

Please be sure you have also read the PDF titled 'Full Details for Indian Foot Massage Training' in addition to this file.

DETAILS FOR INDIAN FOOT MASSAGE ONLINE TRAINING.

PREREQUISITES - The following is not a requirement for anyone taking the in-class training that will happen in the spring of 2021 but this is a requirement for those who wish to take this training online.

Ideally you will want to be previously trained in some type of hands on training to do this course. There are ONLY 8 seats available for this ONLINE TRAINING.

Due to necessity of items required for the training (copper bowl and manual) the final sign up dates as noted below are non-negotiable. Items will need to be shipped to you.

Registration deadline in **Alberta is January 20th 2021**

Registration deadline in **the rest of Canada is January 15th, 2021**

The timezone for the training will be Central Mountain Time. (Alberta time)

Day 1 - January 30th 9 AM to 1PM - Theory Only

Day 2 - January 30th 2pm to 5pm - Hands-on learning, training and practices. This part of the training requires another person who is taking the training to be with you or 2 different people for the 2 practices of the treatment we will do to help you to hone this skill. These practice people need to be in good health with no conditions on their feet and upper legs of concern. Athlete's foot, toe or foot fungus, active eczema, new injuries, thrombosis, bulging varicose veins or anything that might interfere with the delivery of the treatment or be contra indicated. If you are unsure please ask well in advance of the training.

This training session may NOT be recored in full or in part. Students will be required to sign a Non Disclosure stating they are not recording any part of the training session.

The training will be taught exactly as if this were being taken in-class. For this online session we will use the zoom platform. There will be a lunch break at 1pm to 2pm.

The **fee for the training** will be the same as noted on the website (\$299 + GST) This fee will include items shipped to you.

You will need to follow all the required safety protocols in-between clients. This will be detailed in the email you will receive prior to the training. A mask must be worn by the treating person therapist and can be worn by the client for added protection and as required.

Required items you will need have for this training. None of these items are optional.

Training Manual and Copper Bowl - To be shipped to you.

Massage table (No, a reflexology chair is not suitable for this treatment) with one bottom sheet and top blanket and 2 pillows with older pillow cases on one pillow.

A **rolling adjustable stool or chair** (preferable without arms but can be if they short arms like an office chair)

Ghee. This item can be found at most health food stores and some major grocery stores. I recommend you get organic ghee and be sure you are getting Ghee only not a mix of ghee and coconut.

Items required for each person be treated. You are treating 2 people so you will 2 sets.

Continued below

2 Standard size bath towels PUS 2 Hand towels (not face cloths - about the the size of 2 facecloths together) Most Good Will & Thrift Stores have plenty of great towels in all sizes that are ideal for this treatment.

I recommend but it's not a requirement a mini cooler you can put hot water into and place the hand towels in with a bit of soap to do the clean up at the end so you won't need to leave the client. If you have sink close by that is fine too.

You will need to have decent sized screen to see the treatment protocol. In my studio I will have a person deliver this on another person while I am speaking and answering your questions. You will all watch the full treatment be given before you have to work on the person receiving. Each movement done is named. Each move is well detailed in your manual.

During the online training will be able to look on the screen and see the movement being applied then we will apply this together. These are not hard moves but they do require some understanding of how the moves should be applied and where.

To help you hone your skill with the moves I will also need to be able to see you on the screen so please be sure your device has a built in camera that also allows me to see you as you make your moves. This will require some ingenuity before you start the training. Not too worry I will provide more details around this in my email that will come to you prior to the 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).

Please be sure you secure more than 2 people for your hands on training portions so if one of your candidates is not able to attend you can ask this additional person.

The timelines you will need your practice people to be in attendance for this training is as follows:

JANUARY 30th 2pm to 5pm - ideally one person at 2pm and the 2nd at 3:30pm.

I will send a very detailed email prior to the training to help you to be ready for the training days.

Please use the registration page on the website to register for this training.