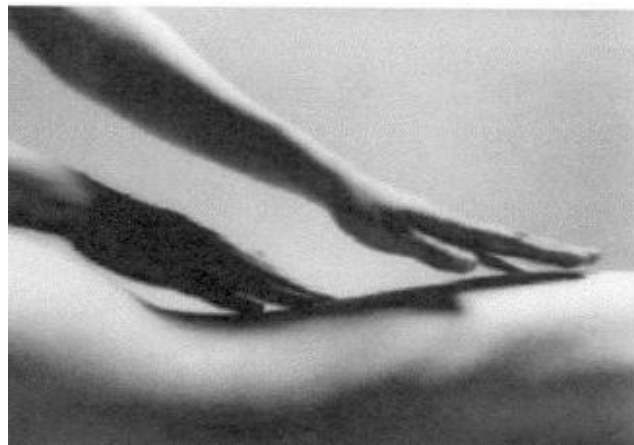


☺ Holistic Health Training Ltd

[www.hht.co.nz](http://www.hht.co.nz)

~ NZQA - Registered Private Training Establishment.

# Theory and Practice of Holistic Massage Therapy



A practical NZQA-approved course by

One-To-One Tutorial

PROSPECTUS

*~ now available in Nelson, Christchurch, Auckland,  
Tauranga and Wellington.*

Holistic Health Training Ltd, 33 School Rd, Mahana,

R.D.1 Upper Moutere, Nelson 7173.

03 5432268, 027 222 1491, [info@hht.co.nz](mailto:info@hht.co.nz)

[www.hht.co.nz](http://www.hht.co.nz)

Massage Prospectus 1/1



## Who might benefit from attending this course?

- ✎ If you are interested in delivering Massage Therapy and have done no formal (approved) training.
- ✎ If you are planning a career in hands-on Alternative Health care and want a "starting point."
- ✎ If you are an intuitive healer, and need a base to work from, to mainstream your practice and let you advertise.
- ✎ If you are already practising Massage and would benefit from an up-skill, or from adding a recognised qualification to your training record, or a New Zealand (NZQA) one.
- ✎ If you are intending to enrol in a full or part-time massage therapy course and need to complete a recognised pre-requisite training course.
- ✎ If you work in another healing modality, such as reiki, and want to add some massage techniques, to broaden your client base.
- ✎ If you enjoy receiving Massage yourself, and would like to understand more about the process.

### Huge Big Fat Disclaimer Section. Please Read This!!

Under NZ law, anyone can call themselves a Massage Therapist. Completion of this course does not entitle you to make claims for your competence beyond that stated on your certificate, or to use completion of this course as an endorsement or license to practice massage, whether paid or unpaid. You can do that in NZ without any training whatsoever!

What you do with this qualification is a matter for you to decide.

*Thanks for your interest in this NZQA-approved training programme in Holistic Massage Therapy. Entry to the training is open to anyone aged 16+. You do not need to know anything about massage to attend. Participants at all levels of experience will benefit from acquiring and practising these skills and applying this knowledge. Qualifications may soon be required to allow you to advertise massage services to the public.*

Please take the time to read this booklet before you register, and bring it with you to your tutorial sessions. It contains details about the structure, content, and assessment processes involved in this course.

If you have any queries, please contact the Director at [lynda@hht.co.nz](mailto:lynda@hht.co.nz), or your local tutor.

### Our tutors.



#### **Lynda Mabin, BA, MA (Hons), Dip Tchng.**

Lynda is the founder and director of HHT Ltd, and has been in the education business for decades. In 1987 she moved to the UK, and combined her passion for fitness and her teacher training by working in a weightlifting gym in Bristol. There she learned Anatomy & Physiology and massage therapy, including deep tissue work. Returning to NZ in 1990, she opened a gym, wrote an Anatomy & Physiology course, trained in Holistic Pulsing and Cranio-Sacral Therapy and spent the next 14 years as a practitioner. In 2004, she bit a very large bullet and had the

organisation and its courses accredited and approved by NZQA. As well as running the business side of things, and undertaking course development work, Lynda still actively teaches Massage Therapy and Holistic Pulsing, and in spite of her advancing years ?, still delivers 10 exercise classes a week. Email [lynda@hht.co.nz](mailto:lynda@hht.co.nz).

#### **Serena Gallagher**

Serena Gallagher trained at Wellpark College of Natural Therapies in Auckland, gaining her Diploma of Therapeutic Massage in 1996. She is also a Feldenkrais Practitioner, and completed her Professional Training in 2002. She enjoys working with clients using holistic massage and movement education to improve their sense of self and well being. Serena is based in Christchurch, and welcomes students to her home-based clinic. Email [serena.g@paradise.net.nz](mailto:serena.g@paradise.net.nz).



### Lindsey Warwick



Lindsey Warwick is a certified Holistic Aromatherapist, Therapeutic and Relaxation Massage Therapist, and Reiki Master Teacher. She gained her Diploma of Aromatherapy and Diploma of Therapeutic Massage and Remedial Therapies at Wellpark College of Natural Therapies in Auckland, New Zealand and her Reiki Qualifications internationally in the United States.

She is working from the Natural Health Centre in Central Wellington, one of the longest-standing alternative health centres in the country. Contact Lindsey at [karuna.bhakti.healing@gmail.com](mailto:karuna.bhakti.healing@gmail.com)  
[www.karuna-bhakti-healing.webs.com](http://www.karuna-bhakti-healing.webs.com)

### Natalie Willmer

Natalie Willmer is our Auckland-based teacher, offering both Massage Therapy and Holistic Pulsing courses. Natalie has been a body-worker since 2002, and has a private practise in Devonport where she offers her own very gentle blend of holistic therapies, including Reiki. She is also an experienced teacher, bringing her own special calm, unique style to tutorial situations. Contact her on [gracewaves@xtra.co.nz](mailto:gracewaves@xtra.co.nz)  
[www.gracewaves.co.nz](http://www.gracewaves.co.nz)



### Myffie James

Myffie James is a trained teacher, qualifying in 1992. Her involvement with bodywork began in 1986 when she studied for a BSc primarily in Biology and attended her first massage workshop. Her on-going training over the years includes advanced massage, anatomy and physiology, cranial sacral therapy, The Journey, and Hakomi. In 2005 she gained a Diploma in Holistic Pulsing, which she now also teaches. Since 2003 Myffie has been in private practise, and currently works from her therapy room in Stoke, just out of Nelson. Email Myffie on [gywnfaniwa@woosh.co.nz](mailto:gywnfaniwa@woosh.co.nz).



### Shan Porte

Shan Porte is now our Tauranga based teacher – the plan was originally to job-share with Serena in Christchurch, but a Certain Event in February put paid to that idea! Shan is now based in Tauranga (somewhere!) but is still seeking out the ideal location from which to run her clinic. Shan trained in the USA and Indonesia, and has worked as a therapist in many prestigious resorts including the Don Cesar resort in Florida, and Millbrook in New Zealand. We will post details about exactly where she is located as soon as she finds somewhere. In the meantime, email her at



[passporte@yahoo.com](mailto:passporte@yahoo.com) .

HHT Ltd Massage Prospectus 4

## 1. Structure and Duration of the Course.

*Course length; may vary between participants in tutorial settings; the following are guidelines only.*

- Approximately 10 - 12 hours hands-on tutorial training. Max. ratio 1 tutor/2 students. We have tutors in Mahana, Nelson: from March 2011 , Auckland, Christchurch, Tauranga and Wellington will also have tutors delivering the course.
- 6 - 8 hours of self-directed study, including completion of a written assignment.
- 10 hours of self-directed practice (6 clients x 1-hour protocols each, written up as case studies; 1 hour 15 delivery + 30 minutes write-up per case. These hours are approximates.)
- 2 hours assessment (delivery of a one-hour protocol to a tutor, self and tutor feedback, evaluation and assessment.)

The Self-Directed component, Assignment and Assessment Process are **OPTIONAL**.

The 16 hours of self-directed work is completed at the student's pace.

Assessment times/dates are independently contracted with the tutor.

Assessments must be contracted within three months of the training.

After this time, you may be required to repeat one or more tutorials depending on the circumstances.

Depending on where you live, you can organise your tutorials in two ways;

1. For "out of towners", or people in a hurry, an intensive block of training, which requires five days. This can include a weekend if necessary, by negotiation, but please give your tutor plenty of lead time to arrange this. If you take this option, we structure as follows over the five days. Kind of.

Day One; one or two tutorials of three - four hours duration, which includes theory and two hands-on practice sessions with contracted "bodies."

Day Two; first and/or second independent practice sessions, second or third tutorial (depending on what happened yesterday 😊)

Day Three; third or fourth tutorial, or one tutorial and two practice sessions.

Day Four; two or three practice sessions, Assignment completion.

Day Five; final practice; Hands-on Assessment.

We can be very flexible, but it usually works out something like that.

2. For "locals", training spread over a period of time, with you completing your independent practice sessions in between tutorial visits. This option requires you to have access to a therapy table and an appropriate space to work in, plus a supply of "bodies" to work with. This isn't usually a problem.

Some tutors have loan tables; availability varies, as may the term of the loan, and whether or not a fee is charged. If you are doing the whole course as a week intensive, because you are from out of town, your tutor can help find "bodies" and you may be able to use a therapy room; there is a charge for this (see last page).

If you decide you would like to complete as an intensive, or need to do this because of out-of-town arrangements, travel etc, please get in touch as soon as possible to arrange your five-day block. If you need to arrange accommodation and/or transport, please discuss options with your tutor. In Nelson, an airport pick-up/drop off is available by arrangement at a cost of \$10.00 per journey.

## 2. Certification.

Your certificate will be printed in colour on high quality card. On your written assignment, there is space for you to specify exactly how you would like your name to appear.

The certificate will acknowledge that you have completed an NZQA-approved Holistic Massage Course of 30 hours, (3 credits) and achieved the required level of competence.

### To receive the certificate, you must:

- a) Attend sufficient tutorial training hours to meet the Performance Criteria (if you are presenting for Certification.)
- b) Complete the written assignment and achieve a 75% pass.
- c) Complete and write up the six Case Studies to present to the tutor during your assessment, unless you have applied for Recognition of Prior Learning (RPL).
- d) Complete the assessment process and reach the standard defined in the Performance Criteria.

### Recognition of Prior Learning.

If you are able to demonstrate that you have some experience in Massage, you may be able to claim RPL for the **case-study** section of the course. Please discuss this with the tutor PRIOR to the first tutorial.

*All other parts of the course are compulsory.*

You are welcome to attend any number of tutorials and exit the course at that point. The assessment component is contracted and paid for separately from the training.

There is no certificate presented if you take this option.

To receive the Certificate, you must complete the assessment process to the required standard.

### 3. Assessment.

You will be assessed using four methods.

#### 1) Observation by the tutor during tutorial practice sessions.

At the completion of the training you will receive a verbal summary of your strengths, gifts and growth areas under the following headings (Performance Criteria). These will give you guidelines to work with for your self-directed practice sessions.

- i) Interpersonal skills including establishing safety and rapport, contract setting and health screening (Parasympathetic Triggers).
- ii) Communication skills (including clarity of speech, cultural awareness, volume, language, intonation, and non verbal aspects.)
- iii) Demonstration of respectful boundaries with regard to client dignity, modesty (draping) and confidentiality.
- iv) Appropriate initial contact (hands on) and closure.
- v) Technical competence (general).
- vi) Range of techniques applied (effleurage, petrissage, tapotement if appropriate).
- vii) Awareness of the "big picture" of the session, for example, timing.

#### 2) Written assignment.

You will get a simple written assignment. It has 50 questions, and covers theoretical aspects of the course content. All the information needed to complete the assignment will be in your course notes, or will have been delivered during the training.

The assignment will include the following;

- i) Your obligations under the Health and Disability Commission as a health provider.
- ii) Health screening, especially indications and contraindications to Holistic Massage.
- iii) The history and theory of Holistic Massage Therapy.
- iv) Key terminology.
- vii) Basic anatomy.

The written assignment should be returned to the tutor for marking prior to your presenting for the hands-on assessment.

### 3) Self-directed practice and Case Studies.

Between the tutorials and the hands-on assessment, you will need to complete a minimum of six one-hour Case Studies. These can be delivered to the same person, or several people, and can occur at any time.

There is information in your Manual with headings for you to record these sessions.

These Case Studies will be included in your assessment process, so you will need to bring these notes with you on the day. These practice sessions are for your learning.

### 4) Delivery of a one-hour protocol to a tutor.

After your tutorials, and completion of your written assignment and Case Studies, you must contract with the tutor for a two-hour assessment session. This will normally occur two - four weeks after training, but may be individually contracted outside of this time.

The assessment will comprise:

a) Delivery of a one-hour protocol to the tutor (in client role). The assessment criteria for this session are as for the observation above, with the inclusion of the following;

i) Appropriate use of pressure/contact.

ii) Ease and smoothness of delivery.

iii) Quality of contact and techniques - range, transitions, confidence.

b) Self and tutor evaluation, including discussion of your Case Study experiences.

c) Awarding of your certificate of competence OR/ Skill Development Plan to enable you to reach the required standard.

You will be given detailed headings so that you know exactly what you are being assessed on before the procedure. Your tutor will discuss these with you, so there won't be any nasty surprises.

Your certificate will not be awarded until all parts of the assessment have been completed to the required standard of competence.

## Re-Assessment Procedures.

Should you not achieve the required standard in the written assignment, you can repeat it for a small additional fee. NB/ it never happens! it's Jolly Easy!

Should you not demonstrate the competency required in the hands-on assessment, you can re-contract a second assessment after working out a Skill Development Plan, involving more supervised practice and Case Studies. A second assessment attracts a second fee, and any additional costs, such as tutor travel.

Should the second assessment also not meet the required standard, you will need to complete a second course.

\*\*\*\*\*

### 4. Structure of the tutorials (guideline only 😊).

#### **Session 1.**

3-4 hours

- Registration, Orientation, Health Screen, Disclaimers.
- Welcome and Check in/Introductions (if required).
- Overview - theory of Holistic Massage.
- The Role of the Nervous System.
- Massage media and other tools; tables, props, oils, waxes etc.
- Health screening.
- Basic safety contract.
  
- Tutor Demonstration 1: Contact, Contract, Draping, Contact. Hands-on, prone relaxation back and shoulder massage techniques; posterior leg and foot - Spreading, Effleurage, Petrissage.
  
- Supervised practice session.
  
- Self and peer feedback on first practice session.
  
- Contraindications to Holistic Massage.

## **Session 2**

2 - 3 hours.

- *Review.*
- *Physiological consequences of Massage - microscopic anatomy of muscles.*
- *Tutor Demonstration, Gluteals, arms and hands, basic trigger-point therapy, tapotement.*
- *Practice session.*

\*\*\*\*\*

## **Session 3**

2 - 3 hours.

- *Review of all prone techniques; supine techniques for neck, scalp, pectorals, and face massage.*
- *Question and answers, the Law, review, further theory, summary of Performance Criteria for Observation.*

## **Session 4**

2 hours.

- *mock assessment/tutorial, student-managed.*

*Further training or practice sessions may be contracted if required.*

Note; **in one to one tutorials**, the tutor demonstrates, and you practice, on someone contracted for the job. These "clients" are experienced receivers of massage, and will offer feedback at the conclusion of each session.

**Shared tutorials**; if the tutor has two students ready to start training at the same time, you may be asked if you would like to share your tutorial. It's not compulsory, but it is beneficial! You receive the massage, hear the coaching twice, and you are not charged for the time you are on the table.

Please let the tutor know if you're OK with a shared session. This will be negotiated with you *prior* to the session, and you need to consent. In shared tutorials, you will only work with someone the same gender as you for the first tutorial. In your first tutorial, shared or one to one, your first practice "body" will be the same gender as you. After that, the age, body-type, gender etc of the "client" is negotiable.

## What to bring and what to wear.

Note: HHT Ltd provides the following for your tutorials;

- \* tables.
- \* table covers.
- \* face pillows.
- \* massage wax - a selection of fragrances including unscented and hypo-allergenic are provided.
- \* full course Manual.
- \* training DVD (\$60.00 discounted price to tutorial participants).
- \* morning and afternoon tea (BYO lunch, should this be relevant).

Please bring the following to the tutorial.

1. (For shared tutorials only) linen for the table when you are on it (as client); if the tutorial is one-to-one linen is provided.

- ~ 2x single cotton sheet for lying on and under (they are much easier to wash and dry than heavy towels).
- ~ 2x face-cloths. These are to cover the face-pillows at the head of the table and are important for hygiene, as they catch make-up, dribble etc.
- ~ a light blanket or towel for foot warmth.
- ~ a pillow as support under your knees.

3. This booklet.

4. Your lunch (if we are working over lunch).

5. A pen, and extra writing paper if you are a note-taker.

Please Don't Bring;

- ~ switched on cell phones.
- ~ partners, children, small furry animals (unless stuffed).
- ~ perfume or other cosmetic smells.
- ~ seasonal contagious diseases, including cold and flu viruses. Bugs LOVE the warm, close atmosphere of a therapy room. If you get sick, stay home and ask for a re-scheduling or refund.

## What to wear;

\* Massage is a skin-to-skin therapy.

If you are in a shared tutorial where you will be receiving massage;

\* It makes life easier if you wear comfortable, *easy-on-easy-off clothes*.

\* Generally, "*clothes in two halves*" are easier than one-piece items.

You will remain covered at all times as a client.

\* You will be *left alone to undress and redress*.

\* Your clothes are liable to get *massage wax* on them. However, the wax does not stain, and washes out easily.

\* When delivering massage therapy, practitioners tend to warm up, while clients are disrobed and exposed. The *ambient temperature* must suit the client, not the therapist. Bear this in mind! Wear several light layers.

\* If you wear *make-up*, it will run when you work, and rub off on the face pillows.

\* Please leave all *non-essential jewellery*, including necklaces and earrings (as clients) and rings and watches (as therapists) at home.

\* Please ensure that your ***finger-nails*** are cut short enough so that no nail tissue protrudes above the finger pad.

\* Massage therapists get up close and personal with clients. Please be mindful of *hygiene, body odour and breath*. Raw onions the night before may be a bad choice.

\* *Do Not wear perfume or strong-smelling cosmetics* to tutorials. Some people (perhaps your client!) are severely allergic to such things.

**\* Please choose your massage clothes carefully; here are some guideline.**

- a) For women, don't wear skimpy or revealing clothes such as tops with "spaghetti" straps. Short sleeves are best, and cotton or other light material is good in the warmth of a therapy room. Armpits should be covered.
- b) If you wear jeans, you will cook. Light  $\frac{3}{4}$  pants are ideal. Sarongs are fine.
- c) You will get massage wax on your clothes. It washes out, but don't wear anything you really care about keeping wax-free.
- d) You need to be able to move. So loose-ish clothing is best.
- e) For reasons that will be explained during your first tutorial, appearances are important to the Nervous System; first impressions count with clients. Please present yourself professionally and sensibly. Pay special attention to personal hygiene, including hands, nails, breath, body odour and hair. Long hair must be tied back. See note on the last page about Smoking.
- f) It's perfectly OK to massage in bare feet.

## Outcomes Statement.

It is expected that participants in the course will achieve these outcomes.

1. Have a "big picture" of the history, role and relevance of Massage Therapy in NZ today, including *mirimiri (traditional Maori massage)*. Understand the crucial role of the *Nervous System* in successful holistic therapy.
2. Have a broad understanding of the *legislative framework* of CAM in New Zealand, with emphasis on the Health and Disability Code.
3. Construct a 60-minute Massage Therapy session according to a "10-Step Protocol", including contract setting, delivery of therapy and completion. Make *choices* at Steps 6 - 9 regarding appropriate techniques.
4. Be aware of the significance of *emotional, physical and cultural safety* when working "hands-on" with others. This includes skills for maintaining confidentiality, dignity and appropriate touch. Maintain *appropriate professional boundaries* in all therapeutic situations, including self-directed practice.
5. Have a theoretical knowledge of the *physiological implications* of massage therapy, including basic anatomy of the musculo-skeletal system, indications and contraindications. Make *judgements* about the safety, appropriateness and techniques in particular contexts, using *open questioning techniques and health-screening*.
6. Deliver *effective techniques* according to the 10-step Protocol, including effleurage and petrissage to major postural muscle/s. Be *creative within the broad framework of basic principles* in approaching each client.
7. Have mindfulness and be respectful of the significance and healing potential of the *relationship* between client and therapist in Holistic Massage Therapy. Acknowledge that the quality of the relationship is the *responsibility* of the therapist, not the client.
8. Be aware of individual *limits of competence* for safe practice, and a big-picture understanding of the type and level of training required to achieve practitioner-level competence. Be able to *self-evaluate, and to assist others to self-evaluate through feedback*.
9. You may make a decision after completing the course that further study in Massage Therapy is in fact *not an option* for you. This is a legitimate and valid outcome. You can exit the course after the workshop. Completion of assignment, practice sessions and assessment is *optional*.

## Tutorial fees;

Part A; Tutorial training to a maximum of 16 hours (usually 10-12) at \$60.00 per hour per person; includes observation, demonstrations, supervised practice, course notes (Student Manual), morning and afternoon tea. Techniques DVD - \$60.00  
*Each session is payable at the completion of the session.*

*Your first tutorial covers the bulk of your fees - typically \$240.00 for four hours' training plus \$60.00 for the DVD. It gets cheaper every time after that as you get more experience.*

Part B; (Optional)	2 hours tutor assessment, includes discussion and evaluation of case studies; Certificate upon successful assessment.	\$120.00
Re-assessment fee;	For written assignment;	\$10.00
	For tutor re-assessment;	\$120.00
	plus any additional travel or venue costs.	

Course fees are inclusive of GST.

To confirm your tutorial, please email or phone the Director, who will give you the contact details for your nearest tutor. Email or phone the tutor to arrange your first tutorial time and get details about the venue. Complete and return the Registration form to your tutor.

**Cancellation.** Even though the main advantage of learning by individual tutorial is flexibility, please respect the fact that the tutor has set aside this time, prepared the room, and organised for a demonstration "body", just for you. If you are unable to attend your tutorial because of illness, please contact the tutor **prior** to the tutorial, giving 24 hours notice, as other people (other students, and/or the demonstration body) will be involved. If you cancel a tutorial twice without giving the tutor at least 24 hours notice, the tutor has the right to decline to teach you and withdraw you from the programme, and/or charge a cancellation fee..

Confirmation of your tutorial will be sent to you by email, with details/directions to the venue. Your tutor will also phone you prior to the tutorial for a chat to ensure that everything is clear around the upcoming training.

*You can choose whether or not, and when to do the assessment at any point during your tutorial training.*

To pass this course, you must meet the requirements and reach a standard of competence where you can meet the Performance Criteria.

If you decide you are ready to do the Assessment and can meet the Performance Criteria after X hours of training, discuss this with the tutor who will give you an honest opinion. If the answer is "yes you can meet the criteria" no further tutorial training is necessary.

## Expected Standards of Behaviour.

Holistic Massage Therapy has the potential to be a powerful healing tool, as well as a wonderful relaxing experience.

Because of the nature of the contact (skin to skin), it is, by definition, an intimate therapy. Massage Therapists, like all other health providers, are in positions of trust. Their clients must trust that the therapist will behave in certain acceptable ways, and not in others. We will discuss aspects of this powerful healing relationship during the training.

Participants attending training run by HHT Ltd are required to follow a Code of Behaviour and Practice, outlined below. When you register for the training, you are agreeing to abide by this Code. Failure to abide by it may result in your removal from the training.

1. Participants have a right to be treated with courtesy and respect at all times.
2. All participants will remain mindful of the rights of others to dignity and modesty.
3. Even though this is a training session, therapists will pay attention to the needs of “clients”. Clients (receivers) have the right to refuse any particular technique, for religious/cultural reasons. However, it is expected that students in workshops or shared tutorials will participate fully in both practicing and receiving, as part of the learning process, and engage in the feedback process.
4. Participants will not make remarks about other people with regard to appearance.
5. Honest feedback, delivered according to the Performance Criteria in the Student Manual, is a valuable learning tool and is encouraged.
6. Students are invited to behave in ways at all times that model the outcomes we are hoping to achieve - a “relaxation response” from the client, and a positive learning experience for the student.
7. No student will make any remark or innuendo that could be construed as sexual, nor engage in any touch other than therapeutic.
8. Students are expected to present themselves for training wearing appropriate clothing, with careful attention paid to personal hygiene.

## Therapy Room/Massage Table Use for Self-Directed Practices.

1. If you live locally and do not have a table to practice, we are usually able to lend you a table between tutorials.

This depends on availability; tutors in some locations may charge a small fee for the use of a table. It is also dependent on availability.

2. If you have travelled from out of town to do the Holistic Massage Therapy course, or if you do not have an appropriate space to complete your practices at home, you may be able to contract with your tutor to use their therapy space for your practices. This again depends on location and availability; talk to your tutor.

There is a charge of \$15.00 per session for the use of the room, to cover the cost of heating, massage wax, and especially the use and laundry of table linen (water, detergents and time).

If necessary, we can usually organise practice "bodies" for you as well, although this cannot be guaranteed, and the more notice you can give us, the better.

## SMOKING AND MASSAGE THERAPY.

Massage therapists are providing a health service that focuses on supporting well-being and promoting self-healing. Someone who smokes sends a very clear message around their attitudes to self-care; it's incongruous for a smoker to be offering health services to others. There are also issues around smell, stained fingers etc.

If you want to do this course, and you smoke, please be aware that the tutor has the right to refuse to teach you if there is any indication that you smoke in your appearance or smell.

You will not be permitted to smoke during tutorials (for the first session, this is 4+ hours.)

If you would like information about support for quitting this difficult addictive habit, please contact the Director.



Please phone or email your tutor to arrange your first tutorial time and date, and either send in advance or bring this form with you.

**Registration For Holistic Massage Therapy Tutorial.**

First Session Date;.....

Venue;.....

Your name;.....

Your street address;.....

.....

Contact phone number;.....

Email address;.....

Male.....Female.....(tick)

Your age; 16 - 30.....30-40.....40-50.....50-60.....60+.....

*I will be paying for my first tutorial via; (tick)*

- a) Internet banking in advance, please get account details from your tutor.....;
- b) Cash; .....
- c) Cheque;.....

*Receipts will be issued. Fees include GST.*

*(Please turn over)*

Have you any experience of Massage Therapy, either as a receiver (client) or as therapist? Please describe your experience (if it's zero, that's fine!).....

.....

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.....

Please tell us just a little bit about what your purpose is in doing this course. It doesn't have to be a Grand Plan 😊 - just give us an idea what your aim might be.

.....

.....

.....

.....

I have read and understand the aims and purpose of this course, and agree to abide by the Code;

Signed.....Date;.....

Send this form to your tutor.

You will be contacted a few days prior to the tutorial via phone or email.