

Would you like to learn how to massage family and friends properly



Location

South East, East Sussex

<https://www.freeadsz.co.uk/x-461381-z>



I have been teaching several types of massage and bodywork techniques abroad for more than 10 years. Now i live in Eastbourne and have some free time available. If you would like to lear how to have that professional "massage touch" and a safe massage routine in an informal basis, just to perform massage to your family and friends i can give you a help with it. The minimum requirements are a calm space where my portable massage table can be placed and 2 people to learn and practice in eachother. Minimum of 4 hours and maximum of 8 hours depending on what you want to learn. Techniques i can teach are mixed, from relaxing massage to deep tissue, stone massage, drainage, anti-cellulitis, etc. Eastbourne area. This informal teaching doesn't provide any certification, neither provides professional qualifications, it's designed to personal/informal use only. Please send me an email for any questions/inquiries you may.



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