

Each one of these learnings has physical demands that cannot be adapted to fit certain physical limitations or be easily learned with certain prevailing health conditions. These are immersion-style learning and fast-paced.

Please read the following. Please understand all students work on each other so certain health conditions you might be experiencing might be prohibitive.

INDIAN HEAD MASSAGE:

There is a good amount of physicality including at times, deep knee bending required in the delivery of this treatment. If you have a knee condition this treatment will be very hard to do. Full ROM with the shoulders (both), arms, wrists, thumbs and fingers are required to deliver this treatment well. Please do not sign up for this course if you have limitations with any of these as this can aggravate that situation. Also please note: **Because students work on each other those with hair extensions, wigs or dreadlocks will not be suited to this course. If you do wear a wig and wish to take this off that is fine.**

INDIAN FOOT MASSAGE:

This treatment requires good arm strength and any limitations with the shoulders and arms will be problematic.

NATURAL THERAPEUTIC FACE LIFT MASSAGE:

This treatment cannot be done on certain skin conditions so all skin conditions must be noted on the registration form or please send me an inquiry before you register as to whether this training will be appropriate for the conditions you are experiencing. The following conditions are fully contraindicated: Active acne, active psoriasis, eczema, contact dermatitis, recent injectables or facial surgery. Full range of motion is required with both wrists to learn and administer this treatment well.

Please do not sign up for these courses if you are currently experiencing any neck pain (for example new and ongoing whiplash) or considerable low back issues. Please do not sign up for these courses without an inquiry first if you are undergoing any medical treatments for an autoimmune disease or for other serious medical conditions. Please be forthcoming so you will be best informed if this training is appropriate for you. You can inquire using this email address:

info@ctcforhealingalternatives.ca

NON-OPTIONAL HOME REVIEWS

These courses are all immersion style learnings and that means that each student must complete reviews of the work learned each day of the training at home each evening of the training. This is a requirement and is **not optional**. Failing to do these reviews each night of the training is both negligent and disrespectful to the other participants in the training. **For this reason, you must have people lined up for the evenings of the trainings days as follows: The first 2 nights of the training for Indian Head Massage and the first 3 nights of the Natural Therapeutic Face Lift Massage. If you cannot make this happen, please don't register for this training. Children are not good practice candidates unless they are 16 or older.**