

ADVANCED CLINICAL AND SPORTS MESSAGE TRAINING 2013–2015

CPD COURSES
ADVANCED CERTIFICATION
BTEC LEVEL 6 QUALIFICATION

JING
INSTITUTE
OF ADVANCED MESSAGE TRAINING

www.jingmassage.com

Come celebrate with us!

At the Jing Institute there is always a celebration and we would love for you to be part of it. In 2013, we are celebrating our 10 year anniversary ALL YEAR LONG!

We had a masquerade ball in May 2013 to kick it off and now we are celebrating by going global! We are launching a whole new program of online courses, so you can bring Jing home with you. Watch this space...

Jing has always been dedicated to offering education that shares knowledge and allows the development of the self.

Our ground breaking workshops and new qualifications endeavour to enhance not only your individual knowledge but to raise the professional possibilities of manual therapy.

Each one of you; Massage Therapist, Osteopath, Physiotherapist, Yoga or Pilates Instructor, who chooses to come to Jing can be sure of gaining specialist insight into your chosen field and the support to grow your business into the professional career you desire and deserve. Come celebrate yourself with us and discover all you can be!



Meghan Mari BA, MA, LMT.

Rachel Fairweather BA, LMT, AOS, CQSW.



Welcome to the Jing Institute Centre of Excellence in Brighton

**JOIN A 1, 2 OR 3 CPD DAY COURSES IN A VARIETY OF SUBJECTS
IN EASTERN AND WESTERN MODALITIES.**

Gain a Post-Graduate Certificate:

- Advanced Clinical Massage (24 Days)
- Advanced Myofascial Release (9 Days)

Gain a Professional Qualification:

- Professional Diploma in Advanced Clinical & Sports Massage BTEC Level 6 (3 years with flexible part-time attendance).

Take Jing home with you with our new online courses:

- 'Treating Low back pain with the Jing Method'.



JING
INSTITUTE
OF ADVANCED MASSAGE TRAINING

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*The Jing Journey
Where do I start?*

Start with any CPD course, but we recommend:

FOUNDATION IN ADVANCED CLINICAL MASSAGE - 3 DAYS

Module 1 of the **Certificate in Advanced Clinical Massage** and the **Professional Diploma in Advanced Clinical and Sports Massage BTEC Level 6** - courses that have revolutionised massage practice in the UK. Three days that will transform your practice. Learn to work more specifically with greater integration of Western medical soft tissue techniques with Eastern modalities:

- **Tai Chi, TCM and Table Shiatsu:** to work deeper with less effort and bring new insight to chronic conditions that challenge western practitioners.
- **Advanced Sports Stretching** – for major muscles.
- **Trigger point therapy for Neck, Shoulder and Low Back Pain**
- **Deep Tissue and Forearm massage** - to save your hands, your back and your practice.
- **Myofascial Release** - learn indirect and direct techniques to incorporate in your work right away.

COURSES CAN BE STAND ALONE, CPD OR TO GAIN CREDIT TOWARDS THE BTEC LEVEL 6

Become one of the highest educated, professional soft tissue experts in the UK

PRICE: £350 + VAT = £420.00

| | |
|--|-----------|
| 2013: Friday 13 - Sunday 15 September | BRIGHTON |
| Friday 6 - Sunday 8 December | BRIGHTON |
| 2014: Friday 31 January - Sunday 2 February | EDINBURGH |
| Friday 21 - Sunday 23 February | BRIGHTON |
| Friday 4 - Sunday 6 April | LONDON |
| Friday 27 - Sunday 29 June | BRIGHTON |
| Friday 12 - Sunday 14 September | BRIGHTON |
| Friday 5 - Sunday 7 December | BRIGHTON |



*The Jing Journey,
Where can I go?*

For those serious about gaining the highest level of knowledge and mastery in the massage profession, we are proud to offer these three extraordinary qualifications...

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 Clinical and Sports Massage Therapy - the highest level of education in the field in the UK. Now massage therapists can 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 enabling you to have the most diverse and expert tools available.



CERTIFICATE IN ADVANCED MYOFASCIAL RELEASE

3 MODULES OVER 3 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
CLINICAL
MESSAGE**

*Be an expert in the treatment
of injury and soft tissue pain*

BECOME AN ADVANCED CLINICAL MESSAGE THERAPIST

The Jing 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:

- **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 Fascitis**
- **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 will offer you a proven Jing protocol that incorporates:

- **Trigger Point Therapy**
- **Shiatsu**
- **Sports Massage**
- **Advanced Stretching**
- **Myofascial Release**
- **Deep Tissue Work**
- **Body mechanics to allow you to work as little or as much as you like for as long as you desire**

This course will take you to the next level in your business development wherever you are.

You will receive career advice and support. Learning with Jing is a different experience. It is interactive, supportive, creative and fun.

Why choose clinical massage instead of sports massage?

You will be able to treat more types of people and it will give you a broader scope, not just those with injuries but those suffering from chronic pain. It is far more integrative, using Eastern and different theoretical principles regarding pain treatment and management.

9 MODULES, 24 DAYS OVER 10-12 MONTHS (Pages 12-13)

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

PREREQUISITES

Qualification in massage, anatomy and physiology or any discipline where you are insured for hands-on body work. More details are on our website.

PRICE: £2,350 +VAT = £2,820

or deposit (£600) + 12 monthly payments of £215

Details on website





CERTIFICATE IN ADVANCED CLINICAL MESSAGE STRUCTURED TRACKS

All courses are in Brighton unless otherwise indicated.

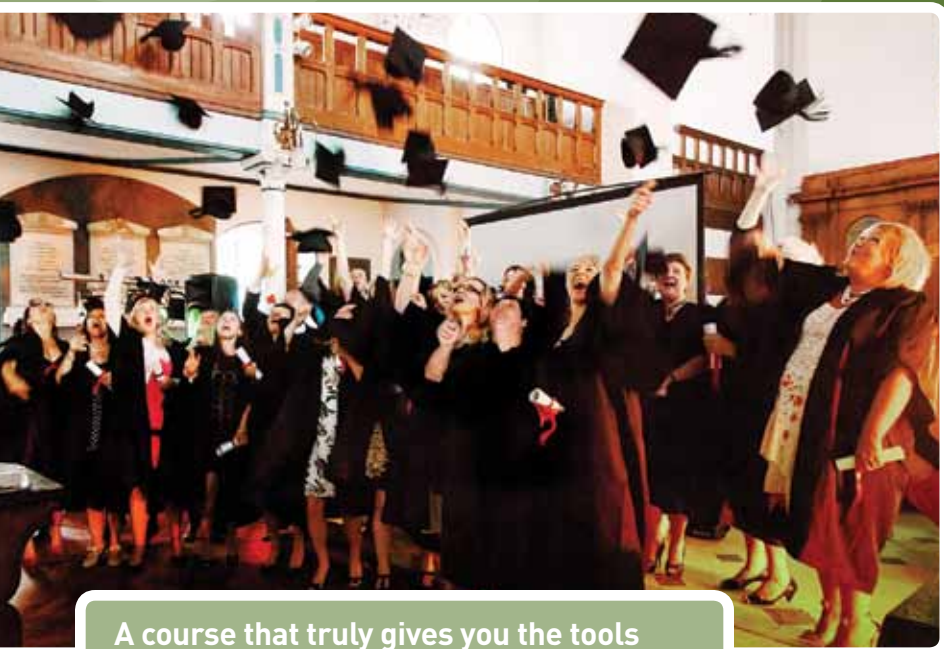
| COURSE | TRACK 0213 | TRACK 0313 | TRACK 0114 |
|---|---|--|---|
| FOUNDATION IN ADVANCED CLINICAL MESSAGE | | Friday 13 - Sunday 15 September 2013 | Fri 6 - Sun 8 Dec 2013 and Fri 31 Jan - Sun 2 Feb 2014 EDINBURGH and Fri 21 - Sun 23 Feb 2014 |
| LIVING ANATOMY | | Friday 25 October 2013 | Friday 21 March and Friday 4 April 2014 EDINBURGH |
| LOW BACK PAIN | | Saturday 26 - Sunday 27 October 2013 | Sat 22 - Sun 23 Mar 2014 Saturday 5 - Sunday 6 April 2014 EDINBURGH |
| NECK AND SHOULDER PAIN | | Saturday 16 - Sunday 17 November 2013 | Thur 24-Sun 25 Apr 2014 Saturday 7 - Sunday 8 June 2014 EDINBURGH |
| SHOULDER GIRDLE PAIN | Saturday 12 - Sunday 13 November 2013 | Saturday 18 - Sunday 19 January 2014 | Saturday 24 - Sunday 25 May 2014 |
| CARPAL TUNNEL, WRIST AND RSI PAIN | Friday 11 October 2013 | Friday 17 January 2014 | Friday 23 May and Saturday 12 - Sunday 13 July 2014 LONDON |
| UPPER BODY THEORY AND PRACTICAL APPLICATION MASTERY | Thursday 14 - Friday 15 November 2013 | Thursday 13 - Friday 14 February 2014 | Thursday 19 - Friday 20 June 2014 |
| ADVANCED STRETCHING | Fri 13 - Sun 15 Dec and Fri 6 - Sun 8 Sept 2013 EDINBURGH | Friday 11 - Sunday 13 April 2014 | Friday 25 - Sunday 27 July 2014 |
| HIP AND PELVIS | Thursday 9 - Friday 10 January 2014 | Thurs 15 - Fri 16 May 2014 and Sun 13 - Mon 14 April 2014 WIGAN | Thurs 21-Fri 22 Aug 2014 and Sat 20 - Sun 21 Sept 2014 LONDON |
| LEG, KNEE AND FOOT | Thursday 6 - Friday 7 February 2014 | Thur 12 - Fri 13 June 2014 and Sunday 1 - Monday 2 June 2014 WIGAN | Thursday 18 - Friday 19 September 2014 |
| LOWER BODY PRACTICAL APPLICATION MASTER CLASS AND CLINICAL ASSESSMENT | Thursday 6 - Friday 7 March 2014 | Thursday 10 - Friday 11 July 2014 | Thursday 16 - Friday 17 October 2014 |
| PRACTICAL AND THEORETICAL FINAL EXAM | Thursday 3 - Friday 4 April 2014 | Wednesday 10 - Thursday 11 September 2014 | Thursday 11 - Friday 12 December 2014 |

| TRACK 0214 | TRACK 0314 | EDINBURGH TRACK 0414 | AUGUST 2014 INTENSIVE |
|---|--|--|--|
| Friday 4- Sunday 6 April LONDON and Friday 27 - Sunday 29 June 2014 | Friday 12 - Sunday 14 September 2014 and Friday 5 - Sunday 7 December 2014 | Friday 31 January - Sunday 2 February 2014 |  <p><i>It's new! It's exciting!</i></p> <p><i>It's the Jing ACMT August Intensive</i></p> <p>THURS 31 JULY to SUN 31 AUGUST 2014</p> |
| Friday 1 August 2014 | Friday 24 October 2014 | Friday 4 April 2014 | |
| Saturday 2 - Sunday 3 August 2014 | Saturday 25 - Sunday 26 October 2014 | Saturday 5 - Sunday 6 April 2014 | |
| Thursday 4 - Friday 5 September 2014 | Saturday 22 - Sunday 23 November 2014 | Saturday 7 - Sunday 8 June 2014 | |
| Sat 11 - Sun 12 October 2014 Sat 13 - Sun 14 Sept 2014 EDINBURGH | Saturday 17 - Sunday 18 January 2015 | Saturday 13 - Sunday 14 September 2014 | |
| Friday 10 October 2014 | Friday 16 January 2015 | Friday 6 June 2014 | |
| Saturday 8 - Sunday 9 November 2014 | Thursday 12 - Friday 13 February 2015 | Please see BRIGHTON dates | |
| Friday 12 - Sunday 14 December 2014 | Friday 10 - Sunday 12 April 2015 | Friday 16 - Sunday 18 January 2015 | |
| Thursday 8 - Friday 9 January 2015 | Thursday 14 - Friday 15 May 2015 | Saturday 14 - Sunday 15 March 2015 | |
| Thursday 5 - Friday 6 February 2015 | Thursday 11 - Friday 12 June 2015 | Saturday 16 - Sunday 17 May 2015 | |
| Thursday 5 - Friday 6 March 2015 | Thursday 9 - Friday 10 July 2015 | Please see BRIGHTON dates | |
| Thursday 2 - Friday 3 April 2015 | Thursday 3 - Friday 4 September 2015 | Please see BRIGHTON dates | |



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

What we've all been waiting for!



A course that truly gives you the tools to stand out in this most challenging and rewarding profession.

Finally, 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
- Orthopedic 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: £6,000 +VAT = £7,200 or:

YEAR 1 - Deposit (£600)

+12 monthly payments of £215

YEARS 2/3 - Deposit (£663)

+24 monthly payments of £190

Details on website





PROFESSIONAL DIPLOMA IN ADVANCED CLINICAL AND SPORTS MASSAGE BTEC LEVEL 6

● YEAR ONE - see dates on pages 12-13

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

● YEAR TWO

| | |
|--|-----------------|
| Orientation | 1 DAY |
| Sports and Event Techniques | 1 DAY |
| Soft tissue Release | 2 DAYS |
| Fascial Foundation | 3 DAYS |
| Indirect Myofascial Release (Elective 1) | 3 DAYS |
| Structural Fascial Bodywork (Elective 2) | 3 DAYS |
| Marketing | 2 DAYS |
| Eastern Practices | 1 DAY |
| Advanced Practical Pathology | 2 DAYS |
| Orthopaedic Assessment | 4 DAYS |
| Rehabilitation | 2 DAYS |
| Clinical Mastery Supervision | VARIABLE |
| Research Methods & Supervision | VARIABLE |

● YEAR THREE

This final year is dedicated to your research project. You will have several tutorials and supervision sessions with a day of presentation.



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

● **SCHEDULE: YEAR 2 Prerequisite: Complete Jing ACMT**

| | |
|---|--|
| Orientation | Saturday 27 September 2014 |
| Sports and Events Techniques | Sunday 28 September 2014 |
| Marketing 1 | Friday 31 October 2014 |
| Soft Tissue Release | Saturday 1 - Sunday 2 November 2014 |
| Fascial Foundation | Friday 14 - Sunday 16 November 2014 |
| Myofascial Release (Elective 1) | Friday 23 - Sunday 25 January 2015 |
| Tutorial Day | Thursday 19 February 2015 |
| Structural Fascial Bodywork (Elective 2) | Friday 20 - Sunday 22 February 2015 |
| Anatomy of Injury | Saturday 14 - Sunday 15 March 2015 |
| Marketing 2 | Friday 17 April 2015 |
| Clinical Mastery Days | Saturday 18 - Sunday 19 April 2015 |
| Pathology for the Massage Therapist | Thursday 7 - Friday 8 May 2015 |
| Orthopaedic Assessment 1 | Thursday 18 - Friday 19 June 2015 |
| Orthopaedic Assessment 2 | Thursday 16 - Friday 17 July 2015 |
| Rehabilitation for Sports & Injury | Thursday 24 - Friday 25 September 2015 |
| Research Day 1 | Thursday 5 November 2015 |
| Clinical Mastery Days | Friday 6 - Saturday 7 November 2015 |
| Research Day 2 | Thursday 3 December 2015 |
| Tutorial Day | Thursday 21 January 2016 |
| Tutorial Day | Thursday 17 March 2016 |
| Tutorial Day | Thursday 2 June 2016 |
| Completion Day | Friday 9 September 2016 |



**CERTIFICATE
IN ADVANCED
MYOFASCIAL
RELEASE**



*Everyone is talking about it!
Want to learn more?*



**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 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. It combines 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 many chronic systemic conditions such as Chronic Fatigue, ME, Rheumatoid Arthritis and those in trauma.

3 MODULES - 3 MONTHS

PRICE: 9 DAYS (3 x 3 DAYS) £950 +VAT or £350 +VAT per module

| MODULE | COURSE | DATES | | |
|---------------|--------------------------------------|--|---|---|
| 1 | Fascial Foundation | Fri 1 - Sun 3 Nov 2013 BRIGHTON | Fri 28 - Sun 2 March 2014 BRIGHTON | Fri 14 - Sun 16 Nov 2014 BRIGHTON |
| 2 | Indirect Myofascial Release | Thurs 28 - Sun 30 Nov 2013 BRIGHTON | Fri 30 May - Sun 1 June 2014 BRIGHTON Wed 22 - Fri 24 Oct 2014 KENDAL | Fri 23 - Sun 25 Jan 2015 BRIGHTON |
| 3 | Direct Structural Integration | Fri 24 - Sun 26 Jan 2014 BRIGHTON | Fri 4 - Sun 6 July 2014 BRIGHTON | Fri 20 - Sun 22 Feb 2015 BRIGHTON |



CERTIFICATE IN ADVANCED MYOFASCIAL RELEASE

● **MODULE 1: 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.

PRICE: £350 +VAT = £420.00

● **MODULE 2: MYOFASCIAL RELEASE:** **Indirect Approaches - 3 DAYS - Prerequisite: Fascial Foundation Course**

Develop your intuitive listening touch with indirect MFR.

- MFR techniques including cross hand stretches, dural tube release, transverse fascial plane releases, arm and leg pulls, psoas releases and scar tissue work.
- Work with issues such as emotional trauma and systemic conditions that do not respond to traditional massage approaches.

PRICE: £350 +VAT = £420.00

● **MODULE 3: STRUCTURAL FASCIAL BODYWORK:** **Direct Myofascial Release - 3 DAYS**

Learn direct work to release patterns of strain that develop in the body's myofascial web. Derived from Rolfing, the work has been developed with new insights on how to realign and balance the structures of the body.

- Deep tissue work and active movement.
- Body reading: recognising and analysing patterns of pain and strain on the body, including habitual compensation configurations.
- The importance of 'listening touch', palpatory sensitivity and body mechanics.
- New insights into the anatomy of the myofascial system.

PRICE: £350 +VAT = £420.00

Other Myofascial Advanced Courses

● VISCERAL MANIPULATION: INTEGRATED ABDOMEN - 3 DAYS

Taught by Jo Crill and dynamic physiotherapists, this three day course pulls together the different approaches to advanced fascial technique pioneered by the legendary osteopath Jean-Pierre Barrall, founder of modern visceral manipulation. These techniques use the sophisticated concept of 'listening touch' (tuning into fascial restrictions) together with precise anatomical knowledge to accurately locate the primary causes of pain. This workshop will give new skills in the treatment of persistent pain including low back pain, IBS, sciatica and herniated disc.

PRICE: £299 +VAT = £358.80

2014: Saturday 8 - Sunday 9 and Thursday 20 February

● ADVANCED FASCIAL FUSION - 2 DAYS

Develop your skills to the highest level with this unique 2 day fascial extravaganza with the Jing Directors. Refine your proprioceptive sensitivity and develop hands-on skills, both as a sole practitioner and working with multiple practitioners.

MODULE 1: Myofascial Foam Rolling, multiple hand treatments, Myofascial Strtching, body reading, links between meridians and myofascial lines, structural, indirect, visceral and cranial approaches explored.

MODULE 2: Unwinding, an experimental day to develop client unwinding and self-unwinding with professional safety and knowledge.

PRICE: £299 +VAT = £358.80

2013: MODULE 1 - Thursday 24 October

MODULE 2 - Thursday 7 November

● ANATOMY TRAINS® WITH KMI - 2 DAYS

PRICE: £250 +VAT = £300.00

Date to be confirmed, check website

Short CPD Courses

● FOUNDATION IN ADVANCED CLINICAL MASSAGE TECHNIQUES - 3 DAYS

Module 1 of the Certificate in Advanced Clinical Massage and the BTEC Level 6 in Clinical & Sports Massage. The course that's revolutionised massage in the UK.

3 days that will transform your practice. Learn to work more specifically with greater integration of Western medical soft tissue techniques with Eastern modalities:

TAI CHI, TCM AND TABLE SHIATSU

- Work deeper with less effort and bring new insight to chronic conditions that challenge western practioners.

ADVANCED SPORTS STRETCHING FOR MAJOR MUSCLES

TRIGGER POINT THERAPY FOR NECK, SHOULDER AND LOW BACK PAIN

DEEP TISSUE AND FOREARM MASSAGE

- To not only save your hands, but your back and your practice.

MYOFASCIAL RELEASE

- Learn indirect and direct techniques to incorporate in your work right away

Courses can be a stand alone CPD or gain credit towards the BTEC Level 6

PRICE: £350 +VAT = £420.00

| | | |
|--------------|---------------------------------------|-----------|
| 2013: | Friday 13 - Sunday 15 September | BRIGHTON |
| | Friday 6 - Sunday 8 December | BRIGHTON |
| 2014: | Friday 31 January - Sunday 2 February | EDINBURGH |
| | Friday 21 - Sunday 23 February | BRIGHTON |
| | Friday 4 - Sunday 6 April | LONDON |
| | Friday 27 - Sunday 29 June | BRIGHTON |
| | Friday 12 - Sunday 14 September | BRIGHTON |
| | Friday 5 - Sunday 7 December | BRIGHTON |

- 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.

PRICE: £199 +VAT = £238.80

| | |
|---|-----------|
| 2013: Saturday 16 - Sunday 17 November | BRIGHTON |
| 2014: Thursday 24 - Friday 25 April | BRIGHTON |
| Saturday 7 - Sunday 8 June | EDINBURGH |
| Thursday 4 - Friday 5 September | BRIGHTON |
| Saturday 22 - Sunday 23 November | BRIGHTON |

● SHOULDER GIRDLE PAIN

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: the SITS rotator cuff muscles, pectoralis major, 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.

PRICE: £199 +VAT = £238.80

| | |
|--|-----------|
| 2013: Saturday 12 - Sunday 13 October | BRIGHTON |
| 2014: Saturday 18 - Sunday 19 January | BRIGHTON |
| Saturday 24 - Sunday 25 May | BRIGHTON |
| Saturday 12 - Sunday 13 July | LONDON |
| Saturday 13 - Sunday 14 September | EDINBURGH |
| Saturday 11 - Sunday 12 October | BRIGHTON |
| 2015: Saturday 17 - Sunday 18 January | BRIGHTON |

- To easily incorporate stretching into your existing table massage.
- Self-help stretches to teach clients for self-care.
- Efficient and safe body mechanics.

PRICE: £299 +VAT = £358.80

| | |
|---|-----------|
| 2013: Friday 13 - Sunday 15 December | BRIGHTON |
| 2014: Friday 11 - Sunday 13 April | BRIGHTON |
| Friday 25 - Sunday 27 July | BRIGHTON |
| Friday 12 - Sunday 14 December | BRIGHTON |
| 2015: Friday 16 - Sunday 18 January | EDINBURGH |
| Friday 10 - Sunday 12 April | BRIGHTON |

● HIP AND PELVIS PAIN

Osteoarthritis, 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 client treatment.
- Safe and professional draping for treating this complex and sensitive area.

PRICE: £199 +VAT = £238.80

| | |
|---|-----------|
| 2014: Thursday 9 - Friday 10 January | BRIGHTON |
| Sunday 13 - Monday 14 April | WIGAN |
| Thursday 15 - Friday 16 May | BRIGHTON |
| Thursday 21 - Friday 22 August | BRIGHTON |
| Saturday 20 - Sunday 21 September | LONDON |
| 2015: Thursday 8 - Friday 9 January | BRIGHTON |
| Saturday 14 - Sunday 15 March | EDINBURGH |
| Thursday 14 - Friday 15 May | 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 musculo-skeletal anatomy including: the temporomandibular joint, masticatory muscles, digastric muscles, sternocleidomastoid, and trapezius.
- The causes and contraindications of head and face pain.

PRICE: £99 +VAT = £118.80

| | |
|----------------------------------|----------|
| 2013: Thursday 10 October | BRIGHTON |
| 2014: Thursday 17 April | BRIGHTON |
| Thursday 2 October | BRIGHTON |
| Sunday 19 October | WIGAN |

● 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: £199 +VAT = £238.80

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|--|----------|
| 2014: Saturday 17 - Sunday 18 May | BRIGHTON |
|--|----------|

Sports Techniques

These skills will enhance any treatment from aromatherapy to sports massage and are open to massage therapists and 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: £299 +VAT = £358.80

2013: Friday 13 - Sunday 15 December

BRIGHTON

2014: Friday 11 - Sunday 13 April

BRIGHTON

Friday 25 - Sunday 27 July

BRIGHTON

Friday 12 - Sunday 14 December

BRIGHTON

2015: Friday 16 - Sunday 18 January

EDINBURGH

Friday 10 - Sunday 12 April

BRIGHTON

● 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: £399 +VAT = £478.80

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|--------------|--|----------|
| 2014: | MODULE 1 Saturday 25 - Sunday 26 January | LONDON |
| | MODULE 2 Saturday 1 - Sunday 2 March | LONDON |
| | MODULE 1 Thursday 5 - Friday 6 June | BRIGHTON |
| | MODULE 2 Thursday 17 - Friday 18 July | BRIGHTON |
| 2015: | MODULE 1 Thursday 18 - Friday 19 June | BRIGHTON |
| | MODULE 2 Thursday 16 - Friday 17 July | BRIGHTON |

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

Used by many sports therapists to relieve pain, this cutting edge technique increases range of motion, prevents injury and reduces injury repair time. It is the most specific type of muscular fibre stretching achievable. 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 wheelchair 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: £199 +VAT = £238.80

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|--------------|-----------------------------------|----------|
| 2013: | Saturday 28 - Sunday 29 September | BRIGHTON |
| 2014: | Saturday 1 - Sunday 2 November | BRIGHTON |

● 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: £99 +VAT = £118.80

2014: Sunday 28 September

BRIGHTON

● REHABILITATION FOR SPORTS AND INJURY - 2 DAYS

This course explores 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: £199 +VAT = £238.80

2014: Thursday 25 - Friday 26 September

BRIGHTON

2015: Thursday 24 - Friday 25 September

BRIGHTON

● TAPING AND STRAPPING: LEVELS 1 and 2 - 2 DAYS

Learn exciting hands on techniques of elite medical taping for speeding healing and recovery time of injury. Taught by Olympic Physiotherapist and Director of the ActiTaping Academy, Hans De Bruijn.

Practical application of tape to all major injury sites including but not limited to: knee, hip, ankles and shoulders. The Level 2 course builds on level 1. More enhanced techniques will be covered such as taping for internal problems, corrective taping, fascia techniques and lymphatic taping.

PRICE: £150 +VAT = £180 per module

2013: MODULE 1 Saturday 23 November

BRIGHTON

MODULE 2 Sunday 24 November

BRIGHTON



Life Cycle Courses

Treating pregnant women and infants are rewarding ways to expand your practice and provide significant pain relief.

Life Cycle Courses

● PREGNANCY AND POST-NATAL MASSAGE - 3 DAYS

This course is 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 contraindications and/or risk factors.

PRICE: £299 +VAT = £358.80

2013: Friday 8 - Sunday 10 November

BRIGHTON

2014: Friday 9 - Sunday 11 May

BRIGHTON

● 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. If you require insurance with the FHT you will need to complete extra case studies and an assignment in your own time.

PRICE: £299 +VAT = £358.80

2013: Wednesday 20 - Friday 22 November

BRIGHTON

Hot Stone Courses

Our Hot Stone Courses are taught in 2 x 3 day segments, or a 4 day block where students can develop their skills and confidence to the highest level.

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 = £660.00

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|--|----------|
| 2014: MODULE 1 Friday 31 Jan - Sunday 2 Feb | BRIGHTON |
| MODULE 2 Friday 14 - Sunday 6 March | BRIGHTON |

● 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: £399 +VAT = £478.80

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|--|----------|
| 2013: Thursday 19 - Sunday 22 September | BRIGHTON |
| Thursday 7 - Sunday 10 November | LONDON |
| 2014: Thursday 27 - Sunday 30 November | BRIGHTON |

Courses to change 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. 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: £299 +VAT = £358.80

2014: Saturday 8 - Monday 10 March

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: £99 +VAT = £118.80

2013: Thursday 17 October

BRIGHTON

2014: Friday 14 March

KENDAL

Thursday 10 April

BRIGHTON

Thursday 23 October

BRIGHTON

● 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. Learn with support from the experts who run successful and effective bodywork businesses. This course will be practical with real life examples, supporting you in producing your own business plan, brand 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: £199 +VAT = £238.80

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|---|----------|
| 2014: MODULE 1 Friday 31 October | BRIGHTON |
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| 2015: MODULE 2 Friday 17 April | BRIGHTON |
|---------------------------------------|----------|

● WORKING WITH CANCER AND SIMPLE LYMPHATIC DRAINAGE - 2 DAYS

These courses give students an amazing opportunity to gain practical and theoretical skills in working in supportive and palliative care for those with cancer and other life limiting conditions such as COPD, MND, heart disease, renal failure and complex neurological problems. Combine both courses for a unique practical and theoretical skill set in this complex area.

PRICE: £199 +VAT = £238.80 **FOR BOTH COURSES** or £150 +VAT per day

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| 2014: Saturday 29 March - Oncology Massage | BRIGHTON |
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| Sunday 30 March - Simple Lymphatic Drainage | BRIGHTON |
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|-------------------------------------|--------|
| Thursday 19 June - Oncology Massage | KENDAL |
|-------------------------------------|--------|

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|--|--------|
| Friday 20 June - Simple Lymphatic Drainage | KENDAL |
|--|--------|

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, locations 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: £99 +VAT = £118.80

2013: Friday 25 October

BRIGHTON

2014: Friday 21 March

BRIGHTON

Friday 4 April

EDINBURGH

Friday 1 August

BRIGHTON

Friday 24 October

BRIGHTON

● PRACTICAL PATHOLOGY FOR THE MESSAGE 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: £199 +VAT = £238.80

2014: Thursday 1 - Friday 2 May

BRIGHTON

2015: Thursday 7 - Friday 8 May

BRIGHTON

● 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: £199 +VAT = £238.80

2014: Saturday 15 - Sunday 16 February

BRIGHTON

2015: Saturday 14 - Sunday 15 March

BRIGHTON



Prerequisites 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 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** where you can conveniently register and pay for the courses with a credit or debit card. Alternatively, you may email: **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
- Your address
- Home and mobile phone numbers
- Name and date of course
- Information on how you wish to pay, see options below

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 prerequisite 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 day prior to course commencement. For courses less than 6 weeks away, we require full payment on registration.

Please 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 try and work with you to a budget and can work out payment plans to suit your work/life balance.

JING INSTITUTE OF ADVANCED MASSAGE

28/29 Bond Street, Brighton BN1 1RD

Tel: 01273 628 942



**CERTIFICATE
IN ADVANCED
CLINICAL
MASSAGE**



**CERTIFICATE
IN ADVANCED
MYOFASCIAL
RELEASE**



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

CPD COURSE CANCELLATION POLICY

Deposits for CPD courses are non-refundable but may be transferred to another Jing course with 6 weeks notice given in writing. A £50 admin fee will be charged for all course changes.

BTEC 6 CANCELLATION POLICY

Cancellation of the entire Diploma course can only be made 3 months prior to the course start, and all deposits to the Jing Institute and Edexcel are non-refundable.

ACMT CANCELLATION POLICY

£600 deposit fee is NON REFUNDABLE

Cancellation within the first three months:

- You are liable for deposit, plus the cost of individual modules taken.

Cancellation after three months:

- You are liable for the entire course cost: £2,350 +VAT
- Changing dates of course modules costs £50 admin fee per module.

IF AT ANY TIME YOU CHOOSE TO CANCEL THE COURSE, YOU ARE LIABLE FOR THE FOLLOWING:

Cancellation within the first three months:

- £500 Registration fee
- £123 Edexcel Fee
- Cost of individual modules plus any associated costs for assessment.

Cancellation after three months:

- I am liable for the entire course cost: £6,000 +VAT + £123 Edexcel fee

FOUNDATION IN ADVANCED CLINICAL MASSAGE**3 DAYS** £350 +VAT = £420.00

| | | |
|--------------|---|-----------|
| 2013: | Friday 13th – Sunday 15th September | BRIGHTON |
| | Friday 6th – Sunday 8th December | BRIGHTON |
| 2014: | Friday 31st January – Sunday 2nd February | EDINBURGH |
| | Friday 21st – Sunday 23rd February | BRIGHTON |
| | Friday 4th – Sunday 6th April | LONDON |
| | Friday 27th – Sunday 29th June | BRIGHTON |
| | Friday 12th – Sunday 14th September | BRIGHTON |
| | Friday 5th – Sunday 7th December | BRIGHTON |

LOW BACK PAIN**2 DAYS** £199 +VAT = £238.80

| | | |
|--------------|-------------------------------------|-----------|
| 2013: | Saturday 26th – Sunday 27th October | BRIGHTON |
| 2014: | Saturday 22nd – Sunday 23rd March | BRIGHTON |
| | Saturday 5th – Sunday 6th April | EDINBURGH |
| | Saturday 2nd – Sunday 3rd August | BRIGHTON |
| | Saturday 25th – Sunday 26th October | BRIGHTON |

NECK & SHOULDER PAIN**2 DAYS** £199 +VAT = £238.80

| | | |
|--------------|--------------------------------------|-----------|
| 2013: | Saturday 16th – Sunday 17th November | BRIGHTON |
| 2014: | Thursday 24th – Friday 25th April | BRIGHTON |
| | Saturday 7th – Sunday 8th June | EDINBURGH |
| | Thursday 4th – Friday 5th September | BRIGHTON |
| | Saturday 22nd – Sunday 23rd November | BRIGHTON |

SHOULDER GIRDLE PAIN**2 DAYS** £199 +VAT = £238.80

| | | |
|--------------|---------------------------------------|-----------|
| 2013: | Saturday 12th – Sunday 13th October | BRIGHTON |
| 2014: | Saturday 18th – Sunday 19th January | BRIGHTON |
| | Saturday 24th – Sunday 25th May | BRIGHTON |
| | Saturday 12th – Sunday 13th July | LONDON |
| | Saturday 13th – Sunday 14th September | EDINBURGH |
| | Saturday 11th – Sunday 12th October | BRIGHTON |

CARPAL TUNNEL, WRIST AND ARM PAIN**1 DAY** £99 +VAT = £118.80

| | | |
|--------------|---------------------|-----------|
| 2013: | Friday 11th October | BRIGHTON |
| 2014: | Friday 17th January | BRIGHTON |
| | Friday 23rd May | BRIGHTON |
| | Friday 6th June | EDINBURGH |
| | Friday 10th October | BRIGHTON |
| 2015: | Friday 16th January | BRIGHTON |

HIP AND PELVIS PAIN**2 DAYS** £199 +VAT = £238.80

| | | |
|--------------|---------------------------------------|-----------|
| 2014: | Thursday 9th – Friday 10th January | BRIGHTON |
| | Sunday 13th – Monday 14th April | WIGAN |
| | Thursday 15th – Friday 16th May | BRIGHTON |
| | Thursday 21st – Friday 22nd August | BRIGHTON |
| | Saturday 20th – Sunday 21st September | LONDON |
| 2015: | Thursday 8th – Friday 9th January | BRIGHTON |
| | Saturday 14th – Sunday 15th March | EDINBURGH |
| | Thursday 14th – Friday 15th – May | BRIGHTON |

TMJ PAIN**1 DAY** £99 +VAT = £118.80

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|--------------|-----------------------|----------|
| 2013: | Thursday 10th October | BRIGHTON |
| 2014: | Thursday 17th April | BRIGHTON |
| | Thursday 2nd October | BRIGHTON |
| | Sunday 19th October | WIGAN |

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|--|---|--|----------|
| LEG, KNEE AND FOOT PAIN | | 2 DAYS £199 +VAT = £238.80 | |
| 2014: | Thursday 6th – Friday 7th February | BRIGHTON | |
| | Sunday 1st – Monday 2nd June | WIGAN | |
| | Thursday 12th – Friday 13th June | BRIGHTON | |
| | Thursday 18th – Friday 19th September | BRIGHTON | |
| 2015: | Thursday 5th – Friday 6th February | BRIGHTON | |
| | Saturday 16th – Sunday 17th May | EDINBURGH | |
| | Thursday 11th – Friday 12th June | BRIGHTON | |
| RIB, THORAX AND ABDOMEN PAIN | | 2 DAYS £199 +VAT = £238.80 | |
| 2014: | Saturday 19th – Sunday 20th July | BRIGHTON | |
| WORKING WITH THE SPINE | | 2 DAYS £199 +VAT = £238.80 | |
| 2014: | Saturday 17th – Sunday 18th May | BRIGHTON | |
| ADVANCED SPORTS STRETCHING | | 3 DAYS £299 +VAT = £358.80 | |
| 2013: | Friday 13th – Sunday 15th December | BRIGHTON | |
| 2014: | Friday 11th Sunday 13th April | BRIGHTON | |
| | Friday 25th – Sunday 27th July | BRIGHTON | |
| | Friday 12th – Sunday 14th December | BRIGHTON | |
| 2015: | Friday 16th – Sunday 18th January | EDINBURGH | |
| | Friday 10th – Sunday 12th April | BRIGHTON | |
| ORTHOPAEDIC ASSESSMENT | | 4 DAYS (2 x 2 DAYS) £399 +VAT = £478.80 | |
| 2014: | MODULE 1 Sat 25 – Sun 26 January | MODULE 2 Sat 1 – Sun 2 March | LONDON |
| 2014: | MODULE 1 Thurs 5 – Fri 6 June | MODULE 2 Thurs 17 – Fri 18 July | BRIGHTON |
| 2015: | MODULE 1 Thurs 18 – Fri 19 June | MODULE 2 Thurs 16 – Fri 17 July | BRIGHTON |
| SOFT TISSUE RELEASE | | 2 DAYS £199 +VAT= £238.80 | |
| 2013: | Saturday 28th – Sunday 29th September | BRIGHTON | |
| 2014: | Saturday 1st – Sunday 2nd November | BRIGHTON | |
| SPORTS AND EVENT MASSAGE | | 1 DAY £99 +VAT = £118.80 | |
| 2014: | Sunday 28 September | BRIGHTON | |
| REHABILITATION FOR SPORTS & INJURY | | 2 DAYS £199 +VAT = £238.80 | |
| 2014: | Thursday 25 - Friday 26 September | BRIGHTON | |
| TAPING & STRAPPING LEVELS 1 & 2 | | 2 DAYS £150 +VAT = £180.00 per day | |
| 2013: | Saturday 23 - Sunday 24 November | BRIGHTON | |
| TABLE THAI MASSAGE | | 1 DAY £99 +VAT = £118.80 | |
| 2013: | Thursday 21st November | BRIGHTON | |
| 2014: | Thursday 22nd May | BRIGHTON | |
| | Thursday 13th November | BRIGHTON | |
| AMMA FUSION | | 4 DAYS £399 +VAT = £478.80 | |
| 2014: | MODULE 1 Saturday 3rd – Sunday 4th May | BRIGHTON | |
| | MODULE 2 Saturday 7th – Sunday 8th June | BRIGHTON | |
| PREGNANCY AND POST NATAL MASSAGE | | 3 DAYS £299 +VAT = £358.80 | |
| 2013: | Friday 8th – Sunday 10th November | BRIGHTON | |
| 2014: | Friday 9th – Sunday 11th May | BRIGHTON | |
| INFANT MASSAGE INSTRUCTOR TRAINING | | 3 DAYS £299 +VAT = £358.80 | |
| 2013: | Wednesday 20 - Friday 22 November | BRIGHTON | |

HOT STONE FUSION COMPREHENSIVE **6 DAYS (2 x 3 DAYS) £550 +VAT = £660**

| | | |
|--------------|---|----------|
| 2014: | MODULE 1 Friday 31st Jan – Sunday 2nd Feb | BRIGHTON |
| | MODULE 2 Friday 14th – Sunday 16th March | BRIGHTON |

HOT STONE FUSION INTENSIVE **4 DAYS £399 +VAT = £478.80**

| | | |
|--------------|---------------------------------------|----------|
| 2013: | Thursday 19th – Sunday 22nd September | BRIGHTON |
| | Thursday 7th – Sunday 10th November | LONDON |
| 2014: | Thursday 27th – Sunday 30th November | BRIGHTON |

ON-SITE MESSAGE **3 DAYS £299 +VAT = £358.80**

| | | |
|--------------|----------------------------------|----------|
| 2014: | Saturday 8th – Monday 10th March | BRIGHTON |
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FOREARM AND DEEP TISSUE MESSAGE **1 DAY £99 +VAT = £118.80**

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|--------------|-----------------------|----------|
| 2013: | Thursday 17th October | BRIGHTON |
| 2014: | Friday 14th March | KENDAL |
| | Thursday 10th April | BRIGHTON |
| | Thursday 23rd October | BRIGHTON |

MARKETING AND BUSINESS DEVELOPMENT **2 DAYS £199 +VAT = £238.80**

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|--------------|----------------------------|----------|
| 2014: | MODULE 1 Friday 31 October | BRIGHTON |
| 2015: | MODULE 2 Friday 17 April | BRIGHTON |

WORKING WITH CANCER - 2 DAYS £199 +VAT = £238.80 FOR BOTH COURSES or £150 +VAT per day

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|--------------|-------------------------------|----------|
| 2014: | Saturday 29 - Sunday 30 March | BRIGHTON |
| 2014: | Thursday 19 - Friday 20 June | KENDAL |

LIVING ANATOMY **1 DAY £99 +VAT = £118.80**

| | | |
|--------------|---------------------|-----------|
| 2013: | Friday 25th October | BRIGHTON |
| 2014: | Friday 21st March | BRIGHTON |
| | Friday 4th April | EDINBURGH |
| | Friday 1st August | BRIGHTON |
| | Friday 24th October | BRIGHTON |

PRACTICAL PATHOLOGY **2 DAYS £199 +VAT = £238.80**

| | | |
|--------------|-------------------------------|----------|
| 2014: | Thursday 1st – Friday 2nd May | BRIGHTON |
| 2015: | Thursday 7th – Friday 8th May | BRIGHTON |

ANATOMY OF INJURY **2 DAYS £199 +VAT = £238.80**

| | | |
|--------------|-----------------------------------|----------|
| 2015: | Saturday 14th – Sunday 15th March | BRIGHTON |
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CERTIFICATE IN ADVANCE MYOFASCIAL RELEASE COMPREHENSIVE**9 DAYS £950 +VAT = £1,140 or £350 +VAT per module**

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| Fascial Foundation | Fri 1 - Sun 3 Nov 2013 | BRIGHTON |
| | Fri 28 Feb - Sun 2 March 2014 | BRIGHTON |
| | Fri 14 - Sun 16 Nov 2014 | BRIGHTON |
| Myofascial Release | Thurs 28 - Sat 30 Nov 2013 | BRIGHTON |
| | Fri 30 May - Sun 2 June 2014 | BRIGHTON |
| | Wed 22 - Fri 24 Oct 2014 | KENDAL |
| | Fri 23 - Sun 25 Jan 2015 | BRIGHTON |
| Structural Integration | Fri 24 - Sun 26 Jan 2014 | BRIGHTON |
| | Fri 4 - Sun 6 July 2014 | BRIGHTON |
| | Fri 20 - Sun 22 Feb 2015 | BRIGHTON |

ADVANCED FASCIAL FUSION **2 DAYS £150 +VAT per module = £180.00**

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| 2014: | MODULE 1 Thurs 24 October | MODULE 2 Thurs 7 November |
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VISCERAL MANIPULATION **3 DAYS £299 +VAT = £358.80**

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| 2014: | Saturday 8th - Sunday 9th and Thursday 20th Feb | BRIGHTON |
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