



Massage Workshop

Jay Chandarana is pleased to offer a Workshop day on Massage Techniques. The workshop will teach you about Massage Therapy in general and how to perform a basic treatment at home for your family and friends. The workshop will also serve as an introduction to giving Massage treatments if you've been considering taking a fully accredited course and becoming a Massage Therapist.

We will learn about the:
History and Benefits of Massage.
Many Types of Massage.
Use of Massage Oils and Creams.

Followed by, some practice work including guidance on when not to treat.
You will be able to go away and use the treatment on Self, Family and Friends.

Sunday 15th July 2018, 10am to 4pm
Letchworth Centre for Healthy Living, Hitchin Road, Letchworth, Herts SG6 3NA

Entry requirements: None
Class size: From 4-6 people
Price: £75 (deposit of £50 to secure place)

Jay Chandarana MAR MFHT
Complementary Therapist and Trainer
Member of the Association of Reflexologists and
The Federations of Holistic Therapists

Please Reserve with deposit at Reception or
Contact Jay on Tele: 07534199126
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Everyone is welcome. Please do let Jay know of any special requirements.