



**ADVANCED CLINICAL
AND SPORTS MASSAGE TRAINING**
2016-2018

www.jingmassage.com

the Jing journey



**BODYWORK®
BEGINNINGS**
THE JING WAY

OR MINIMUM
LEVEL THREE
MASSAGE
QUALIFICATION



**CERTIFICATE
IN ADVANCED
CLINICAL
MASSAGE**

ALSO
YEAR ONE
OF BTEC
LEVEL 6



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



Hello!



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Qualify

as a massage therapist



**BODYWORK®
BEGINNINGS
THE JING WAY**

"I simply loved this course. I learnt so much in such a short time. Meghan, Rachel and all the teachers at Jing are an inspiration and created a unique learning environment".

Manuela Bruegger Bodywork Beginnings



BODYWORK[®] BEGINNINGS THE JING WAY

JING BODYWORK BEGINNINGS - 9 DAYS

Want to change your life? Have a career that is energising, rewarding, helps others and where you can make your own schedule?

Maybe you are starting from scratch or are already in the complementary therapy field and want more hands-on skills for working with people in pain?

Then our acclaimed nine day intensive *Bodywork Beginnings* course is for you. Our ground-breaking training will give you the skills and confidence to start practicing as a massage therapist. Gain all the hands-on skills you need to start treating real people in pain.

On successful completion, you can gain insurance and start building your practice immediately. This is the first step towards our fully accredited degree level qualification to become an expert in the treatment of soft tissue pain.

COURSE LOCATION - BRIGHTON


 **Earlybird price: £775 +VAT**
Normal price: £995 +VAT



2016 INTENSIVE

Monday 7 - Tuesday 15 November


includes 2 self-study days

 Earlybird discount if booked before 3 October 2016

2017 INTENSIVE


Thursday 20 - Friday 28 April

includes 2 self-study days

 Earlybird discount if booked before 24 January 2017

2017 MODULAR


Saturday 21 - Tuesday 24 October
and **Tuesday 7 - Friday 10 November**

 Earlybird discount if booked before 7 June 2017

2018 INTENSIVE

Tuesday 17 - Wednesday 25 April

includes 2 self-study days

 Earlybird discount if booked before 10 January 2018

"The experience of learning at Jing has been life-altering. Jing is a fantastic space to learn and grow - as a therapist and as a human".

Jane Taylor
Bodywork Beginnings



BODYWORK®
BEGINNINGS
THE JING WAY

Massage taster workshop evening or one day courses

At Jing we are passionate about massage and want to share our joy and fascination with everyone. These taster courses are perfect if you want to dip your toe into the world of bodywork, are thinking about changing career or simply want some great hands-on skills to use on your family and friends.

🌙 INTRODUCTORY EVENING COURSE

Thursday 1 December 2016	6.30pm - 9.30pm
Thursday 19 January 2017	6.30pm - 9.30pm
Thursday 18 May 2017	6.30pm - 9.30pm
Friday 8 December 2017	6.30pm - 9.30pm

☀️ INTRODUCTORY 1 DAY COURSE

Saturday 3 June 2017
Saturday 30 September 2017

COURSE LOCATION - BRIGHTON

🌙 Evening price: £35 +VAT ☀️ Day price: £105 +VAT



CERTIFICATE IN ADVANCED CLINICAL MASSAGE

Do you want to get results with common pain problems such as back pain, herniated disc, headaches, carpal tunnel syndrome, arthritic pain, fibromyalgia and sporting injuries? Are you looking to build your massage practice that's fully booked every week?

Then our acclaimed Advanced Clinical Massage Certificate is what you've been looking for. This 24-day course will enable you to become an expert in the treatment of soft tissue pain.

The Jing Method® of advanced clinical massage uses a unique fusion of advanced sports massage and Eastern approaches, which will enable you to work confidently with common pain conditions including low back pain, neck pain, headaches, carpal tunnel syndrome, stress related conditions and stubborn sporting injuries.

FORMAT AND CONTENT

Each of the twelve fun-packed modules overleaf cover the relevant anatomy and demystify the associated pathologies, giving you a tried and tested pain treatment protocol to reduce client pain in 1-6 treatments.

You will become an expert in a range of effective advanced massage modalities including trigger point, myofascial release, soft tissue release, acupressure and advanced stretching.

"Jing do such brilliant work in raising the standard of massage practice in the UK."

George Ruiz Certificate in advanced clinical massage



CERTIFICATE IN ADVANCED CLINICAL MASSAGE

FOR DATES SEE PAGES 10-11

THE CERTIFICATE IN ADVANCED CLINICAL MASSAGE INCLUDES THE FOLLOWING MODULES:

- **Foundation in advanced clinical massage** - body mechanics, trigger point, myofascial release, stretching and amma fusion.
- **Living anatomy** - a fun hands-on tour through the major muscles and their actions.
- **Low back pain** - sciatica, herniated disc, acute locked back and piriformis syndrome.
- **Neck and shoulder pain** - migraine, whiplash, cervical sprain and headaches.
- **Shoulder girdle pain** - frozen shoulder, dislocation, rotator cuff injury and bursitis.
- **Wrist and arm RSIs** - carpal tunnel, golfers and tennis elbow.
- **Advanced sports stretching** - advanced stretching techniques including PNF and AIS.
- **Hip and pelvis pain** - sacroiliac joint pain and hip osteoarthritis.
- **Leg, knee and foot pain** - sporting injuries, meniscus problems and arthritis.
- **Upper and lower body review days** - a chance to revisit techniques and theory.
- **Practical and written exam.**



How long does it take?

This qualification takes place over 24 days in twelve modules. There are lots of different ways to complete the programme:

MODULAR

Spread the modules over a 10-12 month time period. See pages 10 and 11 for dates.

INTENSIVE

Fast, fun and fabulous! Get qualified over the month of August with our funky summer intensive.

BLENDED LEARNING

Several of the modules are now fully available as an online learning option. See pages 10 and 11 for dates and page 48 for details. You can choose to blend some of the hands-on and online modules to create your own schedule.

IS THIS COURSE PART OF THE BTEC LEVEL 6 DEGREE PROGRAMME?

The certificate in advanced clinical massage is a stand-alone qualification but is also year one of our unique BTEC level 6 degree programme in advanced clinical and sports massage.

On successful completion of the certificate in advanced clinical massage, most of our graduates go on to years two and three of the BTEC to further expand their skillset and to become one of the most highly qualified massage therapists in the UK.



IS THE COURSE ACCREDITED?

The course and modules are accredited with Pearson as part of our BTEC Level 6 programme.

WHO CAN JOIN?

You can join this course if you fulfil any of the following:

- You have completed the ***Jing Bodywork Beginnings*** course
- You already hold a qualification in massage
- You hold a qualification in a discipline where you are insured for hands-on bodywork



**CERTIFICATE
IN ADVANCED
CLINICAL
MASSAGE**



These courses also available online

	Summer of Spirit	Awesome Autumn	Fabulous Fall	
FOUNDATION IN ADVANCED CLINICAL MASSAGE			Friday 16 - Sunday 18 September 2016	
LIVING ANATOMY			Friday 14 October 2016	
LOW BACK PAIN			Saturday 15 - Sunday 16 October 2016	
NECK AND SHOULDER PAIN			Thursday 1 - Friday 2 September 2016	Saturday 19 - Sunday 20 November 2016
CARPAL TUNNEL, WRIST AND RSI PAIN			Friday 28 October 2016	Friday 20 January 2017
SHOULDER GIRDLE PAIN			Thursday 29 - Friday 30 September 2016	Saturday 21 - Sunday 22 January 2017
UPPER BODY THEORY AND PRACTICAL APPLICATION MASTERY			Saturday 29 - Sunday 30 October 2016	Thursday 9 - Friday 10 February 2017
ADVANCED STRETCHING			Friday 16 - Sunday 18 December 2016	Friday 3 - Sunday 5 March 2017
HIP AND PELVIS PAIN			Saturday 14 - Sunday 15 January 2017	Thursday 11 - Friday 12 May 2017
LEG, KNEE & FOOT PAIN			Saturday 11 - Sunday 12 February 2017	Saturday 10 - Sunday 11 June 2017
LOWER BODY PRACTICAL APPLICATION MASTERCLASS AND CLINICAL ASSESSMENT			Thursday 9 - Friday 10 March 2017	Saturday 22 - Sunday 23 July 2017
PRACTICAL AND THEORETICAL FINAL EXAM			Wednesday 5 - Thursday 6 April 2017	Wednesday 6 - Thursday 7 September 2017

All courses are in Brighton unless otherwise indicated

Wondrous Winter	Spectacular Spring	Fearless Fall	Magical Midwinter	Online
Thursday 1 - Saturday 3 December 2016 or Friday 3 - Sunday 5 February 2017 LONDON	Thursday 16 - Saturday 18 February 2017 or Thursday 30 March - Saturday 1 April 2017	Friday 2 - Sunday 4 June 2017 LONDON or Friday 15 - Sunday 17 September 2017	Friday 8 - Sunday 10 December 2017 or Friday 9 - Sunday 11 February 2018	DVD AVAILABLE
Friday 17 March 2017	Friday 7 July 2017	Friday 27 October 2017	Friday 16 March 2018	WEBINAR SERIES AVAILABLE NOW
Saturday 18 - Sunday 19 March 2017	Saturday 8 - Sunday 9 July 2017	Saturday 28 - Sunday 29 October 2017	Saturday 17 - Sunday 18 March 2018	AVAILABLE NOW
Saturday 13 - Sunday 14 May 2017	Saturday 2 - Sunday 3 September 2017	Saturday 18 - Sunday 19 November 2017	Saturday 19 - Sunday 20 May 2018	AVAILABLE NOW
Friday 23 June 2017	Friday 6 October 2017	Friday 26 January 2018	Friday 22 June 2018	AVAILABLE AUTUMN 2016
Saturday 24 - Sunday 25 June 2017	Saturday 7 - Sunday 8 October 2017	Saturday 27 - Sunday 28 January 2018	Saturday 23 - Sunday 24 June 2018	AVAILABLE AUTUMN 2016
Saturday 15 - Sunday 16 July 2017	Saturday 16 - Sunday 17 December 2017	Thursday 15 - Friday 16 February 2018	Saturday 14 - Sunday 15 July 2018	CLASS ATTENDANCE REQUIRED
Thursday 24 - Saturday 26 August 2017	Friday 12 - Sunday 14 January 2018	Friday 9 - Sunday 11 March 2018	Thursday 23 - Saturday 25 August 2018	INCLUDED IN THE JING METHOD® SERIES
Thursday 19 - Friday 20 October 2017	Saturday 17 - Sunday 18 February 2018	Thursday 17 - Friday 18 May 2018	Thursday 18 - Friday 19 October 2018	AVAILABLE EARLY 2017
Saturday 11 - Sunday 12 November 2017	Saturday 3 - Sunday 4 March 2018	Saturday 9 - Sunday 10 June 2018	Saturday 10 - Sunday 11 November 2018	AVAILABLE EARLY 2017
Thursday 14 - Friday 15 December 2017	Saturday 7 - Sunday 8 April 2018	Saturday 21 - Sunday 22 July 2018	Thursday 13 - Friday 14 December 2018	CLASS ATTENDANCE REQUIRED
Wednesday 24 - Thursday 25 January 2018	Wednesday 23 - Thursday 24 May 2018	Wednesday 12 - Thursday 13 September 2018	Wednesday 23 - Thursday 24 January 2019	CLASS ATTENDANCE REQUIRED



**CERTIFICATE
IN ADVANCED
CLINICAL
MASSAGE**

PRICE

We're confident that this course will repay your investment several times over. We're also committed to helping make this course suit your budget and current commitments and are happy to talk to you about our flexible payment plans and career development loan.

Price: £2,400 +VAT when paid in full.

**To secure your place the registration fee is: £500 +VAT
and the balance is due in full one month before the start date.**

Monthly payment plan option:

£600 registration fee + 12 monthly payments of £220

**In some cases different payment plans may be negotiable - talk to us about your needs.
For dates see CPD section on page 28-47.**

BOLT-ON

Bolt-on package

Loved the certificate in advanced clinical massage and want to do more? Then the bolt-on package is perfect. Comprising three dynamic hands-on courses that will complete your knowledge in musculoskeletal pain.

1. TMJ, jaw, neck and face pain - 1 DAY
2. Ribs, thorax and abdomen - 2 DAYS
3. Working with the spine - 2 DAYS

Bolt-on price: £415 +VAT (SAVING £100) COURSE LOCATION - BRIGHTON



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

Be the best...

A degree level course to be proud of

Our degree level BTEC 6 is unparalleled in the UK and will place you at the top of your profession. The course combines cutting-edge soft tissue massage skills with evidence based theory and research skills - all taught in a fun and engaging way.

This diploma goes way beyond normal massage training, by providing an advanced qualification that will put you on a par with other degree level professions such as physiotherapists, osteopaths and chiropractors.

THIS QUALIFICATION IS SPECIFICALLY DESIGNED TO BE:

- **Affordable:** a fraction of the cost of current degree courses.
- **Manageable:** our flexible part time programme allows you to combine study with your practice and life commitments.
- **Supportive:** you will be supported every step of the way to bring out the very best of your unique potential.





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

A course that combines advanced theory and practical classes with the opportunity to complete a research project into an area of your choice.





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

Year one

Start your journey and become an Advanced Clinical Massage Therapist. Become an expert in musculoskeletal pain by completing twelve modules over 1 year or the summer intensive, see pages 11 and 12. This is a standalone qualification and is incorporated as year one of the full BTEC Level 6.

Year two

This is where you will really build your bodywork knowledge and skills by attending regular monthly hands-on practical learning modules. Deepen your expertise in areas such as myofascial release, rehab, orthopaedic assessment, pathologies and sports event massage. You will also learn marketing skills to ensure your massage business is outstandingly successful.

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

Year three

Time to focus on an original or creative project as your final piece of work plus tutorial days to hone and practise your newly learned knowledge and skills.





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

Year one

CERTIFICATE IN ADVANCED CLINICAL MASSAGE QUALIFICATION

Foundation in advanced clinical massage
Living anatomy
Low back pain
Neck and shoulder pain
Carpal tunnel, wrist and RSI pain
Shoulder girdle pain
Upper body theory and practical application mastery
Advanced stretching
Hip and pelvis pain
Leg knee and foot pain
Lower body practical application masterclass and clinical assessment
Practical and theoretical final exam

There are many starting dates available, see pages 10 and 11.



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

Year Two

OCTOBER 2017 - OCTOBER 2018

*Dissertation presentation day (optional)	Friday 8 September 2017
Orientation	Wednesday 4 October 2017
Sports and events techniques	Thursday 5 October 2017
Marketing day 1	Wednesday 15 November 2017
Soft tissue release	Thursday 16 - Friday 17 November 2017
MYOFASCIAL RELEASE INTENSIVE incorporating: fascial foundation, myofascial release and structural fascial bodywork	Tuesday 20 - Wednesday 28 February 2018
Tutorial day	Friday 13 April 2018
Anatomy of injury	Saturday 14 - Sunday 15 April 2018
Marketing day 2	Wednesday 9 May 2018
Clinical mastery days	Thursday 10 - Friday 11 May 2018
Pathology for the massage therapist	Thursday 14 - Friday 15 June 2018
Orthopaedic assessment - Module 1	Thursday 12 - Friday 13 July 2018
Orthopaedic assessment - Module 2	Saturday 8 - Sunday 9 September 2018
Rehabilitation for sports and injury	Saturday 13 - Sunday 14 October 2018

***Get inspired seeing final year BTEC students present their dissertations.**



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

Year three

NOVEMBER 2018 - SEPTEMBER 2019

Clinical mastery days	Thursday 15 - Friday 16 November 2018
Research day 1	Saturday 17 November 2018
Research day 2	Saturday 15 December 2018
3 Tutorial days	To be announced
Completion day	Friday 13 September 2019

FACULTY AND SUPPORT

We are proud to have a unique faculty to take your bodywork learning to the highest level possible. Our faculty includes teachers with specialisms in advanced massage, sports science, exercise rehab, chronic pain, physiotherapy, research skills, business and marketing.

FEES AND FUNDING

Investing in your future and dreams is more affordable than you may imagine...

We firmly believe that cost should not be an obstacle to achieving your potential. We keep our fees for this flagship course as low as possible and offer flexible affordable monthly payment plans. Many students are also eligible for career development loans.

"I have a real sense of being at the top of my field of work. In the middle of such tricky economic times, my business has done nothing but grow."

Victoria Salomon BTEC graduate

"I currently have over 600 clients on my books and things are thriving. My practice has been such a success that I am in discussions to open a franchise in other sites."

Theresa Tait BTEC graduate

Investing in you...

The full cost of the complete BTEC programme, so the entire amount you will pay over the three years is just **£6,760*** +VAT

Compare this to university degree courses, which currently cost between £6,000 - £9,000 per year.

We are confident that your investment in this course will be repaid several times over through your increased clientele, as a result of your confidence and new skills.



MONTHLY PAYMENT PLAN

Our flexible payment plan suits many students with affordable payments of approximately **£200 per month.**

YEAR ONE = £2,400 +VAT

Year one of the BTEC is also a stand-alone qualification in advanced clinical massage therapy (ACMT). See pages 7-12 for details.

YEARS TWO AND THREE = £4,360* +VAT

*Including £110 +VAT Edexcel fee

We understand that this is a big step and would love to talk you through the programme and options for payment.

OUR FRIENDLY AND SUPPORTIVE STAFF ARE AVAILABLE TO HELP, CALL US:

01273 628942



CERTIFICATE IN ADVANCED MYOFASCIAL RELEASE

For the past 15 years, Jing have been at the forefront of bringing quality myofascial courses to the UK.

Our comprehensive certificate is unique in the UK for pioneering an all-embracing approach. We combine a high emphasis on hands-on skills from different fascial disciplines including indirect myofascial release, structural fascial approaches, cranial and visceral work.

Our teachers have a high level of skill in these sophisticated techniques and we all enjoy fantastic results in our clinics. These skills can be used to great effect with all types of injuries and chronic systemic conditions such as back pain, headaches, chronic fatigue, ME, rheumatoid arthritis and complex musculoskeletal pain.

"What an absolutely amazing end to an incredible three modules. I'm an official follower of fascia - thank you Jing."

Kerry Tibby MFR graduate



LEARN

- Fascial assessment: body reading and listening touch.
- Structural approaches and postural balancing.
- Indirect methods: leg pulls, arm pulls, transverse fascial plane releases and skin rolling.
- Cervical, thoracic and psoas releases.
- Scar release work.
- Introduction to cranial and visceral fascial release.



CERTIFICATE IN ADVANCED MYOFASCIAL RELEASE

FORMAT

Our certificate can be taken as a 9-day intensive or in a modular format - three modules, each three days long. Modules can be taken as a 'track', standalone or mixed and matched.

MODULE	COURSE	DATES			
1	Fascial foundation	Wednesday 25 - Friday 27 January 2017	Myofascial release intensive	Wednesday 24 - Friday 26 May 2017	Wednesday 19 - Friday 21 October 2016 EDINBURGH
2	Myofascial release	Wednesday 22 - Friday 24 February 2017	Tuesday 20 - Wednesday 28 February 2018	Wednesday 28 - Friday 30 June 2017	
3	Structural fascial bodywork	Wednesday 22 - Friday 24 March 2017	Includes 2 days of self-study	Tuesday 10 - Thursday 12 October 2017	

COURSE LOCATION - BRIGHTON
unless otherwise indicated

£950 +VAT (all three) or **£350 +VAT** per module
Myofascial release intensive: £950 +VAT

dedicated follower of
FASCIA



**CERTIFICATE
IN ADVANCED
MYOFASCIAL
RELEASE**

Advanced fascial masterclasses

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

Unwinding

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

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

2016 Thursday 8 September

COURSE LOCATION - BRIGHTON

£125 +VAT

Myofascial positional release

A creative fusion of the techniques of positional release, orthobionomy and strain-counter strain.

These methods involve positioning an area in such a way as to produce a combination of neurological and circulatory changes that produce pain relief and relaxation.

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

2016 Thursday 13 October

COURSE LOCATION - BRIGHTON

£125 +VAT



CERTIFICATE IN ADVANCED MYOFASCIAL RELEASE

Myofascial stretching

Enjoy a fun day exploring an exciting new creative approach to working with fascia through myofascial stretching. The workshop will explore techniques you can easily integrate into your existing fascial work or use as a stand-alone full body treatment.

This work fuses myofascial release, principles of Thai massage and intuitive whole body listening palpation skills on the part of the therapist to produce a novel and exciting new form of treatment.

2016 Thursday 8 December

COURSE LOCATION - BRIGHTON

£125 +VAT

Combined fascial masterclass

Our one day fascial courses are combined in this three day intensive. In this unique three-day immersion you will explore all of the advanced myofascial techniques, including:


- Unwinding
- Myofascial positional release
- Myofascial stretching

This experiential and dynamic course provides a fantastic opportunity for personal growth on both individual and professional levels.

2017 Tuesday 20 - Thursday 22 June


COURSE LOCATION - BRIGHTON

£375 +VAT

 Earlybird price: £325 +VAT
if booked before 1 March 2017

“What a massive difference it’s been using what I learnt in the Fascial Foundation course. I’ve had 30 clients since I came back and have been trying the new stuff on them with fantastic results. Thanks for taking us to the next level.”

Carl Mitchell MFR graduate



"Jing really has got something special. Rachel and Meghan's unique styles are the result of a dedicated mission to collect, collate and pass on the best bits of bodywork from all around the world. It is a staggering feat of humanity, and so very, very important."

Jessica Morris



Pregnancy and postnatal massage 3 DAYS

Everyone needs a massage when they are pregnant, so this is a great course to boost your business.

This course is also invaluable if you would like to treat anyone who cannot lie comfortably on their stomach.

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.

2017 Friday 19 - Sunday 21 May
 Tues 31 October - Thurs 2 November

COURSE LOCATION - BRIGHTON

£305 +VAT



"I have been having the most amazing success with the hot stones already, just a few days after the course. I am so thankful to everyone at Jing for the excellent standard of training provided."

Jenny Firkins

"I had a fantastic hot stone weekend. All the Jing teachers and assistants are marvellous, lovely and bring great fun to the courses as well as lots of info."

Jayne Queen Hot stones

Hot stone fusion intensive 4 DAYS

Take hot stone massage a step further with our comprehensive training. Jing therapists were at the forefront of the stone revolution in New York City 20 years ago and we have been developing our practice ever since.

During this four-day intensive you will learn how to treat the entire body, plus specialised low back and neck and shoulder pain protocols.

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.
- The principles of 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.

2016 Thursday 20 - Sunday 23 October

2017 Thursday 2 - Sunday 5 February

Thursday 23 - Sunday 26 November

2018 Thursday 1 - Sunday 4 February

COURSE LOCATION - BRIGHTON

£450 +VAT

"Great teachers and assistants. Everyone was so friendly and full of love. Thank you. I did a massage the next day and I felt so completely different - inspired, new confidence and like my heart was singing."

Jayne Queen Foundation in advanced clinical massage

THE JING METHOD

**hands-on massage
training**

Short CPD courses

Are you a qualified massage therapist, osteopath or physio interested in gaining more skills?

Our short CPD courses are jam packed full of hands-on time, plus great information that will enable you to get better results with clients. Many of our short courses are also modules of our degree level qualification. So if you decide to study further with us you will have already gained credit towards your BTEC level 6.

TO HELP YOU FIND YOUR WAY AROUND, OUR CPD COURSES ARE DIVIDED INTO 3 SECTIONS:

1. Advanced clinical massage series for treating pain

A unique series of interlinked classes that give you expertise in the Jing Method® of advanced clinical massage. Learn advanced soft tissue skills to get results in 1-6 treatments.

SUITABLE FOR: All bodyworkers holding an initial hands-on qualification.

2. Career enhancing courses

A fun series of courses that aim to give you specialty skills to enhance your business. Courses like forearm and deep tissue, table Thai, and marketing will all give you a unique business edge.

SUITABLE FOR: All bodyworkers holding an initial hands-on qualification.

3. Advanced orthopaedic and sports rehab

A series of advanced hands-on and lecture based courses including orthopaedic assessment, rehabilitation, pathology, sports techniques, soft tissue masterclasses and many more.

Led by our advanced faculty members of massage experts, sports science lecturers and physiotherapists.

SUITABLE FOR: More advanced bodyworkers including certificate in advanced clinical massage graduates, level 5 sports massage therapists, physiotherapists and osteopaths.

THE **JING**[®]
METHOD 

hands-on massage
training

Short
and
sweet...



The Jing Method® Advanced clinical massage series for treating pain

Feeling confident in treating common pain complaints is a must for any massage therapist serious about building their career. Our pioneering method for treating chronic pain has been successful in launching hundreds of successful massage careers and is the basis of our bestselling book *'Massage Fusion'*.

The courses in the advanced clinical massage series all provide a powerful protocol to treat common musculoskeletal pain conditions including low back pain, herniated disc, carpal tunnel problems, sporting injuries, neck and shoulder pain, arthritis and headaches.

The Jing Method® of advanced clinical massage involves trigger point therapy, myofascial release, sports stretching, and other cutting edge soft tissue techniques to move your clients out of pain in 1-6 treatments.

All these courses can be taken as stand-alone. However if you are interested in more than one of our CPD courses, we recommend that you check out our groundbreaking certificate in advanced clinical massage qualification, see pages 11 and 12.

Foundation in advanced clinical massage	3 DAYS
Living anatomy	1 DAY
Low back pain	2 DAYS
Neck and shoulder pain	2 DAYS
Carpal tunnel, wrist and RSI pain	1 DAY
Shoulder girdle pain	2 DAYS
Advanced sports stretching	3 DAYS
Hip and pelvis pain	2 DAYS
Leg, knee and foot pain	2 DAYS
TMJ pain	1 DAY
Ribs, thorax and abdomen pain	2 DAYS

Foundation in advanced clinical massage 3 DAYS

This flagship course will transform your practice in just three days. Taught with fun and laughter you will learn the fundamentals of the Jing Method® that has helped thousands of people in chronic pain.

You will learn advanced soft tissue skills that will give you the confidence to start working with common pain complaints such as back pain and neck and shoulder problems.

This course also forms the first module of our degree level BTEC 6 in Advanced Clinical and Sports Massage, and many students choose to continue to become one of the highest educated, professional soft tissue experts in the UK.

LEARN

- **Body mechanics and injury prevention:** work deeper with less effort.
- **Deep tissue and forearm massage:** save your hands and your practice.
- **Acupressure:** meridians and Eastern massage techniques.
- **Advanced sports stretching:** for major muscles.
- **Trigger point therapy:** for neck, shoulder and low back pain.
- **Cutting edge myofascial techniques:** often the 'missing piece of the puzzle' for treatment of pain.

2016	Friday 16 - Sunday 18 September	BRIGHTON
	Thursday 1 - Saturday 3 December	
2017	Friday 3 - Sunday 5 February	LONDON
	Thursday 16 - Saturday 18 February	BRIGHTON
	Thursday 30 March - Saturday 1 April	BRIGHTON
	Friday 2 - Sunday 4 June	LONDON
	Friday 15 - Sunday 17 September	BRIGHTON
	Friday 8 - Sunday 10 December	BRIGHTON
2018	Friday 9 - Sunday 11 February	BRIGHTON



Living anatomy 1 DAY

Learn to love your anatomy. This hands-on workshop is designed to get the knowledge out of the textbook 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 and how they move.

A fun and interactive day that is suitable for massage therapists, yoga teachers, Pilates instructors and anyone interested in how the body works.

LEARN

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

2016 Friday 14 October

2017 Friday 17 March

Friday 7 July

Friday 27 October

2018 Friday 16 March

COURSE LOCATION - BRIGHTON

£105 +VAT

Low back pain 2 DAYS

Low back pain is the leading cause of disability and pain in the UK. This course will give you the confidence to work with clients experiencing back problems including sciatica, piriformis syndrome and herniated disc.

LEARN

- A powerful protocol incorporating trigger point therapy, STR, stretching and other advanced techniques to identify and relieve the source of pain in 1-6 treatments.
- To find, palpate and treat the relevant musculoskeletal anatomy including the erector spinae group, quadratus lumborum, the gluteus group, piriformis and iliopsoas.
- The causes and contraindications of common low back pathologies such as sciatica, herniated disc problems and piriformis syndrome.

2016 Saturday 15 - Sunday 16 October

2017 Saturday 18 - Sunday 19 March

Saturday 8 - Sunday 9 July

Saturday 28 - Sunday 29 October

2018 Saturday 17 - Sunday 18 March

COURSE LOCATION - BRIGHTON

£205 +VAT

THE JING[®] METHOD

hands-on massage
training

"Still on a high from your wonderful Living anatomy course. I learnt more today than in 2 years of A&P training - it's a revolution! This will change my massage for forever, it's like I am now part of the secret of understanding."

Heidi Ware Living anatomy

Neck and shoulder pain 2 DAYS

Neck and shoulder pain, whiplash, headaches and migraines are common reasons for clients to visit massage therapists. This course gives you a blueprint for effective treatment.

LEARN

- A powerful protocol incorporating trigger point therapy, STR, stretching, and other advanced techniques to identify and relieve the source of neck pain in 1-6 treatments.
- To find, palpate and treat the relevant musculoskeletal anatomy including the upper trapezius, levator scapulae, scalenes, SCM, rhomboids and suboccipitals.
- The causes and contraindications of common neck and shoulder conditions including cervical disc problems, whiplash, headaches, migraines and thoracic outlet syndrome.

2016 Thursday 1 - Friday 2 September
Saturday 19 - Sunday 20 November

2017 Saturday 13 - Sunday 14 May
Saturday 2 - Sunday 3 September
Saturday 18 - Sunday 19 November

2018 Saturday 19 - Sunday 20 May

COURSE LOCATION - BRIGHTON

£205 +VAT

Carpal tunnel, wrist & RSI pain 1 DAY

Carpal tunnel syndrome, arthritic hands and RSI (repetitive strain injury) are the inevitable result of our modern lifestyle. This amazing one-day course will give you a powerful set of techniques to treat this area with confidence.

LEARN

- A powerful protocol incorporating trigger point therapy, STR, stretching, and other advanced techniques to identify and relieve the source of pain in 1-6 treatments.
- To find, palpate and treat the relevant musculoskeletal anatomy including scalenes, pectoralis minor, brachioradialis, supinator, pronators, wrist flexors, extensors and the flexor retinaculum.
- The causes and contraindications of wrist and elbow pathologies including carpal tunnel syndrome, RSI, hand arthritis, 'texter's thumb', golfer's and tennis elbow.

2016 Friday 28 October

2017 Friday 20 January
Friday 23 June
Friday 6 October

2018 Friday 26 January
Friday 22 June

COURSE LOCATION - BRIGHTON

£105 +VAT

Shoulder girdle pain 2 DAYS

Frozen shoulder, rotator cuff injury and supraspinatus tendinopathy are common problems in this area. This course enables you to significantly increase clients' range of motion and decrease recovery time for this complex injury site.

LEARN

- A powerful protocol incorporating trigger point therapy, STR, stretching, and other advanced techniques to identify and relieve the source of pain in 1-6 treatments.
- To find, palpate and treat the relevant musculoskeletal anatomy including the SITS rotator cuff muscles, pectoralis major and minor, trapezius, serratus anterior, biceps, triceps and deltoids.
- The causes and contraindications of shoulder girdle conditions including frozen shoulder, rotator cuff injury, tendinopathies and painful arc syndrome.

2016 Thursday 29 - Friday 30 September

2017 Saturday 21 - Sunday 22 January

Saturday 24 - Sunday 25 June

Saturday 7 - Sunday 8 October

2018 Saturday 27 - Sunday 28 January

Saturday 23 - Sunday 24 June

COURSE LOCATION - BRIGHTON

£205 +VAT

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 in everyone.

LEARN

- The three most advanced forms of stretching used by massage therapists, sports therapists, and physiotherapists for recovery and prevention of injury - passive, PNF and AIS.
- Applied anatomy - 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.

2016 Friday 16 - Sunday 18 December

2017 Friday 3 - Sunday 5 March

Thursday 24 - Saturday 26 August

2018 Friday 12 - Sunday 14 January

Friday 9 - Sunday 11 March

Thursday 23 - Saturday 25 August

COURSE LOCATION - BRIGHTON

£305 +VAT

Hip and pelvis pain 2 DAYS

Treating and balancing the pelvis is essential, as imbalances here can lead to distortions throughout the entire body. Many painful conditions such as groin strain, hip osteoarthritis and sacroiliac pain can be effectively treated with these techniques.

LEARN

- A powerful protocol incorporating trigger point therapy, STR, stretching, and other advanced techniques to identify and relieve the source of hip pain in 1-6 treatments.
- To find, palpate and treat the relevant musculoskeletal anatomy including the six deep lateral rotators, the abductor and adductor group and iliopsoas.
- The causes and contraindications of hip and pelvic pathologies including sacroiliac pain, hip osteoarthritis, groin strain, sciatica and trochanteric bursitis.

2016 Saturday 3 - Sunday 4 September

2017 Saturday 14 - Sunday 15 January

Thursday 11 - Friday 12 May

Thursday 19 - Friday 20 October

2018 Saturday 17 - Sunday 18 February

Thursday 17 - Friday 18 May

Thursday 18 - Friday 19 October

COURSE LOCATION - BRIGHTON

£205 +VAT

Leg, knee and foot pain 2 DAYS

Sporting injuries and knee arthritis are common with one in five people in the UK experiencing debilitating knee pain that often leads to surgery. These techniques are ideal for working with knee issues, including arthritis and meniscus problems, plus preventing and treating common sporting injuries including sprains and strains.

LEARN

- A powerful protocol incorporating trigger point therapy, STR, stretching, and other advanced techniques to identify and relieve the source of pain in 1-6 treatments.
- To find, palpate and treat the relevant musculoskeletal anatomy including hamstrings, quadriceps, adductors, tibialis anterior, gastrocnemius, soleus, deep flexor compartment and achilles tendon.
- The causes and contraindications of pain in this area including knee arthritis, meniscus issues, anterior and posterior ligament sprain, chondromalacia patella, hamstring strains and Achilles tendinopathy.

2016 Saturday 1 - Sunday 2 October

2017 Saturday 11 - Sunday 12 February

Saturday 10 - Sunday 11 June

Saturday 11 - Sunday 12 November

2018 Saturday 3 - Sunday 4 March

Saturday 9 - Sunday 10 June

Saturday 10 - Sunday 11 November

COURSE LOCATION - BRIGHTON

£205 +VAT

THE **JING**[®]
METHOD

hands-on massage
training



TMJ pain 1 DAY

HEADACHE, JAW PAIN, BRUXISM AND BELL'S PALSY

Up to 12% of the population experience TMJ dysfunction. Pain in this location is a common reason for seeking complementary therapy. This area can also be implicated in chronic headaches and migraine pain. These advanced soft tissue skills will help you achieve astounding results with patients who cannot find relief elsewhere.

LEARN

- A powerful protocol to treat TMJ (temporomandibular joint syndrome) incorporating a range of advanced techniques such as trigger point therapy, STR, and myofascial release.
- To find, palpate and treat the relevant musculoskeletal anatomy including the temporomandibular joint, masticatory muscles, digastric muscles, sternocleidomastoid, and trapezius.
- Assessment techniques and an introduction to safe intra-oral work.
- The causes and contraindications of head and face pain including TMJ disorder, headaches, migraines and bruxism.

2017 Sunday 26 February

COURSE LOCATION - BRIGHTON

£105 +VAT

Ribs, thorax and abdomen pain 2 DAYS

ASTHMA, THORACIC OUTLET SYNDROME, INTERCOSTAL PAIN AND BREATHING COMPLICATIONS

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

LEARN

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

2016 Saturday 10 - Sunday 11 December

2017 Tuesday 13 - Wednesday 14 June

COURSE LOCATION - BRIGHTON

£205 +VAT

Career enhancing courses

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 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.

2016 Thursday 27 October

2017 Saturday 25 February

Wednesday 18 October

COURSE LOCATION - BRIGHTON

£105 +VAT

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 and energy release.
- To use your forearms, fists, knuckles and feet for variation in working practice and protection from hand and wrist injury.

2017 Thursday 18 May

COURSE LOCATION - BRIGHTON

£105 +VAT

Career enhancing courses

Marketing for the massage therapist 2 DAYS

This two-day course gives you a 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 journey, 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 will 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, onsite and corporate event massage.
- Writing and designing copy for leaflets.
- Setting up your own website, design and search engine optimisation.

MODULE 1

2016 Thursday 24 November

2017 Wednesday 15 November

MODULE 2

2017 Wednesday 3 May

2018 Wednesday 9 May

COURSE LOCATION - BRIGHTON

£205 +VAT

"I have a real sense of being at the top of my field of work. In the middle of such tricky economic times, my business has done nothing but grow."

Victoria Salomon BTEC graduate

Advanced orthopaedic and sports rehab

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

- Physiotherapy spinal mobilisation techniques specially adapted for the massage therapist.
- Advanced soft tissue techniques to free spinal restrictions including direct and indirect myofascial release, trigger point, stretching and osteopathic skills adapted for the massage therapist.
- Body reading - visually assess spinal bends, excessive curvature and rotations.
- Effective rehab back exercises for your client.

2017 Saturday 29 - Sunday 30 April

COURSE LOCATION - BRIGHTON

£205 +VAT

Orthopaedic assessment 4 DAYS

Accurately determining the cause of musculoskeletal and soft tissue pain is essential for any serious massage therapist. Gain expert knowledge and assessment skills to confidently understand the causes of client's complaints. Developed in conjunction with a physiotherapist, this is a one-of-a-kind course for manual therapists.

LEARN

- Accurate soft tissue assessment skills for easy communication with GPs.
- Essential orthopaedic diagnostic tests to determine specific areas of injury, ligament problems or arthritic joints.
- Specialised testing to pinpoint specific pathologies including herniated disc, frozen shoulder, carpal tunnel syndrome, tennis and golfers elbow and meniscus problems.

MODULE 1

2016 Saturday 8 - Sunday 9 October

2017 Saturday 11 - Sunday 12 March
Thursday 20 - Friday 21 July

2018 Thursday 12 - Friday 13 July

MODULE 2

Saturday 12 - Sunday 13 November

Saturday 6 - Sunday 7 May

Saturday 9 - Sunday 10 September

Saturday 8 Sunday 9 September

COURSE LOCATION - BRIGHTON

£450 +VAT

"The Jing experience has been one of the most inspiring and fulfilling eras of my life thus far. How honoured I feel to have been part of the progressive and dynamic Jing family."

Carol Ferguson

Soft tissue release (STR) 2 DAYS **Sports and event massage 1 DAY**

INJURY PREVENTION AND RECOVERY

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.

LEARN

- The theory and practical application of STR.
- Applied anatomy, including attachment points, actions and stretches.
- To easily incorporate STR into your existing table massage.
- Self-help STR techniques to teach your clients.

2016 Friday 25 - Saturday 26 November

2017 Thursday 16 - Friday 17 November

COURSE LOCATION - BRIGHTON

£205 +VAT

This one-day course looks at how you can take your advanced clinical massage techniques into the sporting arena and different types of events.

LEARN

- The theory and application of pre and post event massage.
- Legal requirements.
- Marketing approaches to enable you to take your skills anywhere with great result.

2016 Friday 7 October

2017 Thursday 5 October

COURSE LOCATION - BRIGHTON

£105 +VAT



Rehabilitation for sports and injury 2 DAYS

Taught by an experienced Physiotherapist and a PHD professor of exercise rehab, this course looks at the theory and practice of effective rehabilitation from injury for both athletes and the general public.

LEARN

- Effective rehab programmes for working with common injuries including back pain, rotator cuff problems, ligament sprains and tendinopathies.
- The principles of exercise rehabilitation plus strengthening and mobilisation protocols.
- Cutting edge research outlining an evidence based approach to rehab.

2016 Saturday 10 - Sunday 11 September

2017 Friday 13 - Saturday 14 October

2018 Saturday 13 - Sunday 14 October

COURSE LOCATION - BRIGHTON

£205 +VAT

Anatomy of injury 2 DAYS

Gain the confidence to work and communicate effectively with physiotherapists, osteopaths and the health profession.

This lecture-based course explores the scientific underpinning of injury and pain. Taught with passion and enthusiasm by a PhD expert in sports science and exercise rehab, this is not to be missed.

LEARN

- The psychological and physiological mechanisms of acute and chronic soft tissue pain.
- How and why trigger points form.
- The mechanisms of wound healing and scar tissue.

2017 Saturday 8 - Sunday 9 April

2018 Saturday 14 - Sunday 15 April

COURSE LOCATION - BRIGHTON

£205 +VAT

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. This understanding will give you greater confidence in treating complex chronic conditions and how and when to treat.

This course is vital for the effective and professional massage therapist who wishes to work credibly with other medical professionals.

LEARN

- A review of common musculoskeletal problems such as carpal tunnel, thoracic outlet, strains and sprains, herniated disc and piriformis syndrome.
- The theory and understanding of more complex systemic conditions such as MS, fibromyalgia, respiratory problems, cancer and HIV.
- The practical applications of how and when to treat - learn effective protocols for treating conditions successfully and safely.

2017 Thursday 8 - Friday 9 June

2018 Thursday 14 - Friday 15 June

COURSE LOCATION - BRIGHTON

£205 +VAT

Lumbar spine masterclass 1 DAY

Explore a range of physiotherapy techniques with Suzy Daw, physiotherapist and movement teacher. Learn solid theoretical and hands-on techniques that work in clinical practice for the treatment and rehabilitation of pain conditions.

LEARN

- Assessment tools to attain a differential diagnosis.
- Effective Physiotherapy Mobilisation and accessory techniques to help relieve pain, reduce inflammation, reduce stiffness and help restore normal movement and healing to the musculoskeletal system.
- Special testing and rehab exercises.

This course will explore the common problem area of low back and lumbar spine so will be a useful adjunct tool for treating pathologies such as herniated disc, sciatica, low back pain and many more common client complaints in this area.

2016 Sunday 27 November

2017 Saturday 2 December

COURSE LOCATION - BRIGHTON

£125 +VAT

Exercise rehabilitation masterclasses 1 DAY

Led by exercise rehab specialist and sports science lecturer, Dr Bettina Karsten, these courses incorporate cutting-edge research in muscle physiology, functional anatomy and tissue repair in order to develop tailored exercise rehabilitation plans.

This fantastic course is relevant to anyone with a background in bodywork or personal training.

LEARN

- Practical rehabilitation and training techniques for athletes and non-athletes.
- How to help those who want to regain full range of motion and strength levels after injury, surgery or joint replacement.

2017	Advanced rehab exercises and exercise tests	Sunday 19 February
	Advanced rehab for the hip and low back	Sunday 2 April
	Advanced rehab for ankle and knee	Saturday 1 July
	Advanced rehab for shoulder and neck	Sunday 1 October

COURSE LOCATION - BRIGHTON

£125 +VAT



"I feel quite overwhelmed at how fantastically Meghan and Rachel complement each other... Their positive dynamic presentation is infectious and stimulating and a sheer joy to behold. This is the spirit of Jing that I love so much."

Judi Stanton Neck and shoulder online

THE **JING**®

METH  D

**online massage
training**

*Study at
your own
pace...*

Get the best of the Jing vibe at home. Our groundbreaking online courses give you the full experience of our flagship hands-on workshops without leaving your seat.

**MUCH MORE THAN JUST A DVD,
THESE ARE FULL COURSES
INCORPORATING:**

- Films and close ups of all techniques.
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- Online support groups to ask questions of your peers and encourage participation.
- Technical support from our friendly office staff.

THE JING[®] METHOD

**online massage
training**

Each course in the acclaimed Jing Method[®] series comprises ten online lessons including:

- Overview of The Jing Method[®] and the revolutionary HFMAST approach.
- Detailed explanation of soft tissue consultation and assessment.
- Body mechanics, draping and quality of touch.
- Anatomy - making it easily understandable with a highly visual explanation of the muscles involved.
- Trigger point patterns.
- How to find and palpate the muscles accurately.
- The Jing Method[®] - fascial techniques, muscle and trigger point techniques, and advanced stretching techniques including PNF and AIS.
- Client self-help practices including stretches, rehab exercises, mobilisations and client education.
- Pathologies - easily understandable and engaging explanations.
- A quick and easy way recap section.

"Loving the Neck and Shoulder online course. It has given me back a much needed zest and enthusiasm for massage. After nearly ten years of doing it I had become so stale in interest and was constantly looking for something different to do. Now I have found it. Thank you."

Esther Atkinson Neck and shoulder online

Massage online...



Our online courses...

Currently available in the online JING Method® series

- The JING Method® - low back pain
- The JING Method® - neck and shoulder pain

COMING IN AUTUMN 2016

- The JING Method® - shoulder girdle pain
- The JING Method® - carpal tunnel, wrist and arm pain

COMING IN 2017

- The JING Method® - hip and pelvis pain
- The JING Method® - leg, knee and foot pain

£195 +VAT per course

HALF PRICE if you have attended the hands-on course



THE JING[®] METHOD

online massage
training

Registering for our online courses

So that we can provide appropriate support, our online courses are only open a few times a year. To be notified of our next launch dates, please register your interest online at:

www.jingmassage.com/cpd/best-online-advanced-massage-training-ever



computer



smartphone/tablet



laptop

Anatomy with Attitude

Online musculoskeletal anatomy course

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

This online course aims to give massage therapists, bodyworkers and movement instructors the highest level of theoretical and practical mastery of musculoskeletal anatomy.

This course will elevate your understanding of all bodywork techniques in addition to enhancing your palpation skills and professional confidence.

£600 +VAT if paid in full. Monthly payment plan: **£240** deposit and 12 monthly payments of **£45**
LAUNCHING EARLY 2017

We are delighted that we are now able to offer this course in a groundbreaking new online learning format. It's anatomy with attitude!

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

"Loving the course! I've wanted to learn this stuff for so long and I can already see what a massive difference it will make to me."

Ali Cook Anatomy with attitude online



Frequently asked questions

Do I need to be qualified?

For our *Bodywork Beginnings* courses, absolutely not. We welcome new students who are considering a career in massage therapy.

Our CPD, graduate and masterclass courses are open to all who have some previous qualification in massage or bodywork including graduates of our *Bodywork Beginnings* course, massage therapists (level 3, 4 or 5), osteopaths, physiotherapists and movement instructors.

Are the courses accredited and can I get CPD points for attending?

Our Certificate in advanced clinical massage and BTEC courses are part of our level 6 accreditation with Pearson. Our short courses are eligible for CPD points with most major professional associations. The BTEC Level 6 is also accredited with the Sports therapy Organisation (STO) and the Association of Soft tissue therapists (SMA).

How do I register and pay for a course?

Book online at:

www.jingmassage.com

using a credit or debit card or call us on: **01273 628942** to book over the phone.

You can also pay your fees by direct bank transfer to: Jing Advanced Massage Training Ltd.



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

What do I have to pay for my course?

- For short courses we require a 50% minimum registration fee (deposit) of the course cost. The balance is due before the day prior to the start date of your course.
- For our longer courses we have a number of options to help you spread the cost including flexible payment plans and information about student loans. Please call us - we love to help.

Do I need to be insured?

We work closely with Balens Insurance Brokers (www.balens.co.uk) and students who successfully complete the *Bodywork Beginnings* course will be eligible to apply for suitable insurance.

As a post-graduate and CPD course provider, we recommend that students 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 direct you to a provider that may help you.

Any tips on travel and accommodation?

Our building in the centre of beautiful Brighton is a convenient hub for public transport links. We are a 10-minute walk from the train station, with journeys only 50 minutes from central London. Gatwick airport is 30 minutes away making us an easy destination for Scottish and international travellers.

Tips on accommodation can be found at:

www.jingmassage.com/about-us/accommodation

What if I can't attend the course or need to cancel?

Your registration fee is non-refundable but we do understand that sometimes life happens and it becomes impossible to attend the course when you had hoped. We are happy to look at alternative course dates. The administration fee for course transfers is £50.

I am three months into my Certificate in advanced clinical massage/BTEC course, what if I can't continue and have to cancel attendance for the rest of the course?

We hope you understand that once a course starts, it is very unlikely that we will find another student to take your place, so:

- If you are within three months of the course starting date then you can cancel but we will need to make sure that you have paid the registration fee in full plus the standard cost of the individual modules you have taken.
- After three months of the course starting date you will need to pay for the entire course cost.

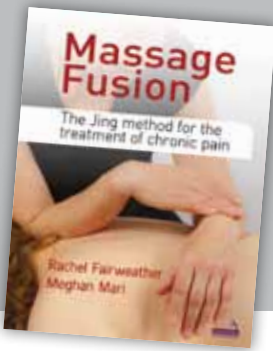
Where can I find your full terms and conditions?

Please go to:

www.jingmassage.com/terms-and-conditions-of-booking

to see our full terms and conditions.

JOIN THE REVOLUTION!



BROCHURE DESIGN
Andrew Dineley • www.softoctopus.co.uk

PHOTOGRAPHY
Anita Barratt • www.anitabarratt.com

Massage Fusion

The Jing method® for the treatment of chronic pain

Interested in the effective treatment of complicated chronic pain? Massage therapists are often faced with persistent pain issues. Be part of a revolution of manual therapy and achieve lasting results to reduce pain with 1-6 massage treatments.

Drawing on evidence and decades of clinical experience, *Massage Fusion* draws together art and science into a practical step-by-step of how massage therapists can gain the best results for clients.

Get yours now from:

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www.jingmassage.com

www.amazon.co.uk



Jing Advanced Massage Training Ltd 28/29 Bond Street, Brighton BN1 1RD

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www.jingmassage.com

