

RAB GODKENDT KURSUSTILBUD

Healing Touch for Children

GÅ IKKE GLIP AF DENNE FANTASTISKE MULIGHED!



- Lørdag den 1-11-14: *“Introduction to Indian Head Massage - for family and friends”*
- Søndag den 2-11-14: *“Positive Touch for Children – massage, reflexology and acupuncture”*

Vi vil gerne invitere dig til at dele denne fantastiske weekend med os. ALLE kan deltage, uanset faglig og personlig baggrund. Kurset er åbent for såvel sundhedspersonale, behandlere, pædagoger, skolelærere som forældre, der ønsker at gøre en forskel. RAB registrerede behandlere opnår 8/16 RAB point ved deltagelse.

Tidspunkt: To endagskurser á 8 timer, fra kl. 9.00 til 17.00. Det anbefales at deltage begge dage.

Kursuspris: DKR 3.300,- DKR 1.950,- for én dag. Ved tilmelding til flere kurser i 2014, kan opnås rabat.

Forplejning: Der er fuld forplejning. Mulighed for overnatning på eksempelvis www.galleri-bagatel.dk.

Kursussted: Herstedøstergade 22, 1 sal, 2620 Albertslund. Blot 15 km fra Københavns Centrum & lufthavn.

Sprog: Undervisningen foregår på et let forståeligt engelsk, med oversættelse til dansk efter ønske og behov. Er man ikke en ørn til engelsk, er det bestemt ingen hindring. ALLE KAN VÆRE MED - uanset sprogøre!

Yderligere oplysning: Ring/sms på (+45) 26 18 95 90, eller send en mail til jklmn@eriksen.mail.dk.

Tilmelding er først til mølle princippet og er gældende, når beløb for deltagelse er indsat på Reg.nr. 2417 – konto nr. 6888 140393. For yderligere information, se endvidere www.carecam.dk

The teacher - Mary Atkinson

Mary is a UK based complementary therapist, tutor and author of *“The Art of Indian Head Massage”* and *“Hand and Foot Massage”*. Her latest book *“Healing Touch for Children – Massage, reflexology and acupuncture for children from 4 – 12 years”* has been translated into 14 languages including Danish. In 2010, she won the Camexpo Outstanding Achievement Award for her contribution to complementary therapies.

Mary runs her own training school, Mary Atkinson Holistic Therapy Courses specializing in **Indian Head Massage** and **Positive Touch for Children**. She is a Massage in Schools Instructor and a member of the MISA (Massage in Schools Association) committee. Mary has been a regular speaker at national conferences since 2002 and is often asked to talk at local therapy group meetings. She is a volunteer therapist at her local hospice in Chichester, West Sussex, and also **teaches in the hospice education department on the use of complementary therapies in palliative care**.

Mary is a member of the Federation of Holistic Therapists and Association of Reflexologists. You can find out more about her work from her website www.maryatkinson.com.

Introduction to Indian Head Massage



This ancient therapy includes massage to your **head, upper back, shoulders, neck, arms and face** – with or without aromatic oils. It can be adapted to suit **all ages** – from the **young** to the **elderly**. Indian Head Massage is a versatile therapy that encourages a sense of calm and relaxation that is so necessary in stress-filled lives. Mothers in India traditionally give their **babies massage** from their birth to aid healthy growth and development. As young **children, are given regular head massage** and the practice continues into adulthood. Women incorporate head massage into their beauty routines to keep hair lustrous and healthy.

This day course offers an opportunity to explore the benefits of this ancient therapy and practice some of the techniques and a simple routine covered in Mary's book "*The Art of Indian Head Massage*" (Carlton Books, 2000, 2010). You will be given instructions and a **DVD** to help you continue to use your skills at home on your family and friends. Mary will also share her experiences and photographs of learning Ayurvedic Head Massage in India, in February 2011. We will be giving & receive an Indian Head Massage with/without oils.

Who Should Attend? This Indian Head Massage course is open to everyone – beginners and therapists. You will be expected to practice on fellow students, so please wear suitable clothes – and enjoy.

Handouts: Curriculum and DVD for free. The book "*The Art of Indian Head Massage*" will be able to buy.

Positive Touch for Children – Story Massage



Research has shown that **children who enjoy regular positive touch are able to concentrate better**, are calmer in stressful situations and gain self-confidence. This day course will cover the essential practical and theoretical knowledge necessary to introduce the benefits of positive touch to children in a safe, creative and caring way. We will enjoy doing story massage.

We will also spend time discussing and using 'tried and tested' safe and appropriate techniques (simple **massage, reflexology and acupressure**) that Mary has included in her book "Healing Touch for Children". These techniques are offered to help ease common childhood situations including getting a **child to sleep, relieving headaches, and coping better with anxiety, stress and exam nerves**. (These techniques are not a substitute for conventional medical advice and treatment). There will be a balance of theory and practical hands-on work so come prepared to **enjoy** sharing and refreshing your skills. Mary will also talk about the ways in which she used Positive Touch for Children with the victims of the **Tsunami in Japan**.

At this link you can read what **Danish student says last year**; <http://www.maryatkinson.com/story-massage-for-children-in-copenhagen/> - <http://www.maryatkinson.com/indian-head-massage-course-in-denmark/>

Who Should Attend? The course is suitable for therapists wishing to work with children and/or support parents by offering simple and appropriate suggestions for ways in introducing the benefits of positive touch into the family home. It is also suitable for parents to know basic touch techniques with their children.

Handouts: Curriculum. The book "*Healing Touch for Children – Massage, reflexology and acupressure for children from 4 – 12 years*" will be able to buy at the course, for a special course price.

Velkommen til en spændende weekend. Leila Eriksen