

**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. This is strictly for the online training.**

**ONLINE TRAINING WITH PREREQUISITES: JANUARY 22nd, 23rd, 24th (FRIDAY TO SUNDAY)**

**YOU MUST BE TRAINED IN ONE OF THE FOLLOWING TO TAKE THIS CLASS ON THE DATES ABOVE: ( NO EXCEPTIONS)**

Massage Therapy, Physio/Nurse, Yoga 500 hrs, Acupressure/Acupuncture.

The most ideal way to take this training is with another person who wants to take this training at the same time but it is very possible to engage others and still do the training. See below.

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

DETAILS FOR THE INDIAN HEAD MASSAGE ONLINE TRAINING.

I WILL BE WORKING ON A 1/2 BODY MANNEQUINN WITH VISIBLE LANDMARKS AND PROPS TO HELP MAKE THIS FEEL REAL TO YOU AS THE LEARNER AT TIMES, ON A REAL PERSON.

**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 as similar as possible to this being taken in-class. For these online sessions we will use the zoom platform. Your email address will allow you to be accessed in on this training session.

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 2 or 3 day express delivery to ensure you get this. Please be sure you sign up in a timely manner for that reason.

**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.**

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 CLIENTS 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.

YOU WILL REQUIRE **A MINIMUM OF 2 BUT IDEALLY 3 PRACTICE PERSONS** FOR EACH OF THE FIRST 2 DAYS TO WORK WITH AND 2 DIFFERENT PEOPLE 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.

CONTINUED BELOW.

**DAY 1 JANUARY 22nd.**

**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 1 ONLINE session you will need to do 2 practices on additional people or the same people. That will be up to you. These practices will take about 30 minutes for each person.**

**DAY 2 - JANUARY 23rd**

**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 - JANUARY 24th 9AM TO 3PM**

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

**LUNCH BREAK 12PM TO 1PM**

**1 PRACTICE PERSON IS FROM 1PM TO 2PM AND 1 ADDITIONAL PERSON FROM 2:15 PM TO 3:15 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 HOUR 3PM TO 4PM PM WILL BE A FOR QUESTIONS AND OTHER INFORMATION SHARING RELATIVE TO THE TRAINING.**

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

**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 - 1PM to 2PM & 2:15PM to 3:15PM**

**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.