

<b>Course Title:</b>		<b>Indian Head Massage (Beginners)</b>					
<b>Course Code:</b>		W2212SGR	<b>Centre:</b>	Wallington	<b>Tutor:</b>	Penny Beere	
<b>Day:</b>	Tue	<b>Start Date:</b>	03/05/11	<b>Length:</b>	6 wks	<b>Time:</b>	19:00-21:00

### Course Content/Syllabus

The course will include the following topics:

- History and origins
- Contraindications and benefits
- Basic techniques for Indian Head Massage
- A head, neck and shoulder massage to perform on friends and family

**After completing the course, students should be able to:**

- Perform a basic Indian Head Massage with confidence.
- Have a greater understanding of the subject.
- Improve massage skills.

### Attendance

Regular attendance is required if students are intending progressing to an ITEC Diploma course

### Entry Requirements

Open to all. Students must be prepared to practise on each other in mixed groups and you should be physically fit to practise and receive treatments. If unsure, please contact the Senior Lecturer, Jacqui McElwee (0208 773 5887).

### English, Maths & IT Entry Requirements

Basic literacy skills and the ability to study at home

### Extra Costs (eg course materials & textbooks)

You are advised not to purchase text-books or equipment until the course is confirmed.

### For your first session, please bring:

- Pen and paper
- Wear loose, natural fibres, eg cotton

### Extra Help With Your Learning

For details of additional support, please request the learning support leaflet and indicate your needs on the enrolment form.

### Progression/Further Opportunities:

Further complementary therapy courses at SCOLA:-  
ITEC Diploma in Massage & then ITEC Diploma in Indian Head Massage