



Executive MASSAGE Exécutif
CHAIR MASSAGE COURSE – Level 1
Amma Technique – *bilingual course
5 RAC CEU's

Location: 73 Sugar Hill, Lac Brome Qc J0E 1V0

Date: Saturday and Sunday, July 4 & 5, 2015

Time: 9:30a.m. to 5:30 p.m.

Cost: \$275.00 (Refresher Fee \$150)

❖ Pre-requisite: Massage or Reflexology certification

Course Content:

- ❖ Acquire proven techniques for doing a complete 15 minute Amma (acupressure) massage sequence (Kata) on an ergonomic chair
- ❖ Learn how to use & adjust the chair for a varied clientèle
- ❖ Become sensitized to working in public & business venues
- ❖ Work with a health form & know the contraindications
- ❖ Develop a calm presence & quality of touch
- ❖ 5 RAC CEU's (continuing education units) given
- ❖ Extensive course notes provided

*Carol Faguy is one of the founders of **Executive Massage**, Chair Massage Specialists. Her background includes certification in Swedish Massage, Therapeutic Touch, Hand, Foot, Ear and CranioSacral Reflexology, and Reiki. For several years, Carol and her former (now retired) partner, Peggy Sedgwick, have introduced the benefits of Amma Chair Massage to employees at major companies in Montreal, and to people at numerous trade shows, fairs, conferences and hospitals.*

For more information or to reserve your space, contact:

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