards one of our post-graduate qualifications. So if you are not sure where this path will take you, join one of our suggested courses on the next page and we can work with you to get you the education and skills you desire. If you know that you definitely want to gain a post-graduate qualification, turn the page and have a look at all the 3 exciting professional qualifications you can gain.

# Short CPD Courses

**Although you can begin with any course we recommend the following couple of courses as great starting points with Jing:**

## ● **FOUNDATION IN ADVANCED CLINICAL MASSAGE TECHNIQUES (PAGE 27)**

If you are interested in the treatment of chronic pain and injury, this is the best place for you to start. Using advanced massage techniques such as trigger point therapy, Eastern techniques, sports massage and myofascial release, this 3-day course will improve your ability to be specific and effective in your treatments. The course will help you protect your body from RSI (repetitive stress injury), renew your passion and feed your creativity in all your work. This is also the first required course for our certified qualification as an Advanced Clinical Massage Therapist and will lead you to the BTEC Level 6.

## ● **HOT STONE FUSION - COMBINING REMEDIAL MASSAGE WITH LUXURIOUS STONE THERAPY (PAGE 11)**

The most comprehensive and truly therapeutic stone course available in the UK. This is the perfect course to expand your professional practice, allowing you to save your hands, earn more money and have loads of fun. Combining fluid Swedish massage and the Sports principles of hydrotherapy, you will learn a dynamic, deep and specific stone massage for the entire body. You will explore how to treat common pain areas such as neck and shoulder and low back not only with stones but with clinical techniques such as trigger point therapy to truly help clients in pain. Let your clients enjoy the ultimate balance in luxury and therapy.

**Turn to page 11 for a full listing of over 30 different short CPD courses on offer or turn over to see our post-graduate qualifications.**



# Postgraduate Qualifications

For those serious about gaining the highest level of knowledge and mastery in the massage profession, we offer the following acclaimed post-graduate qualifications. Each of the following qualification builds on Jing's core curriculum of Short CPD courses. So if you have completed a few of the Advanced Clinical Massage Series, you are already on your way.







**CERTIFICATE  
IN ADVANCED  
CLINICAL  
MASSAGE**

**An exciting Jing Institute qualification, that offers a unique education in the treatment of pain.** Combining 9 modules of the Advanced Clinical Massage Series

with special mastery days for integration of skills learnt, you will gain confidence treating the most common pain conditions such as sciatica, chronic neck pain, frozen shoulder, sprains, strains, sporting injuries, RSIs, migraines and arthritis. This course will give you an extraordinary edge in building a professional practice that is profitable and rewarding.



**CERTIFICATE  
IN ADVANCED  
MUSCULO-SKELETAL  
ANATOMY**

**An exceptional course educating the complementary therapist to the highest level of theoretical and practical mastery of musculo-skeletal anatomy.**

Jing's hands-on approach to teaching will enable every student to master this crucial part of human anatomy to aid you in treatment and assessment. Understanding anatomy at this level, will allow you to communicate and work with Osteopaths, Chiropractors, Physiotherapists and GPs on a completely different level.



**CERTIFICATE  
IN ADVANCED  
MYOFASCIAL  
RELEASE**

**A unique and dynamic course that will give you a truly comprehensive skill set in assessing and treating fascial**

**restrictions - the source of many chronic pain conditions.** The Jing Institute is unique in its emphasis on quality of touch and strength in all branches of fascial work. Our 9 day course, split into 3 modules, will introduce you to a range of effective techniques drawing from both direct and indirect myofascial approaches, cranial work and visceral manipulation. As one of the first schools to bring MFR techniques to the UK, the Jing Institute remains at the cutting edge of this exciting field.



**CERTIFICATE  
IN ADVANCED  
CLINICAL  
MASSAGE**

**24 DAYS: A standalone UK qualification that will give you the skills and recognition as an advanced practitioner.** ● They also comprise Year 1 of the **BTEC Level 6 Professional Diploma.**

Improve your clinical massage skills including assessment and treatment for common pain conditions. Skills learned encompass applied anatomy, advanced clinical massage, Trigger Point Therapy, Myofascial Release, Soft Tissue Release, Sports Techniques, Stretching (Passive, PNF & AIS), Hydrotherapy and Table Shiatsu. Gain in-depth understanding of the treatment of common pain conditions such as back problems, sciatica, herniated disc, frozen shoulder, sporting injury, headaches, RSI and osteoarthritis.

The 9 modules cover ways to treat major areas of the body and will cover the anatomy and specific treatment protocols for the areas associated pathologies. The focus will be on an outcome-based model, enabling you to reduce client pain in 1-6 sessions.

The course can be taken on a focused modular basis over 10-12 months or students can combine modules at their own pace and time. The course modules include theory and practical review days and a theoretical and practical exam:

|           |  |        |
|-----------|--|--------|
| <b>1</b>  | Foundation in Advanced Clinical Massage      | 3 DAYS |
| <b>2a</b> | Low Back Pain                                | 2 DAYS |
| <b>2b</b> | Living Anatomy                               | 1 DAY  |
| <b>3a</b> | Neck and Shoulder Pain                       | 2 DAYS |
| <b>3b</b> | Shoulder Girdle Pain                         | 2 DAYS |
| <b>4a</b> | Carpal Tunnel Syndrome, Wrist and Arm Pain   | 1 DAY  |
| <b>4b</b> | Upper Body Theory and Practical Mastery Day  | 2 DAYS |
| <b>5</b>  | Advanced Sports Stretching                   | 3 DAYS |
| <b>6</b>  | Leg, Knee and Foot Pain                      | 2 DAYS |
| <b>7</b>  | Hip and Pelvis Pain                          | 2 DAYS |
| <b>8</b>  | Lower Body Mastery Day & Clinical Assessment | 2 DAYS |
| <b>9</b>  | Practical and Theoretical Final Exam         | 2 DAYS |

**PRE-REQUISITES:**

Qualification in body massage (or other hands-on bodywork) and Anatomy and Physiology. Any board viable in the UK is acceptable providing it insures you to do hands-on bodywork with clients. Practitioners of Pilates, Bowen etc. must check with their own insurance and professional body to determine their status to be insured to do hands-on soft tissue techniques. Students who are nearing the end of a qualifying massage course or awaiting results will need to provide a letter from a tutor to verify competence in hands-on techniques.

**LEARNING ENVIRONMENT AND EXAMINATION:**

Your learning will be assessed both theoretically and practically within each module. The course also includes practical and theoretical mastery days to consolidate your learning. There is a practical examination where your ability to carry out a treatment will be assessed and a theoretical multiple-choice and short answer exam. The learning environment promises to be non-threatening, co-operative, supportive, stimulating and above all, fun.

**FORMAT:**

This certification builds on the popular flexible Jing short course format. You can work towards the certificate in the following ways.

**OPTION 1: 10-12 MONTH COURSE:** If you're a new Jing student, we recommend this as it is the most beneficial way to learn. Also, commitment to this structure enables you to gain a substantial discount on your fees.

|                           |
|---------------------------|
| <b>PRICE:</b> £2,300 +VAT |
| £450 deposit              |
| £192.50 per month         |

**OPTION 2:** If you are an existing Jing student and have taken some of the modules already, you can apply them towards the certificate. Call us to discuss your options.

**OPTION 3:** If you prefer to take the certificate at your own pace, you can take the modules in a way that suits your time and budget. Completion of all the modules and sitting the exam will enable you to gain this qualification.

## CERTIFICATE IN ADVANCED CLINICAL MESSAGE - STRUCTURED TRACKS

ALL COURSES ARE IN BRIGHTON UNLESS OTHERWISE INDICATED

| MODULE AND DURATION | COURSE CONTENT   | TRACK 0011                               | TRACK 011                                   |
|---------------------|--|--|---|
| <b>1</b><br>3 DAYS  | FOUNDATION<br>IN ADVANCED CLINICAL<br>MESSAGE                                |  | Thursday 15 - Saturday 17<br>September 2011 |
| <b>2a</b><br>2 DAYS | LOW BACK PAIN  |  | Saturday 15 - Sunday 16<br>October 2011     |
| <b>2b</b><br>1 DAY  | LIVING ANATOMY   |  | Friday 14<br>October 2011-                  |
| <b>3a</b><br>2 DAYS | NECK & SHOULDER PAIN   |  | Thursday 10 - Friday 11<br>November 2011    |
| <b>3b</b><br>2 DAYS | SHOULDER GIRDLE PAIN   |  | Saturday 12 - Sunday 13<br>November 2011    |
| <b>4a</b><br>1 DAY  | CARPAL TUNNEL,<br>WRIST & ARM RSI PAIN                                       |  | Friday 9<br>December 2011                   |
| <b>4b</b><br>2 DAYS | UPPER BODY THEORY<br>AND PRACTICAL<br>APPLICATION MASTERY                    |  | Saturday 10 - Sunday 11<br>December 2011    |
| <b>5</b><br>3 DAYS  | ADVANCED<br>SPORTS STRETCHING  |  | Friday 20 - Sunday 22<br>January 2012       |
| <b>6</b><br>2 DAYS  | LEG, KNEE & FOOT PAIN  |  | Thursday 16 - Friday 17<br>February 2012    |
| <b>7</b><br>2 DAYS  | HIP & PELVIS PAIN  | Thursday 17 - Friday 18<br>November 2011 | Thursday 8 - Friday 9<br>March 2012         |
| <b>8</b><br>2 DAYS  | LOWER BODY PRACTICAL<br>APPLICATION MASTER<br>CLASS & CLINICAL<br>ASSESSMENT | Saturday 19 - Sunday 20<br>November 2011 | Thursday 19 - Friday 20<br>April 2012       |
| <b>9</b><br>2 DAYS  | PRACTICAL & THEORETICAL<br>FINAL EXAM  | Thursday 26 - Friday 27<br>January 2012  | Thursday 24 - Friday 25<br>May 2012         |

| LONDON TRACK 0211                         | TRACK 0311  | TRACK 0112   | TRACK 0212                                     |
|---|---|--|--|
|   | Fri 2 - Sun 4 Dec 2011 <b>OR</b><br>Fri 3 - Sun 5 Feb 2010<br>(Brighton <b>OR</b> Cornwall) | Friday 11 - Sunday 13<br>May 2012 <b>OR</b><br>Fri 14 - Sun 16 Sept 2012   | Friday 30 November -<br>Sunday 2 December 2012 |
|   | Saturday 10 - Sunday 11<br>March 2012   | Saturday 23 - Sunday 24<br>June 2012 <b>OR</b><br>Sat 13 - Sun 14 Oct 2012 | Saturday 19 - Sunday 20<br>January 2013        |
|   | Monday 12 March 2012  | Monday 15 October 2012   | Monday 21 January 2013                         |
|   | Saturday 21 - Sunday 22<br>April 2012   | Thursday 22 - Friday 23<br>November 2012                                   | Thursday 14 - Friday 15<br>February 2013       |
|   | Saturday 2 - Sunday 3<br>June 2012  | Saturday 24 - Sunday 25<br>November 2012                                   | Saturday 16 - Sunday 17<br>February 2013       |
| Thursday 22<br>September 2011             | Monday 4<br>June 2012   | Wednesday 5 December<br>2012   | Wednesday 13 March 2013                        |
| Friday 23 - Saturday 24<br>September 2011 | Thursday 5 - Friday 6<br>July 2012  | Thursday 6 - Friday 7<br>December 2012                                     | Thursday 14 - Friday 15<br>March 2013          |
| Friday 2 - Sunday 4<br>March 2012         | Friday 3 - Sunday 5<br>August 2012  | Friday 11 - Sunday 13<br>January 2013                                      | Friday 19 - Sunday 21<br>April 2013            |
| Saturday 5 - Sunday 6<br>May 2012         | Saturday 1 - Sunday 2<br>September 2012   | Thursday 7 - Friday 8<br>February 2013                                     | Thursday 16 - Friday 17<br>May 2013            |
| Saturday 14 - Sunday 15<br>July 2012      | Saturday 6 - Sunday 7<br>October 2012   | Saturday 9 - Sunday 10<br>March 2013                                       | Thursday 20 - Friday 21<br>June 2013           |
| Thursday 13 - Friday 14<br>September 2012 | Thursday 1 - Friday 2<br>November 2012  | Thursday 11 - Friday 12<br>April 2013                                      | Thursday 18 - Friday 19<br>July 2013           |
| Thursday 8 - Friday 9<br>November 2012    | Thursday 13 - Friday 14<br>December 2012  | Thursday 23 - Friday 24<br>May 2013  | Wednesday 18 - Thursday 19<br>September 2013   |





# Professional Diploma in Advanced Clinical and Sports Massage

**BTEC-LEVEL 6**



**PROFESSIONAL  
DIPLOMA IN ADVANCED  
CLINICAL AND  
SPORTS MASSAGE**

**edexcel**   
advancing learning, changing lives

**The Jing Institute is proud to offer this level of education in bodywork for the first time to UK therapists.** The Institute has been recognised as one of the foremost leaders in the field and been granted accreditation through Edexcel to design and offer this ground-breaking course.

This professional diploma will allow you to become a true expert in clinical massage, sports massage, and the treatment of many common and complicated pathologies. It is a unique course as it combines body science, a large proportion of hands-on practice, creative learning and a holistic approach to remedial manual therapy.

**If you have any questions about what is appropriate for you, contact us. We are happy to discuss what options are best for you.**



## PROFESSIONAL DIPLOMA IN ADVANCED CLINICAL AND SPORTS MASSAGE: 2-3 YEAR PROGRAMME

**The Jing Institute is proud to have designed and been granted BTEC-Level 6 (equivalent to degree level) by Edexcel for this professional diploma. This is a first in the UK.**

This education will build on your existing knowledge and add sophisticated assessment and soft tissue expertise. Skills taught include a range of fascial techniques, sports techniques such as soft tissue release and event massage, plus a deeper look into anatomy, physiology and pathologies. You will gain vital orthopaedic assessment skills to determine cause of injury and treatment.

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 bodywork that interests you. 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.



**YEAR 1: CERTIFICATE IN ADVANCED CLINICAL MASSAGE** (SEE PAGE 10-11)



**PROFESSIONAL DIPLOMA IN ADVANCED CLINICAL AND SPORTS MASSAGE**

**YEAR 2 MODULES:**

|  |           |
|--|-----------|
| • Research methodologies for the massage therapist | 1 DAY     |
| • Marketing for the massage therapist              | 2 x 1 DAY |
| • Anatomy of Injury                                | 2 DAYS    |
| • Fascial Foundation                               | 3 DAYS    |
| • Myofascial Release Indirect Approaches <b>OR</b> | 3 DAYS    |
| • Structural Fascial Bodywork                      |           |
| • Practical Pathology for the Massage Therapist    | 2 DAYS    |
| • Clinical Mastery/Review Days                     | 2 DAYS    |
| • Orthopaedic Assessment: Part 1                   | 2 DAYS    |
| • Orthopaedic Assessment: Part 2                   | 2 DAYS    |
| • Rehabilitation for sports and injury             | 2 DAYS    |
| • Soft Tissue Release (STR)                        | 2 DAYS    |
| • Sports and event massage                         | 1 DAY     |
| • Final Clinical Mastery Days                      | 2 DAYS    |

In addition to your taught modules, you will participate in small group tutorials and be supported with through your own research, dissertation and creative project on your choice of subject matter.

Optional modules, including dissection days, taping & strapping will be available.

**PRICE:** £3,750 +VAT

£550 deposit + £115 Edexcel registration fee

£180 per month

**If you're new to massage, call us to discuss options and to find out about our upcoming fast track to the BTEC-Level 6.**



**PROFESSIONAL  
DIPLOMA IN ADVANCED  
CLINICAL AND  
SPORTS MASSAGE**

**SCHEDULE: 2012 - 2013**

|   |                                       |
|---|---------------------------------------|
| <b>Orientation</b>  | Thursday 22 March 2012                |
| <b>Sports and Event Massage</b>                                     | Friday 23 March 2012                  |
| <b>Soft Tissue Release Sports Technique</b>                         | Saturday 24 - Sunday 25 March 2012    |
| <b>Research Methods 1</b>   | Tuesday 1 May 2012                    |
| <b>Fascial Foundation MFR Module 1</b>                              | Wednesday 2 - Friday 4 May 2012       |
| <b>Research Methods 2</b>   | Monday 11 June 2012                   |
| <b>Myofascial Release Indirect<br/>MFR Module 2 Elective 1</b>      | Friday 8 - Sunday 10 June 2012        |
| <b>Tutorial Groups</b>  | Wednesday 27 June 2012                |
| <b>Structural Fascial Body Work<br/>MFR Module 3<br/>Elective 2</b> | Friday 27 - Sunday 29 July 2012       |
| <b>Anatomy of Injury</b>  | Thursday 6 - Friday 7 September 2012  |
| <b>Marketing 1</b>  | Saturday 8 September 2012             |
| <b>Tutorial Groups</b>  | Wednesday 10 October 2012             |
| <b>Clinical Mastery Days</b>  | Thursday 11 - Friday 12 October 2012  |
| <b>Pathology for Massage Therapists</b>                             | Wednesday 28 - Thursday 29 Nov 2012   |
| <b>Marketing 2</b>  | Wednesday 16 January 2013             |
| <b>Orthopaedic Assessment 1</b>                                     | Thursday 17 - Friday 18 January 2013  |
| <b>Tutorial Groups</b>  | Wednesday 20 February 2013            |
| <b>Orthopaedic Assessment 2</b>                                     | Thursday 21 - Friday 22 February 2013 |
| <b>Rehab for Sports Injury</b>                                      | Thursday 25 - Friday 26 April 2013    |
| <b>Tutorial Groups</b>  | Wednesday 12 June 2013                |
| <b>Clinical Mastery Days</b>  | Thursday 13 - Friday 14 June 2013     |
| <b>Completion Days</b>  | Thursday 12 - Friday 13 Sept 2013     |
| <b>Graduation</b>   | December 2013                         |



## A bit about the Jing Institute

The Jing Institute brings to you expert knowledge, dedication and a great passion for the profession of massage therapy. The school was founded by co-Directors, Rachel Fairweather and Meghan Mari in 2003. Both Meghan and Rachel gained their first degrees in Psychology and turned to the field of advanced body work as a means of helping individuals help themselves. Each one followed different educational paths in the UK and the US. Working with Eastern Massage, Myofascial Therapy, Sports Massage, Pregnancy massage, Hot Stone work, Injury prevention and rehabilitation, they share over 30 years of combined massage therapy expertise.

Their joint aim was to start a revolution in the massage therapy profession in the UK. By developing courses that bring dedicated therapists to a new professional level, the Jing Institute has increased awareness of the importance of massage therapy. In addition, by creating well trained professionals, the Institute has raised the profile and the viability of the career of massage therapist. The Institute currently supports hundreds of practitioners in their own professional practices.

**THE JING INSTITUTE  
NOW HAS A DEDICATED  
TEACHING TEAM THAT  
BRINGS THEIR OWN  
SPECIAL EXPERTISE TO  
EVERY JING COURSE.**

Jing has grown through the enthusiasm and dynamism of like-minded teachers and students. The Jing Institute now has a dedicated teaching team that brings their own special expertise to every Jing course. Individuals come from all over the world to attend courses and to receive treatment at the JING PAIN CLINIC in Brighton, specialising in the treatment of pain.



**CERTIFICATE  
IN ADVANCED  
MUSCULO-SKELETAL  
ANATOMY**

**This unique course offers massage therapists, bodyworkers and movement instructors the highest level of professional theoretical and practical mastery of musculo-skeletal anatomy.**

Using creative and innovative learning methods including palpation, lecture, visual aids, arts and small group work, we will cover in detail all the major bony and soft tissue structures of the body. This will include; bony landmarks, muscles, tendons, ligaments plus major associated structures including blood vessels, nerves and bursae.

We will explore how muscle movement affects the body. We'll take anatomy out of the textbook and give you a living, breathing 3 dimensional understanding of this wonderful subject; not just in your head but in your hands and heart.

Gain the skills to discuss anatomy with Osteopaths, Physiotherapists, GPs and

other medical practitioners in a professional manner.

**LEARNING ENVIRONMENT:**

The learning environment promises to be non-threatening, co-operative, supportive, stimulating and above all, fun.

**QUALIFICATION:**

If you complete all 9 modules and pass both the theoretical and practical examinations, you will gain a qualification in Advanced Musculo-Skeletal Anatomy.

**PRE-REQUISITES:**

Applicants will be expected to have some previous formal anatomy training.

**PRICE:** £2,200 +VAT

**DEPOSIT:** £500

**MONTHLY PAYMENT:** £195 per month

**YOU ARE WELCOME TO TAKE INDIVIDUAL MODULES TO ENHANCE YOUR ANATOMY OF A PARTICULAR AREA OF THE BODY.**

**INDIVIDUAL MODULES:** £125 per day



## ADVANCED CERTIFICATE IN MUSCULO-SKELETAL ANATOMY SCHEDULE OCTOBER 2011 - SEPTEMBER 2012

| <b>MODULE</b>                                | <b>DATES</b>                                     |
|--|--|
| <b>1: Shoulder and Arm</b>                   | <b>Monday 23 - Wednesday 25 January 2012</b>     |
| <b>2: Forearm and Hand</b>                   | <b>Thursday 23 - Friday 24 February 2012</b>     |
| <b>3: Anatomy of Spine and Thorax</b>        | <b>Monday 16 - Wednesday 18 April 2012</b>       |
| <b>4: Practical and Theoretical Review</b>   | <b>Wednesday 9 - Thursday 10 May 2012</b>        |
| <b>5: Mid Term Exam: Head, Neck and Face</b> | <b>Wednesday 20 - Friday 22 June 2012</b>        |
| <b>6: Pelvis and Thigh</b>                   | <b>Wednesday 18 - Friday 20 July 2012</b>        |
| <b>7: Leg and Foot</b>                       | <b>Thursday 30 - Friday 31 August 2012</b>       |
| <b>8: Practical and Theoretical Review</b>   | <b>Wednesday 26 - Thursday 27 September 2012</b> |
| <b>9: Final Practical and Theory Exam</b>    | <b>Monday 12 - Tuesday 13 November 2012</b>      |

**\*Cadaver Day Elective: Tuesday 6 March 2012 - LONDON**



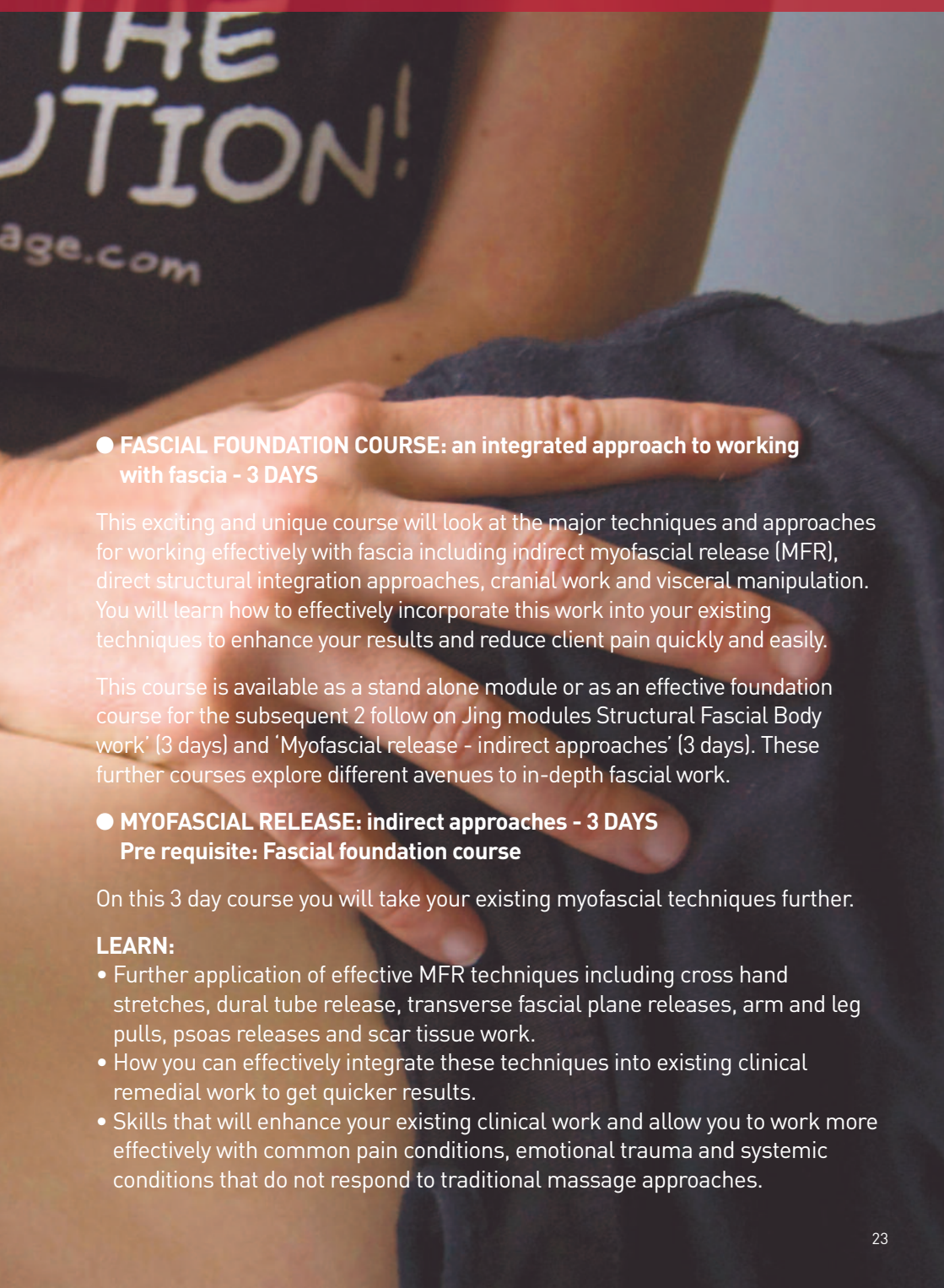
**CERTIFICATE  
IN ADVANCED  
MYOFASCIAL  
RELEASE**

# Advanced Myofascial Courses

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. Our unique approach to Myofascial work offers integrated training in direct structural and indirect fascial techniques.

Our comprehensive 9 day certificate programme is split into 3 modules to allow you to progress at your own time and pace. Each module also functions as a stand alone course, if desired. We also offer courses exploring other exciting aspects of fascial work including visceral manipulation.

|               |  |                                     |
|---------------|--|-------------------------------------|
| <b>PRICE:</b> | 9 DAYS (3 x 3 Day Modules) £950 +VAT or £350 +VAT per Module |                                     |
| <b>ONE:</b>   | Fascial Foundation   | Tuesday 11 - Thursday 13 Oct 2011   |
|               | <b>COURSE ALSO RUNS IN:</b>                                  | LIVERPOOL: Fri 28 - Sun 30 Oct 2011 |
|               |  | KENDAL: Fri 13 - Sun 15 Jan 2012    |
|               | Myofascial Release   | Monday 14 - Wednesday 16 Nov 2011   |
|               | Structural Fascial Techniques                                | Friday 13 - Sunday 15 January 2012  |
| <b>TWO:</b>   | Fascial Foundation   | Wednesday 2 - Friday 4 May 2012     |
|               | Myofascial Release   | Friday 8 - Sunday 10 June 2012      |
|               | Structural Fascial Techniques                                | Friday 27 - Sunday 29 July 2012     |
| <b>THREE:</b> | Fascial Foundation   | Friday 28 - Sunday 30 Sept 2012     |
|               | Myofascial Release   | Saturday 3 - Monday 5 Nov 2012      |
|               | Structural Fascial Techniques                                | Saturday 8 - Monday 10 Dec 2012     |



● **FASCIAL FOUNDATION COURSE: an integrated approach to working with fascia - 3 DAYS**

This exciting and unique course will look at the major techniques and approaches for working effectively with fascia including indirect myofascial release (MFR), direct structural integration approaches, cranial work and visceral manipulation. You will learn how to effectively incorporate this work into your existing techniques to enhance your results and reduce client pain quickly and easily.

This course is available as a stand alone module or as an effective foundation course for the subsequent 2 follow on Jing modules 'Structural Fascial Body work' (3 days) and 'Myofascial release - indirect approaches' (3 days). These further courses explore different avenues to in-depth fascial work.

● **MYOFASCIAL RELEASE: indirect approaches - 3 DAYS**  
**Pre requisite: Fascial foundation course**

On this 3 day course you will take your existing myofascial techniques further.

**LEARN:**

- Further application of effective MFR techniques including cross hand stretches, dural tube release, transverse fascial plane releases, arm and leg pulls, psoas releases and scar tissue work.
- How you can effectively integrate these techniques into existing clinical remedial work to get quicker results.
- Skills that will enhance your existing clinical work and allow you to work more effectively with common pain conditions, emotional trauma and systemic conditions that do not respond to traditional massage approaches.



**CERTIFICATE  
IN ADVANCED  
MYOFASCIAL  
RELEASE**

## Advanced Myofascial Courses

### ■ **STRUCTURAL FASCIAL BODYWORK: Direct Myofascial Release - 3 DAYS**

Structural Integration is a unique way of working with the body, usually over a series of 10-12 sessions, to open and release patterns of strain that develop in the body's myofascial web. Originally derived from Rolfing, the work has been developed and popularized by several leading international body workers, adding new insights on how to realign and balance the structures of the body.

#### **LEARN:**

- A dynamic form of bodywork that involves deep tissue work with active movement.
- Body reading: recognising and analysing patterns of pain and strain on the body, including habitual compensation configurations.
- The difference between direct and indirect myofascial work and how to combine both within your practice.
- The importance of 'listening touch', palpatory sensitivity and body mechanics.
- New insights into the anatomy of the myofascial system.
- Bodywork techniques and 'tools' you can take away and integrate immediately into your existing practice.



- **VISCERAL MANIPULATION FOR THORAX - 2 DAYS**
- **VISCERAL MANIPULATION FOR ABDOMEN - 2 DAYS**
- **VISCERAL MANIPULATION FOR PELVIS - 2 DAYS**

This series of new and exciting courses aims to introduce participants to the work of French osteopath Jean-Pierre Barral who noted the importance of organs' motion in maintaining their physiological function. He has developed gentle and precise techniques to locate and treat any restrictions that prevent this fullness of motion. The principles of these techniques are easy to learn and integrate into many body therapies.

These courses are suitable for any qualified bodyworkers. They are taught by Jo Crill, a Chartered Physiotherapist who has worked with these techniques for the last 9 years, studying with both the Upledger Institute and Jean-Pierre himself.

#### **LEARN:**

- An understanding of the importance of organ mobility or inherent motility.
- An introduction to the general listening and local listening techniques that help us to determine the precise location of restrictions.
- An understanding of the basic concepts of how to treat visceral restrictions.
- Anatomical reviews to ensure you appreciate the size and position of each of the organs we will be working with.
- A range of sophisticated and effective techniques to work with organ pathologies, effects of trauma and stubborn musculo-skeletal complaints that do not respond to traditional techniques.

**PRICE:** £195 +VAT

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**2012:** Wednesday 11 - Thursday 12 January PELVIS

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**2012:** Saturday 27 - Sunday 28 October + AUGUST TO BE ARRANGED - SEE WEBSITE

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#### ● **ANATOMY TRAINS® WITH KMI - 2 DAYS**

**PRICE:** £195 +VAT

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**2012:** TO BE ARRANGED - SEE WEBSITE

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**ALL OF OUR COURSES  
AND QUALIFICATIONS ARE  
RECOGNISED FOR CPD POINTS**



# Short CPD Courses

## ● FOUNDATION IN ADVANCED CLINICAL MASSAGE TECHNIQUES - 3 DAYS

This revolutionary workshop will give you a theoretical and practical foundation in the following advanced clinical massage techniques:

- Trigger point therapy.
- Myofascial release.
- Powerful deep forearm massage.
- Sports stretching.
- Body mechanics based on Tai Chi principles to protect your back, wrists and thumbs.
- Palpation skills and the power of the 'listening touch'.
- Table shiatsu - shiatsu basics used on the massage table.

Appropriate for all types of practitioner from the newly qualified to the experienced sports therapist, this hands-on course encourages the creative combination of these techniques in your practice. You will gain confidence in the techniques to treat chronic pain, particularly in the key areas of low back and neck and shoulder pain.

Using these techniques, you will treat more efficiently and effectively. You will work less and get better results for your clients. Building a practice on treating pain will not only increase your business, but also reward you in more ways than you know.

**All other Jing advanced clinical massage courses are based on this course. We recommend taking this course before any of the following specific pathology courses, however this is not compulsory.**

**PRICE:** £325 +VAT

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**2011:** Friday 2 - Sunday 4 December

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**2012:** Friday 3 - Sunday 5 February

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Friday 3 - Sunday 5 February CORNWALL

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Friday 11 - Sunday 13 May

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Friday 14 - Sunday 16 September

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Friday 30 November - Sunday 2 December

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● **LOW BACK PAIN:**  
**Sciatica, Herniated Disc, Acute Locked Back & Piriformis Syndrome - 2 DAYS**

Low back pain is the leading cause of disability and pain in the UK. Treating it can be the key to expanding your business.

**LEARN:**

- A powerful protocol incorporating trigger point therapy, STR, stretching, ROM to identify and relieve the source of pain in 1-6 treatments.
- To find, palpate and treat the relevant musculo- skeletal anatomy including: the erector spinae group, quadratus lumborum, the gluteus group, piriformis and iliopsoas.
- Body mechanics to protect your own body while giving the best treatment possible to your clients.
- The causes and contraindications of common low back pathologies, such as Sciatica, Acute Locked Back and Piriformis Syndrome.
- The confidence and creativity to design unique treatments for all your clients.

**PRICE:** £195 +VAT

|              |                                     |                                 |
|--------------|-------------------------------------|---------------------------------|
| <b>2012:</b> | Saturday 10 - Sunday 11 March       | Saturday 23 - Sunday 24 June    |
|              | Thursday 12 - Friday 13 July LONDON | Saturday 13 - Sunday 14 October |
| <b>2013:</b> | Saturday 19 - Sunday 20 January     |                                 |

● **HIP AND PELVIS PAIN:**  
**Osteo-arthritis, Sacro-iliac Joint Dysfunction, Groin Strain, Sports Injuries and Pelvic Balancing - 2 DAYS**

Treating the hip is essential, as imbalances here can lead to distortions throughout the entire body.

**LEARN:**

- A powerful protocol incorporating trigger point therapy, STR, stretching, ROM and other advanced techniques to identify and relieve the source of hip pain in 1-6 treatments.
- To find, palpate and treat the relevant musculo-skeletal anatomy including: the 6 deep lateral rotators, the abductor and adductor group, iliopsoas.

- The causes and contraindications of hip and pelvic pathologies
- Body mechanics to protect your own body while giving the best treatment possible to your clients.
- Safe and professional draping for treating this complex and sensitive area.
- The confidence and creativity to design unique treatments for all of your clients.

**PRICE:** £195 +VAT

|              |                                  |                              |
|--------------|----------------------------------|------------------------------|
| <b>2011:</b> | Thursday 17 - Friday 18 November |                              |
| <b>2012:</b> | Thursday 8 - Friday 9 March      | Sat 14 - Sun 15 July LONDON  |
|              | Saturday 6 - Sunday 7 October    |                              |
| <b>2013:</b> | Saturday 9 - Sunday 10 March     | Thursday 20 - Friday 21 June |

● **NECK AND UPPER SHOULDER PAIN:**  
**Chronic Neck Pain, Whiplash, Torticollis, Migraine, Cervical Disc Pathologies and Brachial Neuralgia - 2 DAYS**

**LEARN:**

- A powerful protocol incorporating trigger point therapy, STR, stretching, ROM and other advanced techniques to identify and relieve the source of neck pain in 1-6 treatments.
- To find, palpate and treat the relevant musculo-skeletal anatomy including: the upper trapezius, levator scapulae, scalenes, SCM, rhomboids, and posterior cervicals.
- Body mechanics to protect your own body while giving the best treatment possible to your clients.
- The causes and contraindications of neck and shoulder conditions.
- The confidence and creativity to design unique treatments for all your clients.

**PRICE:** £195 +VAT

|              |                                  |                                  |
|--------------|----------------------------------|----------------------------------|
| <b>2011:</b> | Thursday 10 - Friday 11 November |                                  |
| <b>2012:</b> | Saturday 21 - Sunday 22 April    | Thursday 22 - Friday 23 November |
| <b>2013:</b> | Thursday 14 - Friday 15 February |                                  |

## ● **SHOULDER AND ROTATOR CUFF INJURY: Frozen Shoulder, Dislocation and Bursitis - 2 DAYS**

You can significantly increase clients' range of motion and decrease recovery time for this complex injury site. Great course for treating athletes.

### **LEARN:**

- A powerful protocol incorporating trigger point therapy, STR, stretching, ROM and other advanced techniques to identify and relieve the source of rotator cuff pain in 1-6 treatments.
- To find, palpate and treat the relevant musculo-skeletal anatomy including: the SITS rotator cuff muscles, pectoralis major and minor, trapezius, scalenes and deltoids.
- Body mechanics to protect your own body while giving the best treatment possible to your clients.
- The causes and contraindications of shoulder girdle conditions.
- The confidence and creativity to design unique treatments for all your clients.

**PRICE:** £195 +VAT

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**2011:** Saturday 12 - Sunday 13 November

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**2012:** Saturday 2 - Sunday 3 June                      Saturday 24 - Sunday 25 November

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**2013:** Saturday 16 - Sunday 17 February

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## ● **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 musculo - skeletal anatomy including: the temporomandibular joint, masticatory muscles, digastric muscles, sternocleidomastoid, and trapezius.
- Body mechanics to protect your own body while giving the best treatment possible to your clients.
- The causes and contraindications of head and face pain.
- The confidence and creativity to design unique treatments for all your clients.

**PRICE:** £95 +VAT

**2012:** Monday 23 April

Thursday 23 August

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### ● **RIB, 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 technique, visceral manipulation, myofascial release, remedial and trigger point work to identify and relieve the source of pain in 1-6 treatments.
- To find, palpate and treat the relevant musculo-skeletal and visceral anatomy including: the intercostal muscles, pectoralis minor, lungs, diaphragm, rectus abdominis.
- Body mechanics to protect your own body while giving the best treatment possible to your clients.
- The causes and contraindications of thoracic pain pathologies, how and why you can treat them.
- The confidence and creativity to design unique treatments for all your clients.

**PRICE:** £195 +VAT

**2012:** Wednesday 16 - Thursday 17 May

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## ● **WRIST AND ARM RSIs: Carpal Tunnel, Golfers and Tennis elbow - 1 DAY**

Using these simple techniques, you can help prevent painful surgery and decrease recovery time for post-operative patients.

### **LEARN:**

- A powerful protocol incorporating trigger point therapy, STR, stretching, ROM and other advanced techniques to identify and relieve the source of pain in 1-6 regular clinical sessions.
- To find, palpate and treat the relevant musculo-skeletal anatomy including: scalenes, brachioradialis, supinator, pronators, wrist flexors, extensors and the flexor retinaculum.
- Body mechanics to protect your own body while giving the best treatment possible to your clients.
- The causes and contraindications of wrist and elbow RSIs.
- The confidence and creativity to design unique treatments for all your clients.

**This treatment can be given in any setting; including offices. We recommend taking this in conjunction with our on-site massage course.**

**PRICE:** £95 +VAT

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**2011:** Friday 9 December

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**2012:** Monday 4 June                      Wednesday 5 December

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**2013:** Wednesday 13 March

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## ● **LEG, KNEE AND FOOT PAIN: Hamstring, Quad and Groin Strain, Shin Splints, Achilles Strain and Plantar Fascitis - 2 DAYS**

The perfect course to treat athletes, runners, skiers or football players.

### **LEARN:**

- A powerful protocol incorporating trigger point therapy, STR, stretching, ROM and other advanced techniques to identify and relieve the source of RSI pain in 1-6 treatments.
- To find, palpate and treat the musculo-skeletal anatomy including: hamstrings, quads, adductors, gracilis, sartorius, tibialis anterior, gastrocnemius, soleus, deep flexor compartment and achilles tendon.



- Body mechanics to protect your own body while giving the best treatment possible to your clients.
- The causes and contraindications of leg, knee, ankle and foot pain. How and why you can treat them.
- The confidence and creativity to design unique treatments for all your clients.

**PRICE:** £195 +VAT

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**2011:** Saturday 29 - Sunday 30 October

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**2012:** Thursday 16 - Friday 17 February                      Sat 5 - Sun 6 May LONDON  
Saturday 1 - Sunday 2 September

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**2013:** Thursday 7 - Friday 8 February                      Thursday 16 - Friday 17 May

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### ● **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 musculo-skeletal, 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 contraindications of spinal pathologies including herniated disc, ankylosing spondylitis, spinal arthritis.

**PRICE:** £195 +VAT

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**2012:** Saturday 26 - Sunday 27 February

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# Sports Techniques

These skills will enhance any treatment from aromatherapy to sports massage. Our sports courses are open to all massage therapists as well as fitness and sports professionals with the relevant qualifications and insurance.

## ● **ADVANCED SPORTS STRETCHING - 3 DAYS**

Effective stretching is an essential part of massage therapy and can provide exceptional results in the rehabilitation of chronic pain conditions. Stretching increases flexibility for athletes and creates a general feeling of wellness.

### **LEARN:**

- How to stretch every major joint and muscle in the body.
- The 3 most advanced forms of stretching used by massage therapists, sports therapists, and physiotherapists for recovery and prevention of injury.
- Passive Stretching, PNF (Proprioceptive Muscular Facilitation) and AIS (Active Isolated Stretching).
- Applied anatomy. You will increase your knowledge of the location and action of the major muscles of the body.
- To easily incorporate stretching into your existing table massage.
- Self-help stretches to teach clients for self-care.
- Efficient and safe body mechanics.

**PRICE:** £300 +VAT

|              |                               |                             |
|--------------|-------------------------------|-----------------------------|
| <b>2012:</b> | Friday 20 - Sunday 22 January | Fri 2 - Sun 4 March LONDON  |
|              | Friday 3 - Sunday 5 August    |                             |
| <b>2013:</b> | Friday 11 - Sunday 13 January | Friday 19 - Sunday 21 April |

## ● ORTHOPAEDIC ASSESSMENT FOR MASSAGE THERAPISTS - 4 DAYS (2 x 2 DAYS)

Being able to accurately determine the cause of musculo-skeletal and soft tissue pain is essential for any serious massage therapist. This course will give you the expert knowledge and assessment skills to feel confident that you understand the cause of your client's complaint. Developed in conjunction with a physiotherapist, this is a one of a kind course for manual therapists.

### LEARN:

- Simple and accurate case history taking skills for easy communication with GPs and other medical professionals.
- Visual observation and body reading skills.
- Assessment and palpation skills to establish the location and examination of ligaments, tendons, muscle and fascia.
- Essential orthopaedic diagnostic tests to determine specific areas of injury.

**PRICE:** £400 +VAT

|              |   |                                   |
|--------------|---|-----------------------------------|
| <b>2012:</b> | Module 1: Thurs 9 - Fri 10 February       | Module 2: Thurs 15 - Fri 16 March |
| <b>2013:</b> | Module 1: Thursday 17 - Friday 18 January | Module 2: Thurs 21 - Fri 22 Feb   |

## ● SOFT TISSUE RELEASE (STR): INJURY PREVENTION AND RECOVERY - 2 DAYS

A truly cutting edge technique that will enhance all of your work. Soft Tissue Release is a technique used by many sports therapists to relieve pain, increase range of motion, prevent injury and reduce injury repair time. It is the most specific type of muscular fibre stretching achievable. Extremely efficient and worthwhile in many arenas, STR extends the connective fascia and treats isolated fibres of shortened muscles. Developed for Olympic athletes, it can be adapted for use with individuals with compromised range of motion such as arthritic clients or wheel chair users.

### LEARN:

- The theory and practical application of STR.
- Applied anatomy, including attachment points, actions and stretches.
- How to apply the technique to every major muscle in the body.



- To easily incorporate STR into your existing table massage.
- Self help STR techniques to teach your clients.
- Efficient and safe body mechanics.

**PRICE:** £195 +VAT

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**2012:** Saturday 24 - Sunday 25 March      Friday 18 - Saturday 19 May

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## ● SPORTS AND EVENT MASSAGE - 1 DAY

This one day course looks at how you can take your advanced clinical massage techniques into the sporting arena. You will learn the theory and application of pre and post event massage; legal requirements and marketing approaches to enable you to take your skills anywhere with great results.

**PRICE:** £95 +VAT

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**2012:** Friday 23 March      Sunday 20 May

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## ● REHABILITATION FOR SPORTS AND INJURY - 2 DAYS

This course looks at the theory and practice of effective rehabilitation from injury for both athletes and the general public. Learn effective rehab programmes plus precautions and after care advice for clients. You will gain insight from the professions of massage therapy and physiotherapy to design the most effective pain relief protocols for all of your clients.

**PRICE:** £195 +VAT

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**2012:** Thursday 26 - Friday 27 April

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**2013:** Thursday 25 - Friday 26 April

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# Eastern Courses

## ● TABLE THAI MASSAGE - 1 DAY

This fun and energetic class will enable you to incorporate Thai Yoga massage stretches and techniques into your table based treatments.

### **LEARN:**

- A full body treatment that is beneficial for the receiver and practitioner.
- A fluid rhythmic protocol of facilitated stretching, yoga positions & energy release.
- To use your forearms, fists, knuckles and feet! for variation in working practice and protection from hand and wrist injury.

**PRICE:** £95 +VAT

**2012:** Thursday 2 August

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## ● AMMA FUSION: MERIDIAN AND ACUPRESSURE MASSAGE - 4 DAYS

Amma fusion massage uses an exciting blend of Eastern massage techniques, drawing from disciplines such as acupressure, table shiatsu and tuina.

### **LEARN:**

- Eastern principles and techniques of working energy - a fantastic complement to the serious massage therapist's remedial tool kit.
- Concepts of traditional Chinese Medicine (TCM) and movement of qi (energy). Utilise the model of meridians or pathways of energy. Amma is similar to acupuncture but uses the firm gentle pressure of hands and can be used to treat conditions such as: migraines, colds, sleep disturbance, neck and back pain, sinus problems, digestive complaints, chronic fatigue, systemic conditions.
- Techniques that can effectively be used over clothes in a variety of settings, including on your massage table.

**PRICE:** £395 +VAT

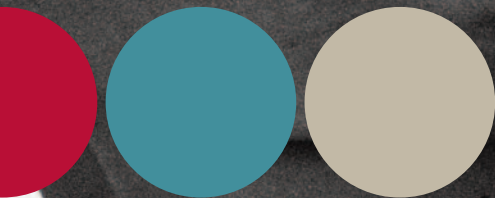
**2012:** Module 1: Wednesday 29 February - Thursday 1 March

Module 2: Thursday 29 - Friday 30 March

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*Life Cycle Courses*



## ● PREGNANCY AND POST-NATAL MASSAGE - 3 DAYS

Feeling confident treating pregnant women is a rewarding way to expand your practice and provide significant pain relief at this important time. This course is also invaluable if you would like to treat anyone who cannot lie comfortably on their stomach. You do not need any specialised equipment for this work.

### LEARN:

- The anatomy of pregnancy.
- A full body protocol in the side-lying position.
- How to treat specific concerns during pregnancy such as carpal tunnel syndrome, sciatica, oedema, migraines, neck, shoulder and low back pain.
- The physical/emotional transformation of women during pregnancy and post birth.
- Safety guidelines regarding pregnancy contra-indications and/or risk factors.

**PRICE:** £300 +VAT

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|---|------------------------------|
| <b>2012:</b> Saturday 11 - Monday 13 February | Saturday 21 - Monday 23 July |
| Thursday 8 - Saturday 10 November             | EDINBURGH TO BE ARRANGED     |

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## ● INFANT MASSAGE INSTRUCTOR TRAINING - 3 DAYS

Becoming an infant massage instructor is a superb way of increasing your income with zero body strain. Infant massage has been proven to promote weight gain, better sleep for infants (and parents), relieve colic, boost the immune system and help adult-child bonding. This course will allow you to teach infant massage classes to groups or individual parents.

### LEARN:

- Theories supporting the positive effects of infant massage.
- The practical application of infant massage techniques.
- A diversity of educational approaches.
- How to organise and conduct successful teaching sessions.
- Marketing techniques to enable you to promote your work successfully.

This course is a great complement to your pregnancy massage practice and is accredited and insured by the CtHA and most other major professional organisations. Please check with your insurance provider before attending.

**PRICE:** £300 +VAT

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| <b>2012:</b> Saturday 28 - Monday 30 April |
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# Hot Stone Courses

The most creative and comprehensive hot stone massage training in the UK.  
The course covers specialised stone techniques developed in New York.  
These sophisticated techniques take hot stone massage a step further.

Taught in 2 or 3 day segments, or a 4 day block, students develop skills  
and confidence to the highest level.



# Hot Stone Courses

## LEARN:

- Exceptional and creative hot stone massage skills for the entire body.
- A fusion of Eastern and Western advanced stone techniques, resulting in a seamless dance of stone and hands-on massage.
- Applied anatomy and advanced trigger point techniques to treat neck, back, shoulder and specific pain patterns.
- Hydrotherapy and deep tissue massage enabling you to use hot and cold stones for any treatment from spa treatments to sports remedial massage.
- Marketing tools so you can immediately start your business development.
- Positive body mechanics to protect your hands, wrists and back, allowing you to be the best massage therapist you can be.
- Everything you need to know about stone massage. There is no need for expensive additional training after this course.

We believe equipment costs should be kept to a minimum, we sell reasonably priced luxury stone kits to our students on request.

## ● HOT STONE FUSION COMPREHENSIVE - 6 DAYS (2 x 3 DAYS)

The 6-day course is designed for optimal learning. You will have 3 days of training and then a 4-6 week practice period. You will then return for 3 days of mastery work. The results you will get will astound you.

**PRICE:** £550 +VAT

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|  |                               |
|--|-------------------------------|
| <b>2012:</b> Module 1: Sat 28 - Mon 30 January | Module 2: Fri 2 - Sun 4 March |
|--|-------------------------------|

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|  |                               |
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| <b>2013:</b> Module 1: Friday 25 - Sunday 27 January | Module 2: Fri 1 - Sun 3 March |
|--|-------------------------------|

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## ● HOT STONE FUSION INTENSIVE - 4 DAYS

The 4 day intensive is designed to teach you as much as possible in the time, covering the entire body, plus specialised low back and neck and shoulder pain protocols.

**PRICE:** £400 +VAT

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| <b>2011:</b> Thurs 24 - Sun 27 November |
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|---|-----------------------------|
| <b>2012:</b> Thurs 28 June - Sun 1 July | Thursday 15 - Sunday 18 Nov |
|---|-----------------------------|

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# Courses to build your career

## ● ON-SITE MASSAGE - 3 DAYS

On-Site massage is one of the best ways of increasing your income. After this course, you will be able to easily and effectively take quality bodywork anywhere. As with all our workshops, the Jing approach is creative and fun and brings together a variety of tried and tested on-site techniques. These techniques have received positive acclaim in our own on-site work with leading companies including British Airways.

### LEARN:

- An effective massage routine incorporating principles of acupressure, medical massage and advanced stretching techniques.
- How to treat specific areas of concern including migraines and wrist RSIs.
- A diversity of creative protocols that enable you to give each of your clients a unique and individual treatment over clothes in a seated and safe position.
- Marketing strategies to make your business a success and enable your exceptional skills to immediately make money for you.
- Effective body mechanics and important techniques to avoid burnout of your fingers, thumbs and low back.

**PRICE:** £300 +VAT

**2012:** Friday 24 - Sunday 26 August

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## ● 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 for just 10% of your work.
- 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:** £95 +VAT

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**2012:** Thursday 2 February

Sunday 15 April

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## ● **MARKETING AND BUSINESS DEVELOPMENT FOR THE MASSAGE THERAPIST - 2 DAYS**

This 2 day course gives you a good solid foundation in all the business, professional, marketing, financial and practical skills needed to establish and maintain a successful career.

This course will support you at all levels of your massage career, whether you are just qualified or looking to change and expand your business in a new direction. Learn with support from the experts who run successful and effective bodywork businesses. This course will be practical with real life examples and support you in producing your own business plan and marketing materials.

**LEARN:**

- How to write a successful and practical business plan.
- Effective sales and marketing techniques that work in the massage industry.
- How to price your services.
- Insights into a range of bodywork businesses from clinics, spas, on-site and corporate event massage.
- Effective ways to improve your brand and mechanisms to promote your work.
- Setting up your own website, design and search engine optimisation.

**PRICE:** £195 +VAT


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**2012:** Module 1: Saturday 8 September

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**2013:** Module 2: Wednesday 16 January

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# Anatomy and Pathology Courses

## ● LIVING ANATOMY - 1 DAY

This hands-on workshop is designed to get the knowledge out of the text book and into your hands. By palpating and exploring the movement of the living body you will gain a thorough understanding of all the major muscles. An invaluable day that is taught with creativity and fun.

### LEARN:

- The names, location and actions of all the vital muscles and bones.
- How to locate and palpate all the major muscles and bones in the body.
- A greater understanding of how muscles and bones create movement.

**PRICE:** £95 +VAT

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**2012:** Monday 12 March

Monday 15 October

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**2013:** Monday 21 January

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## ● PRACTICAL PATHOLOGY FOR THE MASSAGE THERAPIST - 2 DAYS

This course will explore in detail the major pathologies that massage therapists are presented with in their clinics. We will cover not just musculo-skeletal problems such as carpal tunnel, Thoracic outlet, strains and sprains, herniated disc and piriformis syndrome, but other more complex systemic conditions such as MS, fibromyalgia, respiratory problems, cancer, HIV. You will learn the relevant theory and more importantly, the practical applications of how and when to treat. You will learn effective protocols for treating all of these conditions successfully and safely. This course is vital for the effective and professional massage therapist who wishes to work credibly with other medical professionals.

**PRICE:** £195 +VAT

**2012:** Wednesday 28 - Thursday 29 November

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## ● ANATOMY OF INJURY - 2 DAYS

Gain the confidence to work and communicate effectively with physiotherapists, osteopaths and the health profession. This course explores the scientific underpinning of injury and pain including how and why trigger points form, the psychological and physiological mechanisms of soft tissue pain, how and why muscles work and the anatomy of fascia.

**PRICE:** £195 +VAT

**2012:** Thursday 6 - Friday 7 September

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## ● ANATOMY DISSECTION DAYS WITH CAROLINE BARROW FROM THE COLLEGE OF BODY SCIENCE - 1 DAY

These anatomy dissection days are held at King's College Dissection Lab and are a wonderful opportunity to look beyond the textbooks and explore first-hand, anatomical specimens. Specially designed for practicing complementary therapists, this course offers plenty of discussion time and a chance to see the structures in true 3D at various levels of dissection. Main topics covered: skeleton, joints, ligaments, muscles of the upper and lower limbs, back, neck and trunk.

**PRICE:** £150 +VAT

**2011:** Monday 21 November

**2012:** Tuesday 6 March

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## ■ PRE-REQUISITES FOR COURSES AT THE JING INSTITUTE:

The Institute requires its students to have some prior learning of anatomy, physiology and hands-on body work.

## APPROPRIATE QUALIFICATIONS ARE:

- ITEC, VTCT, BTEC level 3 or above in equivalent in Massage Therapy, Aromatherapy, Sports Massage or equivalent
- Certification in instruction of fitness, yoga, pilates, sports or similar
- Physiotherapy
- Osteopathy
- Chiropractic Science
- Nursing
- Or currently enrolled in any of the above qualifying course outside of the Jing Institute. If you are currently enrolled, we will request proper documentation from your course leader.

## ■ 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 the booking or registration for a course, please call the office on: **01273 628 942**. We are more than happy to help you find the best course for you.

Please visit: **[www.jingmassage.com](http://www.jingmassage.com)** where you can conveniently register and pay for the courses via paypal. Alternatively, you may email: **[info@jingmassage.com](mailto:info@jingmassage.com)** or send by post, our full details are on the back of this booklet. We will need the following information from you:

- Your full name
- Address
- Home and Mobile Phone Numbers
- Name and Date of course
- Information on how you wish to pay, (see options overleaf)

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

## ■ PAYMENT OPTIONS

### SHORT CPD COURSES:

All individual Jing courses can be booked, either by sending full payment or a 50% deposit. The balance is payable on the first day of registration of the course. For courses less than 6 weeks away, we prefer full payment on registration.

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

or via cheque payable to 'Jing Massage'. Cheques should be sent to us at: Jing Institute of Advanced Massage, 28/29 Bond Street, Brighton BN1 1RD

**Or you can pay via bank transfer. Our Santander details are:  
Account number: 871 686 48 • Sort code: 09-01-27**

### LONGER CPD COURSES:

Hot Stone Fusion Courses and Myofascial Release Courses can be paid in 3 installments.

*Please call with any questions.  
We are happy to work with you to a budget  
and can work out payment plans that  
suit your work life balance.*

*Tel: 01273 628942*



**CERTIFICATE  
IN ADVANCED  
CLINICAL  
MASSAGE**



**CERTIFICATE  
IN ADVANCED  
MUSCULO-SKELETAL  
ANATOMY**



**CERTIFICATE  
IN ADVANCED  
MYOFASCIAL  
RELEASE**



**PROFESSIONAL  
DIPLOMA IN ADVANCED  
CLINICAL AND  
SPORTS MASSAGE**

## **CANCELLATION POLICY**

- **If you wish to cancel 6 weeks before the course begins you must notify us in writing and your payment will be refunded, minus a £50 administration charge.**
- **If you wish to transfer to a later course, you can do so up to 6 weeks before your course begins, providing space is available on that course. However, we will need to charge a transfer fee of £50.**
- **If you wish to transfer or cancel less than 6 weeks prior to your course, Jing will work with you to find a suitable course to transfer your funds, but reserves the right to retain your deposit.**



## JING SHORT CPD COURSE SCHEDULE: 2011 - 2013

|   |                  |                         |                     |                  |
|---|------------------|-------------------------|---------------------|------------------|
| <b>Foundation in Advanced Clinical Massage Techniques</b> |                  |                         | <b>3 DAYS</b>       | <b>£325 +VAT</b> |
| 2011:   | 2 - 4 December   |                         |                     |                  |
| 2012:   | 3 - 5 February   | 3 - 5 February CORNWALL |                     |                  |
|   | 11 - 13 May      | 14 - 16 September       | 30 Nov - 2 December |                  |
| <b>Low Back Pain</b>                                      |                  |                         | <b>2 DAYS</b>       | <b>£195 +VAT</b> |
| 2012:   | 10 - 11 March    | 23 - 24 June            | 12 - 13 July LONDON |                  |
|   | 13 - 14 October  |                         |                     |                  |
| 2013:   | 19 - 20 January  |                         |                     |                  |
| <b>Neck and Upper Shoulder Pain</b>                       |                  |                         | <b>2 DAYS</b>       | <b>£195 +VAT</b> |
| 2011:   | 10 - 11 November |                         |                     |                  |
| 2012:   | 21 - 22 April    | 22 - 23 November        |                     |                  |
| 2013:   | 14 - 15 February |                         |                     |                  |
| <b>Shoulder Girdle Pain</b>                               |                  |                         | <b>2 DAYS</b>       | <b>£195 +VAT</b> |
| 2011:   | 12 - 13 November |                         |                     |                  |
| 2012:   | 2 - 3 June       | 24 - 25 November        |                     |                  |
| 2013:   | 16 - 17 February |                         |                     |                  |
| <b>Wrist and Arm RSIs</b>                                 |                  |                         | <b>1 DAY</b>        | <b>£95 +VAT</b>  |
| 2011:   | 9 December       |                         |                     |                  |
| 2012:   | 4 June           | 5 December              |                     |                  |
| 2013:   | 13 March         |                         |                     |                  |
| <b>Hip and Pelvis</b>                                     |                  |                         | <b>2 DAYS</b>       | <b>£195 +VAT</b> |
| 2011:   | 17 - 18 November |                         |                     |                  |
| 2012:   | 8 - 9 March      | 14 - 15 July LONDON     | 6 - 7 October       |                  |
| 2013:   | 9 - 10 March     | 20 - 21 June            |                     |                  |
| <b>Leg, Knee and Foot Pain</b>                            |                  |                         | <b>2 DAYS</b>       | <b>£195 +VAT</b> |
| 2011:   | 29 - 30 October  |                         |                     |                  |
| 2012:   | 16 - 17 February | 5 - 6 May LONDON        | 1 - 2 September     |                  |
| 2013:   | 7 - 8 February   | 16 - 17 May             |                     |                  |

|   |                           |                            |                            |                  |
|---|---------------------------|----------------------------|----------------------------|------------------|
| <b>TMJ, Face, Headache and Jaw Pain</b> |                           |                            | <b>1 DAY</b>               | <b>£95 +VAT</b>  |
| 2012:                                   | 23 April                  | 23 August                  |                            |                  |
| <b>Rib, Thorax and Abdomen Pain</b>     |                           |                            | <b>2 DAYS</b>              | <b>£195 +VAT</b> |
| 2012:                                   | 16 - 17 May               |                            |                            |                  |
| <b>Working with The Spine</b>           |                           |                            | <b>2 DAYS</b>              | <b>£195 +VAT</b> |
| 2012:                                   | 25 - 26 February          |                            |                            |                  |
| <b>Advanced Stretching</b>              |                           |                            | <b>3 DAYS</b>              | <b>£300 +VAT</b> |
| 2012:                                   | 20 - 22 January           | 2 - 4 March LONDON         | 3 - 5 August               |                  |
| 2013:                                   | 11 - 13 January           | 19 - 21 April              |                            |                  |
| <b>Soft Tissue Release</b>              |                           |                            | <b>2 DAYS</b>              | <b>£195 +VAT</b> |
| 2012:                                   | 24 - 25 March             | 18 - 19 May                |                            |                  |
| <b>Sports and Events Massage</b>        |                           |                            | <b>1 DAY</b>               | <b>£95 +VAT</b>  |
| 2012:                                   | 23 March                  | 20 May                     |                            |                  |
| <b>Orthopaedic Assessment</b>           |                           |                            | <b>4 DAYS</b>              | <b>£400 +VAT</b> |
| 2012:                                   | Module 1: 9 - 10 February | Module 2: 15 -16 March     |                            |                  |
| 2013:                                   | Module 1: 17 - 18 January | Module 2: 21 - 22 February |                            |                  |
| <b>Hot Stone Fusion Comprehensive</b>   |                           |                            | <b>6 DAYS (2 x 3 DAYS)</b> | <b>£550 +VAT</b> |
| 2012:                                   | Module 1: 28 - 30 January | Module 2: 2 - 4 March      |                            |                  |
| 2013:                                   | Module 1: 25 - 27 January | Module 2: 1 - 3 March      |                            |                  |
| <b>Hot Stone Fusion Intensive</b>       |                           |                            | <b>4 DAYS</b>              | <b>£400 +VAT</b> |
| 2011:                                   | 24 - 27 November          |                            |                            |                  |
| 2012:                                   | 28 June - 1 July          | 15 - 18 November           |                            |                  |
| <b>Living Anatomy</b>                   |                           |                            | <b>1 DAY</b>               | <b>£95 +VAT</b>  |
| 2012:                                   | 12 March                  | 15 October                 |                            |                  |
| 2013:                                   | 21 January                |                            |                            |                  |

|  |                                 |                         |                  |
|--|---------------------------------|-------------------------|------------------|
| <b>Anatomy of Injury</b>                   |                                 | <b>2 DAYS</b>           | <b>£195 +VAT</b> |
| 2012:                                      | 6 - 7 September                 |                         |                  |
| <b>Anatomy Dissection Days</b>             |                                 | <b>1 DAY</b>            | <b>£150 +VAT</b> |
| 2011:                                      | 21 November                     |                         |                  |
| 2012:                                      | 6 March                         |                         |                  |
| <b>Pathology for the Massage Therapist</b> |                                 | <b>2 DAYS</b>           | <b>£195 +VAT</b> |
| 2012:                                      | 28 - 29 November                |                         |                  |
| <b>Rehab for Sports and Injury</b>         |                                 | <b>2 DAYS</b>           | <b>£195 +VAT</b> |
| 2012:                                      | 26 - 27 April                   |                         |                  |
| 2013:                                      | 25 - 26 April                   |                         |                  |
| <b>Pregnancy Massage</b>                   |                                 | <b>3 DAYS</b>           | <b>£300 +VAT</b> |
| 2012:                                      | 11 - 13 February                | 21 - 23 July            | 8 - 10 November  |
| <b>Infant Massage Instructor Training</b>  |                                 | <b>3 DAYS</b>           | <b>£300 +VAT</b> |
| 2012:                                      | 28 - 30 April                   |                         |                  |
| <b>Table Thai</b>                          |                                 | <b>1 DAY</b>            | <b>£95 +VAT</b>  |
| 2012:                                      | 2 August                        |                         |                  |
| <b>Amma Fusion</b>                         |                                 | <b>1 DAY</b>            | <b>£95 +VAT</b>  |
| 2012:                                      | Module 1: 29 February - 1 March | Module 2: 29 - 30 March |                  |
| <b>On-Site Massage</b>                     |                                 | <b>3 DAYS</b>           | <b>£300 +VAT</b> |
| 2012:                                      | 24 - 26 August                  |                         |                  |
| <b>Forearm and Deep Tissue Massage</b>     |                                 | <b>1 DAYS</b>           | <b>£95 +VAT</b>  |
| 2012:                                      | 2 February                      | 15 April                |                  |
| <b>Marketing and Business Development</b>  |                                 | <b>2 DAYS</b>           | <b>£195 +VAT</b> |
| 2012:                                      | Module 1: 8 September           |                         |                  |
| 2013:                                      | Module 2: 16 January            |                         |                  |

**CERTIFICATE IN ADVANCED MYOFASCIAL RELEASE COMPREHENSIVE**

**9 DAYS £950 +VAT or £350 +VAT per module**

|                          |                           |
|--------------------------|---------------------------|
| 2011: Fascial Foundation | 11 - 13 October           |
|                          | 28 - 30 October LIVERPOOL |
| 2012:                    | 13 - 15 January KENDAL    |
|                          | 2 - 4 May                 |
|                          | 28 - 30 September         |
| 2011: Myofascial Release | 14 - 16 November          |
| 2012:                    | 8 - 10 June               |
|                          | 3 - 5 November            |
| 2012: Structural Fascial | 13 - 15 January           |
|                          | 27 - 29 July              |
|                          | 8 - 10 December           |

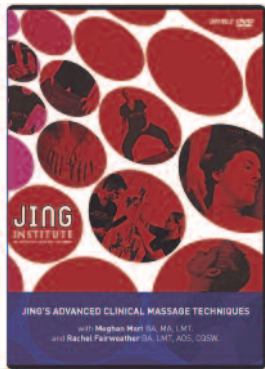
**VISCERAL MANIPULATION:**

**2 DAYS £195 +VAT**

|       |                 |                         |                 |
|-------|-----------------|-------------------------|-----------------|
| 2012: | 11 - 12 January | August - TO BE ARRANGED | 27 - 28 October |
|-------|-----------------|-------------------------|-----------------|







DOUBLE DVD  
VIDEO



Rachel Fairweather and Meghan Mari have more than 30 years experience in the industry working as advanced therapists and trainers, first in New York and now throughout the UK. A truly dynamic duo celebrated as two of the best trainers in Europe by their students and colleagues.

## JING'S ADVANCED CLINICAL MASSAGE TECHNIQUES DVD

In this dynamic double DVD, you will learn effective, proven advanced massage techniques that you can incorporate into your bodywork practice. It's a must for all bodyworkers serious about their business. **Join the Jing revolution** that's already transformed thousands of therapists' careers with Rachel and Meg as they share their successful approach to treating chronic pain, with their own creative combination of the best soft tissue techniques that gets results.

AVAILABLE FROM OUR WEBSTORE: [WWW.JINGMESSAGE.COM](http://WWW.JINGMESSAGE.COM)



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[info@jingmassage.com](mailto:info@jingmassage.com)

01273 628 942

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