

**Please be sure you have also read the PDF titled 'Full Details for Indian Head Massage Training' in addition to this file if you are intent on doing the online training otherwise the other PDF is the only one you need to read. The following information is strictly for the online training.**

**ONLINE TRAINING DATES:** November 6th, 7th, 8th: January 21st, 22nd, 23rd: March 4th, 5th, 6th

**ALBERTA TIME ZONE:** Starting time each day 9:00 AM. We will be finished by 4:30PM most days.

**PREREQUISITES ARE REQUIRED. RMT, Reflexology, Personal Trainer, Nursing etc.**

THESE ARE THE DETAILS FOR THE **INDIAN HEAD MASSAGE ONLINE TRAINING**

**Training is live not recorded.**

DURING THE TRAINING I AS THE INSTRUCTOR WILL BE WORKING ON A 1/2 BODY MANNEQUIN WITH VISIBLE LANDMARKS AND PROPS TO HELP MAKE THIS LOOK AS REAL TO YOU AS POSSIBLE. YOU WILL BE WORKING ON PEOPLE AS PER OUTLINED BELOW.

The training will be taught as similar as possible to this being taken in-class. For these online sessions we will use the zoom platform. You will receive a zoom link each day of the training 1 hour before the training starts.

The **fee for the training** will be the same as noted on the website (\$450 + GST) Manuals and other items will be shipped to you by express delivery. Please be sure you sign up by the final registration day of registration which is October 5th.

**PLEASE ENSURE YOU HAVE A GOOD SIZED COMPUTER SCREEN** - TRYING TO SEE THE WORK BEING DONE BY ME ON A CELL PHONE WILL BE A CHALLENGE UNLESS YOU HAVE AN EXCEPTIONALLY LARGE PHONE. ALSO BE SURE YOU HAVE A WELL LIT ROOM AND YOU HAVE AT LEAST 6 FEET OF OPEN SPACE AROUND THE CHAIR YOU WILL BE WORKING AT. A CROWDED SPACE WILL AFFECT YOUR ABILITY TO DO THIS TREATMENT WELL.

**THE EQUIPMENT YOU WILL NEED TO ACCESS OR PURCHASE FOR THE ONLINE TRAINING.**

- 1 STANDARD, ARMLESS CHAIR WITH A LOWER BACK
- 1 SMALL PILLOW.

Often times the best chairs are folding chairs found in many places for \$30 to \$35

If you measure the chair with a person sitting in the chair you will want the top of the back of the chair to come up to just about the bra strap line or just above the bottom of the shoulder blades. Also you will need a small pillow from day 2 onward to support the client's head. A baby pillow will work or something similar to that - preferably not a couch pillow that is firm and oversized or a standard bed pillow. These are the only 2 items you will need to have going forward to do this treatment so it is best to invest well.

OTHER ITEMS I WILL SEND TO YOU. A MANUAL, CERTIFICATE AND A FEW HANDOUTS. These will be mailed express post and arrive 3 to 5 days before the training.

CONTINUED BELOW.

UNLESS YOU ARE WORKING WITH ANOTHER STUDENT ALSO TAKING THE TRAINING YOU WILL REQUIRE A **MINIMUM OF 2 BUT IDEALLY 3 PRACTICE PERSONS** FOR EACH OF THE FIRST 2 DAYS TO WORK ON AND **2 DIFFERENT INDIVIDUALS ON THE THIRD DAY OF THE TRAINING.**

THESE PEOPLE NEED TO BE IN **GOOD HEALTH** AND AGES 16 AND UP. PLEASE BE SURE YOU READ THE LIST OF CONTRAINDICATIONS IN THE OTHER PDF FILE FOR THIS TRAINING TO ENSURE THEY ARE A GOOD FIT FOR THIS SITUATION. IF YOU ARE STILL NOT SURE PLEASE FEEL FREE TO ASK ME AFTER READING WHAT THE CONTRAINDICATIONS ARE TO RECEIVING THIS TREATMENT.

### **DAY 1**

**THEORY FROM 9AM TO 11AM (NO PRACTICE PERSON REQUIRED)**

**1 PRACTICE PERSON FROM 11AM TO 11:30AM**

**LUNCH BREAK 1PM TO 2PM**

**PREFERABLY A NEW PRACTICE PERSON FROM 3PM TO 3:30PM and one from 4:00PM to 4:30PM - After this DAY 1 ONLINE session you will need to do 2 practices at home (same person is fine) at home on your own.** These practices will take about 20 to 30 minutes for each person.

### **DAY 2**

**THEORY FROM 9AM TO 11AM (NO PRACTICE PERSON REQUIRED)**

**1 PRACTICE PERSON FROM 11AM TO 11:30AM**

**LUNCH BREAK 1PM TO 2PM**

**PREFERABLY A NEW PRACTICE PERSONS FROM 3PM TO 3:30PM and 4:00PM to 4:30PM - After this DAY 2 ONLINE session you will need to do 1 practice in full on your own with a practice person.** This practice will take about 45 minutes. It is not necessary to practice the full learning 2 times on day 2 but it is a good idea to do 1 full review from day one to the end of day 2 and a 2nd review of the new moves that were learned on Day 2.

### **DAY 3**

**We discuss MARKETING, ADVANCED CERTIFICATION, CHAKRA BALANCING, REVIEWS AND NEW MOVES AND THEORY FROM 9AM TO 12 NOON (NO PRACTICE PERSON IS REQUIRED)**

**LUNCH BREAK 12PM TO 1:30PM**

**1 PRACTICE PERSON IS REQUIRED FROM 2PM TO 3PM AND 1 ADDITIONAL PERSON FROM 3:30 PM TO 4:30 PM - THESE TIME SLOTS ARE ALLOCATED TO DO THE FULL REVIEWS OF THE COMPLETE TREATMENT. FOR THAT REASON YOU WILL EITHER DELIVER ON 2 DIFFERENT PEOPLE BACK TO BACK OR IF YOU ARE BOTH STUDENTS TAKING THE COURSE YOU WILL EACH DELIVER ON EACH OTHER. THE FINAL 30 minutes 4:30 PM to 5:00 PM WILL BE A FOR QUESTIONS AND OTHER INFORMATION SHARING RELATIVE TO THE TRAINING.**

The following are the timelines you will need your practice people to be in attendance with you for this training. **BE SURE YOU ARE USING THE SAME PERSON OVER AND OVER. IT'S TOO MUCH.**

**DAY 1 - 11AM TO 11:30AM AND 3PM to 3:30 PM and 4:00 to 4:30pm**

**DAY 2 - 11AM TO 11:30PM AND 3PM to 3:30 PM and 4:00 to 4:30pm**

**DAY 3 - 2PM to 3:00PM & 3:30PM to 4:30PM (cannot be the same person must be 2 different people)**

**Please use the registration page on the website to register for this training. Please indicate the dates of the training you are applying for.**

**PLEASE PRINT THIS DOCUMENT AND READ THIS A FEW TIMES TO ENSURE YOU UNDERSTAND WHAT IS REQUIRED ON YOUR PART TO PARTICIPATE IN THIS ONLINE TRAINING.**

**Please be sure to read the FAQ Page on the website before registering** for this course or making inquiries.

Please see the Credits page on the website for more about Continuing Education Credits.

There will be items to be read and reviewed online by you before the training starts (sent 1 week prior via email).

**Please be sure you secure a few people extra so if one of your PRACTICE CANDIDATES is not able to attend you can ask this additional person. Stuff often happens so please be as prepared as you can be.**