

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. THIS IS A 1 DAY TRAINING BEING OFFERED ONLINE ON 3 DIFFERENT DATES AS NOTED BELOW.

PREREQUISITES - Some hands on experience with the body will make this easier to learn.
DATES THIS TRAINING WILL BE OFFERED: NOVEMBER 13th: JANUARY 16th: MARCH 28th
TIME: 9:30 AM to 5:30 PM (ALBERTA TIME ZONE)
DELIVERY METHOD - Zoom - Please have a good sized screen and good lighting in your room.

Due to necessity of items required for the training (copper bowl and manual) the final sign up dates are 1 week prior to the noted dates above.

TRAINING DAY

AM - Theory Only (This includes a hands-on demonstration by the instructor on a real person)

PM - Hands-on learning, training and practices.

This part of the training requires attendees to have **2 different practice people for the two 1- hour practices (times indicated below)**. 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.

There will be a lunch break around 1pm to 2pm.

The **fee for the training** will be the same as noted on the website (\$299 + GST) This fee will include having items shipped to you. You will need to follow all the required safety protocols in-between clients you are currently required to do. A mask might need to be worn by the treating person therapist and can be worn by the client for added protection and as required. (Unless these people are in your bubble)

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 (Reflexology chairs are not suitable for this treatment) The Massage Table should be set up with one bottom sheet and top blanket and 2 pillows with older pillow cases on one pillow.

Rolling height adjustable stool or chair (preferable without arms but can be with arms 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 require 2 sets of the items listed below.

Continued below

For each client: 2 Standard size bath towels PLUS 2 Hand towels (not face cloths - this is 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 deliver this treatment in full 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 anyone else.

The moves of the treatment are not hard moves to learn or to do but they do require some understanding of how the moves should be applied and where. Each movement done is named. Each move is well detailed in your manual. Any wrist and or shoulder restrictions will make this treatment difficult to do so be please be sure you advise of these and we can discuss.

To help you to 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. 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** including which associations offer credits and how many credits they allow for this training.

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:

November 13th 2pm to 5:30pm - 1 person at 2pm and the 2nd person at 3:30pm. If you don't complete the 2 practice sessions that day you will not receive the credits.

I will send a very detailed email prior to the training (10 days before November 13th) to help you to be ready for the training days including the best type of warmer for the ghee (if you don't already have something) and the best type of ghee to buy.

There are **ONLY 8 seats available** for this **ONLINE TRAINING due to the nature of the training**.

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

This is a direct link to the registration page.