

Advanced clinical and sports
massage training

JING

ADVANCED MASSAGE
TRAINING

Jing
the big sound!



2017
- 2019

Let me show you
the way to go



Jing
the big sound!

Hello

IS IT JING YOU'RE LOOKING FOR?



JING ADVANCED MASSAGE TRAINING LTD

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www.jingmassage.com



All course prices are inclusive of VAT

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**QUALIFY
BODYWORK BEGINNINGS**

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**BODYWORK
BEGINNINGS**
THE JING WAY

Qualify

as a massage
therapist

"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

Holistic and deep tissue massage qualification

2017 MODULAR

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


2018 MODULAR

Thursday 18 - Sunday 21 January
and **Monday 5 - Thursday 8 March**

 Earlybird discount if booked
before 31 October 2017


2018 INTENSIVE

Monday 23 April - Tuesday 1 May
includes 2 self-study days

 Earlybird discount if booked
before 31 January 2018

2018 MODULAR

Thursday 20 - Sunday 23 September
and **Thursday 1 - Sunday 4 November**

 Earlybird discount if booked
before 30 June 2018

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

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 practising 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

Regular price: £1,200

 Earlybird price: £950



**BODYWORK
BEGINNINGS**
THE JING WAY

Massage taster evening workshops

At Jing we are passionate about massage and want to share our joy and fascination with everyone.

These taster courses are perfect if you're thinking about changing career or simply want some great hands-on skills to use on your family and friends.

INTRODUCTORY EVENING COURSES

6.30pm-9.30pm

Wednesday 18 October 2017

Friday 8 December 2017

Tuesday 13 February 2018

Thursday 26 April 2018

Thursday 21 June 2018

Monday 13 August 2018

Friday 21 September 2018

Thursday 6 December 2018

COURSE LOCATION - BRIGHTON

£45





**CERTIFICATE
IN ADVANCED
CLINICAL MASSAGE
THERAPY**

Do you want to get results with common pain problems such as back pain, herniated disc, headaches, carpal tunnel syndrome, arthritis, fibromyalgia and sporting injuries?

Build a practice that's fully booked every week with our acclaimed certificate in Advanced Clinical Massage Therapy (ACMT)





CERTIFICATE IN ADVANCED CLINICAL MASSAGE THERAPY

This 24 day course will enable you to become an expert in the Jing method of advanced clinical massage, fusing both advanced sports massage and Eastern approaches with confidence.

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

This stand-alone qualification also forms year one of our degree equivalent BTEC Level 6 in Advanced Clinical and Sports Massage - unique in the UK.



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 RSI

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

Slow and steady or fast and fabulous

Take our ACMT qualification either in a modular format (2-3 day blocks over a 12 month time period) or fast fun and fabulous with one of our funky retreat style intensives.

For techno-lovers and far-flung friends, our online blended learning option allows you to mix cutting edge interactive online modules with hands on content for a timetable that suits you.

Accreditation and all that jazz

As the ACMT is also year one of our BTEC Level 6, all modules are fully accredited with Pearson. The majority of our ACMT graduates go on to years 2 and 3 of the BTEC to further expand their skillset and become one of the most highly qualified and respected massage therapists in the UK

ACMT students who opt for the 4 day Sports and Event bolt on elective specialism (see page 14) can also gain full membership of the Sports Massage Association (SMA).



PEARSON



CERTIFICATE IN ADVANCED CLINICAL MASSAGE THERAPY



A

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M

T

Blended learning bonanza

If you are after a bargain price for our flagship ACMT qualification then look no further than this one-time offer that gives you £300 off our usual price.

Blend online modules with hands-on courses for a course that suits your pocket and schedule.

LIVING ANATOMY	Online
LOW BACK PAIN	Online
NECK AND SHOULDER PAIN	Online
CARPAL TUNNEL, WRIST AND RSI PAIN	Friday 6 October 2017
SHOULDER GIRDLE PAIN	Saturday 7 - Sunday 8 October 2017
FOUNDATION IN ADVANCED CLINICAL MASSAGE	Friday 8 - Sunday 10 December 2017
UPPER BODY THEORY AND PRACTICAL APPLICATION MASTERY	Saturday 16 - Sunday 17 December 2017
ADVANCED SPORTS STRETCHING	Friday 12 - Sunday 14 January 2018
HIP AND PELVIS PAIN	Saturday 17 - Sunday 18 February 2018
LEG, KNEE & FOOT PAIN	Saturday 3 - Sunday 4 March 2018
LOWER BODY PRACTICAL APPLICATION MASTERCLASS AND CLINICAL ASSESSMENT	Saturday 7 - Sunday 8 April 2018
PRACTICAL AND THEORETICAL FINAL EXAM	Wednesday 23 - Thursday 24 May 2018

PRICE: Pay in full £2,580

PAYMENT PLAN: Deposit of £600 plus 8 monthly payments of £292.50

Fearless Fall

Go back to school with a bang by gaining this great qualification over a year. Missed some modules by the time you read this? Don't despair, you can still jump on this course by filling in the gaps with our super fun online courses.

You can start here with...

FOUNDATION IN ADVANCED CLINICAL MASSAGE	Friday 15 - Sunday 17 September 2017
LIVING ANATOMY	Friday 27 October 2017
LOW BACK PAIN	Saturday 28 - Sunday 29 October 2017
NECK AND SHOULDER PAIN	Saturday 18 - Sunday 19 November 2017
CARPAL TUNNEL, WRIST AND RSI PAIN	Friday 26 January 2018
SHOULDER GIRDLE PAIN	Saturday 27 - Sunday 28 January 2018
UPPER BODY THEORY AND PRACTICAL APPLICATION MASTERY	Thursday 15 - Friday 16 February 2018
ADVANCED SPORTS STRETCHING	Friday 9 - Sunday 11 March 2018
HIP AND PELVIS PAIN	Thursday 17 - Friday 18 May 2018
LEG, KNEE & FOOT PAIN	Saturday 9 - Sunday 10 June 2018
LOWER BODY PRACTICAL APPLICATION MASTERCLASS AND CLINICAL ASSESSMENT	Thursday 26 - Friday 27 July 2018
PRACTICAL AND THEORETICAL FINAL EXAM	Tuesday 11 - Wednesday 12 September 2018

PRICE: Pay in full £2,880

PAYMENT PLAN: Deposit of £600 plus 12 monthly payments of £220

Winter wonderland intensive

First time ever! A two-part extravaganza where two parts make more than a whole. Enjoy mornings of firey yoga, days of mind stretching sessions and warm winter nights of massage by candlelight.

UPPER BODY: Thurs 1 - Fri 16 February 2018

LOWER BODY: Thurs 15 - Sat 24 March 2018

PRICE: Pay in full £2,650

 **EARLYBIRD PRICE:** £2,400
if paid before 10 January 2019



Spectacular Spring

Eke out your cashflow with this longer course that spreads out your payments. Remember if you can't do some modules you can fill in the gaps with our great online options.

You can start here with...

FOUNDATION IN ADVANCED CLINICAL MASSAGE	8 - 10 Dec 2017 2 - 4 Feb 2018 19 - 21 April 2018 24 - 26 May 2018 London
LIVING ANATOMY	Friday 22 June 2018
LOW BACK PAIN	Saturday 23 - Sunday 24 June 2018
NECK AND SHOULDER PAIN	Saturday 14 - Sunday 15 July 2018
CARPAL TUNNEL, WRIST AND RSI PAIN	Friday 7 September 2018
SHOULDER GIRDLE PAIN	Saturday 8 - Sunday 9 September 2018
UPPER BODY THEORY AND PRACTICAL APPLICATION MASTERY	Thursday 15 - Friday 16 November 2018
ADVANCED SPORTS STRETCHING	Wednesday 12 - Friday 14 December 2018
HIP AND PELVIS PAIN	Saturday 12 - Sunday 13 January 2019
LEG, KNEE & FOOT PAIN	Saturday 16 - Sunday 17 March 2019
LOWER BODY PRACTICAL APPLICATION MASTERCLASS AND CLINICAL ASSESSMENT	Thursday 18 - Friday 19 April 2019
PRACTICAL AND THEORETICAL FINAL EXAM	Tuesday 14 - Wednesday 15 May 2019

PRICE: Pay in full £2,880

PAYMENT PLAN: Deposit of £600

DECEMBER START: 18 monthly payments of £146.67

FEBRUARY START: 16 monthly payments of £165

APRIL/MAY START: 12 monthly payments of £220

Summer of surrender

Get your advanced qualification in Brighton 'retreat style' with our much loved ACMT summer intensive. Surrender to your dreams and change your life forever.

Fill your summer with mornings of yoga, tai chi and meditation. Delight in days of exploration and expansion of knowledge and thrill to sunset sessions. Revel in music, dance and memories that will warm your heart and fill your soul forever.

DATES: Wednesday 1 August - Thursday 23 August 2018 with 1-2 days off per week.

PRICE: Pay in full £2,650

 **EARLYBIRD PRICE:** £2,400 if paid by 15 April 2018



Awesome Autumn

Spread your learning and payments over a longer period by kicking off your ACMT qualification in May or September 2018, finishing in September 2019. If you can't do some modules, you can fill in the gaps with our great online options.

You can start here with...

FOUNDATION IN ADVANCED CLINICAL MASSAGE	Thursday 24 - Saturday 26 May 2018 in London or Thursday 13 - Saturday 15 September 2018
LIVING ANATOMY	Friday 23 November 2018
LOW BACK PAIN	Saturday 24 - Sunday 25 November 2018
NECK AND SHOULDER PAIN	Saturday 15 - Sunday 16 December 2018
CARPAL TUNNEL, WRIST AND RSI PAIN	Friday 18 January 2019
SHOULDER GIRDLE PAIN	Saturday 19 - Sunday 20 January 2019
UPPER BODY THEORY AND PRACTICAL APPLICATION MASTERY	Thursday 21 - Friday 22 March 2019
ADVANCED SPORTS STRETCHING	Friday 26 - Sunday 28 April 2019
HIP AND PELVIS PAIN	Saturday 25 - Sunday 26 May 2019
LEG, KNEE & FOOT PAIN	Saturday 8 - Sunday 9 June 2019
LOWER BODY PRACTICAL APPLICATION MASTERCLASS AND CLINICAL ASSESSMENT	Thursday 18 - Friday 19 July 2019
PRACTICAL AND THEORETICAL FINAL EXAM	Tuesday 10 - Wednesday 11 September 2019

PRICE: Pay in full £2,880

PAYMENT PLAN: Deposit of £600

MAY START: 17 monthly payments of £155.29

SEPTEMBER START: 12 monthly payments of £220



CERTIFICATE IN ADVANCED CLINICAL MASSAGE THERAPY

ACMT Bolt-on specialist electives

THESE SPECIALIST ELECTIVES ALLOW ACMT STUDENTS TO ADD TO THEIR CORE KNOWLEDGE IN AN AREA OF THEIR CHOICE.

BOLT-ON

Sports and event massage 4 DAYS

Gain the knowledge to take your clinical massage skills into the sporting arena.

3 days of hands-on instruction and theory will give you the knowledge of pre, post and inter-event massage for a variety of sporting occasions. Then get the exciting opportunity to put your learning into immediate action with a supervised practice at a live event.

ACMT graduates who add this specialism to their skill set will be eligible for full membership of the SMA (sports massage association).

Thursday 12 - Sunday 15 April 2018

includes 1 day of supervised event work

Bolt-on price: £499

COURSE LOCATION - BRIGHTON

BOLT-ON

Advanced clinical massage mastery

Complete your ACMT knowledge with these 3 dynamic hands on courses.

Further enhance your skill set in treating complex musculoskeletal pain.

1. TMJ, jaw, neck and face pain 1 DAY

Friday 2 March 2018

2. Working with the spine 2 DAYS

Thursday 5 - Friday 6 April 2018

3. Ribs, thorax and abdomen 2 DAYS

Thursday 19 - Friday 20 July 2018

Bolt-on price: £499 (SAVING £125)

COURSE LOCATION - BRIGHTON



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

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.

Simply the best

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 12-18 months or through one of our funky intensives (see pages 10 - 13). 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 piece of research as your final piece of work plus tutorial days to hone and practise your newly learned knowledge and skills.



Do you wanna hold your hand

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 and business.

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.

CAREER DEVELOPMENT LOANS

Most students are eligible for career development loans. Pay nothing while studying, then on completion, spread your payments over a 1-5 year period.

STARTING MODULE:

2018 Tuesday 9 - Friday 12 October

Please call for details and to talk through your payment options.



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

YEAR ONE (ACMT Qualification)

Choose from one of our flexible payment options on page 10-13

YEARS TWO + THREE

PRICE: Pay in full: £5,244

PAYMENT PLAN: Deposit of £684
Plus 24 monthly payments of £205





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

PROFESSIONAL
DIPLOMA
BTEC 6



CERTIFICATE IN ADVANCED MYOFASCIAL RELEASE

FOR THE PAST 15 YEARS, JING HAS 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.

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	Myofascial release intensive	Tuesday 26 - Thursday 28 June 2018
2	Myofascial release	Tuesday 20 - Wednesday 28 February 2018	Tuesday 25 - Thursday 27 September 2018
3	Structural fascial bodywork	Includes 2 days of self-study	Tuesday 27 - Thursday 29 November 2018

COURSE LOCATION - BRIGHTON

PRICE: Full certificate £1,150

Each standalone module: £450

dedicated follower of
FASCIA



**CERTIFICATE
IN ADVANCED
MYOFASCIAL
RELEASE**

"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

Myofascial mastery intensive 3 DAYS

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

In this unique three-day immersion you will explore a range of advanced myofascial techniques, including:


- Unwinding
- Myofascial positional release
- Myofascial stretching

Created, taught, and tried and tested clinically by Jing Director, Rachel Fairweather, this workshop is not to be missed.

Prerequisite: Jing certificate in advanced myofascial release or equivalent.

2018 Monday 11 - Wednesday 12 June

COURSE LOCATION - BRIGHTON
£450

 Earlybird price: £390
if booked before 31 March 2018





"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 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 Tuesday 31 October - Thurs 2 November

2018 Friday 4 - Sunday 6 May

Friday 5 - Sunday 7 October

COURSE LOCATION - BRIGHTON

£375



"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

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.

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.

"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

2017 Thursday 23 - Sunday 26 November

2018 Monday 12 - Thursday 15 March

Tuesday 23 - Friday 26 October

COURSE LOCATION - BRIGHTON

£550

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.

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.

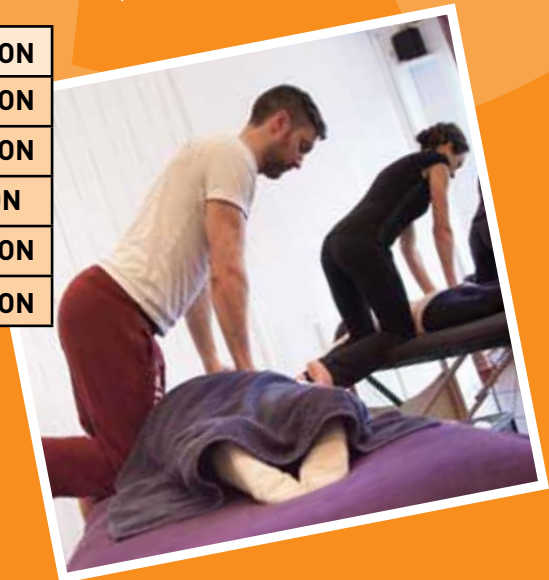
This course is also the first module of our degree level BTEC 6 in Advanced Clinical and Sports Massage.

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.

2017	Friday 8 - Sunday 10 December	BRIGHTON
2018	Friday 2 - Sunday 4 February	BRIGHTON
	Thursday 19 - Saturday 21 April	BRIGHTON
	Thursday 24 - Saturday 26 May	LONDON
	Thursday 13 - Saturday 15 September	BRIGHTON
	Thursday 6 - Saturday 8 December	BRIGHTON

PRICE: £425



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.

2017 Friday 27 October

2018 Friday 22 June

Friday 23 November

COURSE LOCATION - BRIGHTON

£125

Low back pain 2 DAYS

Low back pain is the leading cause of 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.

2017 Saturday 28 - Sunday 29 October

2018 Saturday 23 - Sunday 24 June

Saturday 24 - Sunday 25 November

COURSE LOCATION - BRIGHTON

£250

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.

2017 Saturday 18 - Sunday 19 November

2018 Saturday 14 - Sunday 15 July

Saturday 15 - Sunday 16 December

COURSE LOCATION - BRIGHTON

£250



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

Carpal tunnel, wrist and RSI pain 1 DAY

Carpal tunnel syndrome, arthritic hands and RSI (repetitive strain injury) are the inevitable result of our modern lifestyle.

Learn 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.

2017	Friday 6 October
2018	Friday 26 January
	Friday 7 September
2019	Friday 18 January

COURSE LOCATION - BRIGHTON
£125



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.

2017 Saturday 7 - Sunday 8 October

2018 Saturday 27 - Sunday 28 January
Saturday 8 - Sunday 9 September

2019 Saturday 19 - Sunday 20 January

COURSE LOCATION - BRIGHTON

£250



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.

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.

2018	Friday 12 - Sunday 14 January
	Friday 9 - Sunday 11 March
	Wednesday 12 - Friday 14 December
2019	Friday 26 - Sunday 28 April

COURSE LOCATION - BRIGHTON
£375

THE JING[®] METHOD

hands-on massage
training

"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



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, groin strain and sciatica.

2018 Saturday 17 - Sunday 18 February
Thursday 17 - Friday 18 May

2019 Saturday 12 - Sunday 13 January
Saturday 25 - Sunday 26 May

COURSE LOCATION - BRIGHTON

£250



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.

2018 Saturday 3 - Sunday 4 March
Saturday 9 - Sunday 10 June

2019 Saturday 16 - Sunday 17 March
Saturday 8 - Sunday 9 June

COURSE LOCATION - BRIGHTON

£250





TMJ pain 1 DAY

HEADACHE, JAW PAIN AND BRUXISM

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.

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.

2018 Friday 2 March
Saturday 17 November

COURSE LOCATION - BRIGHTON
£125

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.

2018 Thursday 19 - Friday 20 July

COURSE LOCATION - BRIGHTON
£250

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.

Our 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.

2017 Wednesday 18 October

2018 Thursday 1 March
Friday 13 July

COURSE LOCATION - BRIGHTON
£125

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.

2018 Thursday 3 May
Sunday November 18

COURSE LOCATION - BRIGHTON
£125

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, on-site and corporate event massage.
- Writing and designing copy for leaflets.
- Setting up your own website, design and search engine optimisation.

MODULE 1

2017 Wednesday 15 November

MODULE 2

2018 Wednesday 9 May

COURSE LOCATION - BRIGHTON

£250

Advanced orthopaedic and sports rehabilitation

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 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

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

2018 Thursday 5 - Friday 6 July

MODULE 2

Saturday 1 - Sunday 2 September

COURSE LOCATION - BRIGHTON

£550

Soft tissue release

2 DAYS

INJURY PREVENTION AND RECOVERY

A truly cutting edge technique that will enhance all of your work.

Soft Tissue Release (STR) 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.

2017 Thursday 16 - Friday 17 November

COURSE LOCATION - BRIGHTON

£250



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.

2018 Thursday 5 - Friday 6 April

COURSE LOCATION - BRIGHTON
£250

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.

2017 Friday 13 - Saturday 14 October

2018 Saturday 13 - Sunday 14 October

COURSE LOCATION - BRIGHTON
£250

Practical pathology for massage therapists

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.

2018 Thursday 14 - Friday 15 June

COURSE LOCATION - BRIGHTON

£250



Exercise rehabilitation intensive 6 DAYS

Led by exercise rehab specialist and sports science lecturer, Dr Bettina Karsten, this course incorporates 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.
- Advanced rehab exercises and exercise tests.
- Advanced rehab for the hip and low back.
- Advanced rehab for ankle and knee.
- Advanced rehab for shoulder and neck.

2018 Friday 25 - Wednesday 30 May

COURSE LOCATION - BRIGHTON

£750

"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

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METH  D

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training



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- Technical support from our friendly office staff.

"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

- The Jing Method® - low back pain
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- The Jing Method® - carpal tunnel, wrist and arm pain

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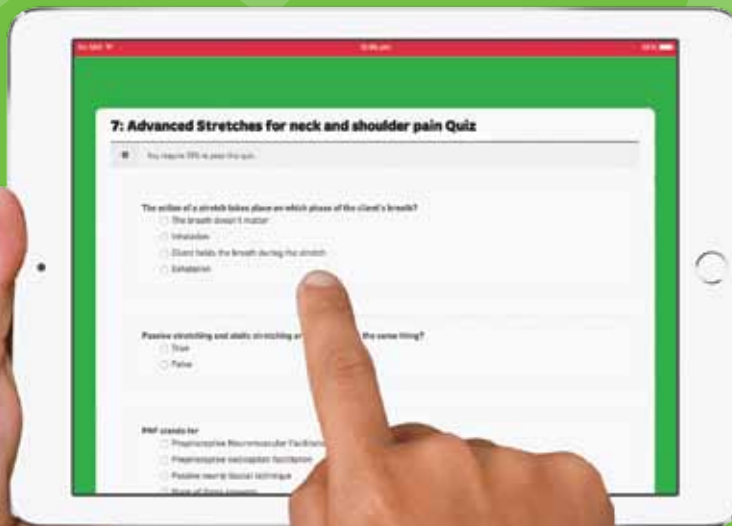
- The Jing Method® - hip and pelvis pain
- The Jing Method® - leg, knee and foot pain

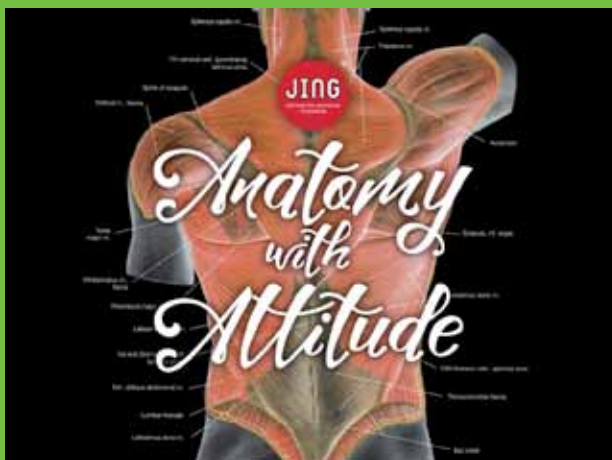
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HALF PRICE if you have attended the hands-on course

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





*"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

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.

£720 if paid in full.

MONTHLY PAYMENT PLAN:

£240 deposit and 12 monthly payments of **£45**

LAUNCHING SEPTEMBER 2018



computer



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laptop

Together in electric dreams

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 and interact with fellow students online in our Facebook group.



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.

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 all 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 long can I access the online courses?

Access to our online courses last for 2 years. The annual renewal cost is just £30. All downloadable handouts are yours forever!

How do I register and pay for a course?

Book online at: www.jingmassage.com
or call us on: **01273 628942**

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.

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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.

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