



FURTHER BCMB COURSES



ADVANCED WORKSHOPS & MASSAGE PRACTICE DAYS

Introduction

This programme sets out further training opportunities with BCMB, both for the enthusiastic beginner and the qualified practitioner. All of these may be counted for CPD (continuing professional development) by your professional association, provided it is a member of the General Council for Massage Therapy. Our courses include:

- ◆ Advanced Workshops, which teach specific skills to further your therapeutic repertoire;
- ◆ Massage Practice Days where the participants set their own agenda under the guidance and support of a tutor.

ADVANCED WORKSHOPS November 2009 - July 2010

These are designed to extend the skills, experience and creative possibilities open to practitioners of massage and other bodywork disciplines eg. shiatsu, osteopathy, dance and fitness. They can also be a great way for practitioners to re-connect with massage after a break from the work. Finally, people with considerable practical experience who wish to further their knowledge base may find them helpful - please contact us to see if you would qualify. The programme brings together a highly experienced and talented team of tutors, each of whom has at least 10 years experience in their own field.

The Bristol College of Massage and Bodywork (BCMB) was founded by Andy Fagg to provide a high quality, person-centred approach to massage and related bodywork at introductory, practitioner and advanced levels. Participating in one of these workshops gains a Certificate of Attendance and meets MTI/GCMT requirements for CPD.

Venues and Times

Alma Vale Centre, 30 Alma Vale Road, Clifton BS8 2HY;
or
The Relaxation Centre, 9 All Saints Road, Clifton BS8 2JG

Participants in workshops at The Relaxation Centre may use the spa facilities in the evening for £15 per person per session.

All workshops run from 10 am to 5.30 pm each day. Accommodation details are available for participants from outside Bristol. Please ask if you require details.

2009/2010 Workshops

13/14 Nov 09	Shiatsu for Massage Practitioners Suzanne Yates £120, or £110 by 13 Oct 09 @ Relaxation Centre
5/6 Dec 09	Chair Massage Jacquie Allison & Charmaine Storer £120, or £110 by 5 Nov 09 @ Relaxation Centre
16/17 Jan 2010	Emotional Processing Andy Fagg £120, or £110 by 16 Dec 09 @ Alma Vale Centre
20 Feb 2010	Freeing the Shoulders (1 day) Darien Pritchard £60, or £55 by 20 Jan 10 @ Relaxation Centre
21 Feb 2010	Lower Back & Hips (1 day) Darien Pritchard £60, or £55 by 21 Jan 10 @ Relaxation Centre
13/14 Mar 2010	Spiritual Anatomy & Healing Part 1 Lucy Lidell & Sara Thomas £120, or £110 by 13 Feb 10 @ Relaxation Centre
16/17/18 April 2010	Deep Tissue Massage (3 day) Andy Fagg £180, or £165 by 16 March 10 @ Relaxation Centre
22/23 May 2010	Moving Massage Andy Fagg £120, or £110 by 22 April 10 @ Relaxation Centre
19 June 2010	Massage and Qi Gong (1 day) Sarah Hoare £60, or £55 by 19 may 10 @ Relaxation Centre
20 June 2010	Finding your Feet (1 day) Andy Fagg £60, or £55 by 19 may 10 @ Relaxation Centre
2 July 2010	Massage and Pregnancy (1 day) Suzanne Yates £60, or £55 by 2 June 10 @ Relaxation Centre
3/4 July 2010	Reading Bodies Anna Orren £120, or £110 by June 3rd @ Alma Vale Centre
24 July 2010	Hands Free Massage Darien Pritchard £60, or £55 by 24 June 10 @ Relaxation Centre
25 July 2010	Rhythm Mobility Darien Pritchard £60, or £55 by 25 June 10 @ Relaxation Centre

Shiatsu for Massage Practitioners with Suzanne Yates
Fri 13 - Sat 14 November 2009

Shiatsu shares many themes with massage, and this course helps you to understand more about these common threads, as well as developing new skills and insights into your work. Shiatsu literally means finger pressure and draws on the eastern understanding of the body to harmonise energy and promote well-being. It includes using meridians and acupuncture points, as well as muscle work and stretches. Though usually done on the floor through the clothes, in this workshop we will mainly use the couch and work with oils directly on the skin.

- ◆ Understanding how meridians affect the body's physical energy - e.g. muscles, lymph, specific organs
- ◆ Learning some practical techniques which integrate into massage work e.g. stretches, some meridian and point work, ways of touching the body
- ◆ Reading the body's posture through meridian and muscle diagnosis
- ◆ Exploring your own energy through self-healing meridian exercises and meditation.

Chair Massage with Jacquie Allison & Charmaine Storer
Sat 5 - Sun 6 December 2009

By popular demand, this 2 day workshop provides a comprehensive insight into massaging a seated client. The tutors will draw on their experience of providing on-site massage in offices, festival settings, work with elderly and disabled people, wheelchair users and others with limited mobility. Including ad hoc short, taster sessions wherever a client can perch! We will use massage chairs and table-top head supports, as well as furniture and resources found in the home. Working mainly through clothes we will explore techniques to access most areas of the body, in order to provide top quality, client-centred treatments.

We will focus on the importance of good body and hand/arm use to enhance the effectiveness of the work, as well as promoting self-care for the practitioner. Seated massage is a fun and informative way to develop your skills outside the treatment room and expand your practice into the corporate world or any situation where space, time, equipment and privacy may be limited.

Emotional Processing with Andy Fagg **Sat 16 - Sun 17 January 2010**

Feelings are physical phenomena. Through massage, we literally put our clients in touch with how they feel. Yet very often emotions can become stuck in the body, locked in particular tension patterns or postures, and preventing physical release. Unlike psychotherapists, bodyworkers do not work with the content of the emotion or the story behind it. Rather, we can encourage emotion (or "E-nergy in MOTION") to release by working with the underlying process.

This workshop offers strategies for moving the energy of emotions during bodywork sessions. Drawing on meditation, movement and process work techniques we will learn how to:

- ◆ move our own feelings;
- ◆ switch channels to uncover secondary awareness and reach the essence of the feeling sensations;
- ◆ support and encourage clients' participation in releasing and grounding their emotional energy.

Freeing the Shoulders with Darien Pritchard **Sat 20 February 2010**

This workshop is designed to enhance the practitioner's repertoire of techniques and effectiveness in application when working extensively on a client's shoulders – a very common area of stiffness and soreness.

Specific deep massage, vibration and pressure techniques are presented. These are allied with passive movements and dynamic stretches to release tension and promote a greater range and freedom of movement.

The workshop covers the choice of appropriate techniques for each client, ways of moderating the pressure, how to blend them smoothly into a massage session, and relevant exercises to offer the client for self maintenance.

**Releasing the Lower Back and Hips with Darien Pritchard
Sun 21 February 2010**

This workshop presents a variety of ways of working to release accumulated tension in the lower trunk – a common area of stiffness and soreness – and to increase mobility in the lower back and at the hip joints. It covers specific deep massage, vibration and pressure techniques for releasing tensions. These are allied with passive movements and dynamic stretches to promote a greater ease and flexibility.

The workshop looks at the choice of appropriate techniques for each client, ways of moderating the pressure, how to blend them smoothly into a massage session, and relevant exercises to offer the client for self-maintenance. There is an emphasis on good body use for the practitioner, and 'listening' with your hands (monitoring and adapting to the client's responses).

**Spiritual Anatomy and Healing - Part 1 with Lucy Lidell & Sara Thomas
Sat 13 - Sun 14 March 2010**

Aimed at massage therapists and healers, this experiential workshop is based on the work of the Irish healer, Bob Moore, with his in-depth understanding of subtle anatomy.

With a context of meditation and self-healing, we will introduce energy work to deepen your connection with the chakras and points in the aura. A variety of healing sequences will be taught that you can use to supplement your existing skills.

The workshop is suitable for massage practitioners who wish to deepen their connection with themselves as well as enrich their skills and sensitivity for working with their client.

Deep Tissue Massage with Andy Fagg

Fri 16 - Sun 18 April 2010

This workshop has been designed for massage practitioners who wish to extend their work with the use of deeper pressure techniques. It opens many possibilities for creative engagement with the massage process. It will include:

- ◆ emphasis on good posture, rapport and movement;
- ◆ muscle physiology and palpation skills;
- ◆ ideas for progressively deeper massage and detailed stretching, leading to...
- ◆ the principles and application of neuromuscular technique (NMT) and muscle energy technique (MET);
- ◆ using them to release deep localised tensions and normalise associated muscle function;
- ◆ relieving common symptoms including back pain, joint stiffness, respiratory problems, poor circulation and general fatigue.

Moving Massage with Andy Fagg

Fri 22 - Sat 23 May 2010

This gentle yet also dynamic workshop will help you combine massage and mobilisation techniques at the same time. This can include subtle vibration, rocking, active palpation, stretching and larger mobilisations. The work is elegant, economical and easy to use.

It will enable you to work creatively and facilitate deep and lasting release both at a physical and emotional level. It will also enable to work deeply and effectively without using too much effort! Specifically we will explore releases of the body's core structure, including shoulder and pelvic girdles, neck, ribcage and spine. Clients are invited to adopt different positions as appropriate eg on the side and to participate actively in the work. We will work both through clothing and with oil, on the table.

This workshop is open to all practitioners who are interested in making their work more effective

Massage and Qigong with Sarah Hoare
Sat 19 June 2010

This workshop is intended to explore how the healing practice of Qigong can benefit us and our massage. During the day we will perform gentle movements and meditations, drawn from the Hua Gong style of Qigong, as well as sharing some massage.

Emphasis will be placed on discovering how we can integrate Hua Gong into our own self-care as practitioners, and also into our work with clients.

Qigong is an ancient tradition, often used as a warm up for T'ai Chi. The practice cultivates qi/chi perception and connection, and promotes the intention for effortless. This workshop takes these themes and provides an opportunity to play with them with massage.

This may be taken as a one-day workshop or combined with "Finding your Feet" to make a weekend.

Finding your Feet with Andy Fagg
Sun 20 June 2010

A good foot massage can be wonderfully relaxing and grounding. Often during a session this is when clients finally let go and get "out of their heads". Also, massaging the feet can integrate release and relaxation for the rest of the body.

This workshop offers a range of bodywork and energy techniques to help this process. These include stroking and rocking, vibration and mobilisation, deep focussed pressure, stretching, holding and breathing.

Massage and Pregnancy with Suzanne Yates
Friday 2 July 2010

Would you like to develop a better understanding of working with pregnant women? Massage offers a powerful tool to support women, their partners and babies through the journey of creating new life. This day offers an introduction to understanding the benefits of massage, as well as the areas in which you need to exercise caution. You will learn to work with the side position, feel more confident with working with pregnant women, and explore any anxieties. The day will include:

- ◆ some relevant anatomy and physiology
- ◆ developing confidence about working in pregnancy

- ◆ some specific techniques, including integrating energy and muscle work and techniques for some common ailments
- ◆ exploration of different positions for working in pregnancy
- ◆ an introduction to the role of exercise
- ◆ learning about the potential of massage in pregnancy

Reading Bodies with Anna Orren

Sat 3 - Sun 4 July 2010

This course is designed to enable practitioners to be clear on how to help each client individually, by reading their structure and understanding what makes them uncomfortable, and what can make them more comfortable again.

Throughout the workshop practitioners will "read" each other's bodies and gain insight into why each person feels whatever they feel, and simple guidelines will be established that can be applied to clients. Then, this information will be applied to hands-on work, with special emphasis on exploring how deeply or superficially we need to work to be most effective in different areas for each person. Before and after photographs will be taken in order to show the kind of postural changes that can come from this approach. This is an exciting workshop which offers a simple way of looking at clients that can be extremely practical and helpful.

Hands Free Massage with Darien Pritchard

Sat 24 July 2010

'Hands Free' Massage involves using your forearm and elbow to be more effective when applying firm pressure while saving your hands, thereby helping you to maintain your career.

This one-day workshop is designed to introduce you to this way of working. It covers some easy forearm techniques for delivering sliding pressure which you can easily incorporate into massage treatments.

The workshop focuses on learning to feel with your forearm as part of learning to use it carefully and skillfully so as to avoid brutalising clients with this powerful 'tool'. It includes practical instruction on: how to moderate the pressure that you apply; how to support this with good bodyuse rather than working too hard with your arms and shoulders; and how to blend these techniques smoothly into massage sessions.

Rhythm Mobility® with Darien Pritchard **Sun 25 July 2010**

RhythmMobility® addresses a basic need that is often missing in today's sedentary lifestyles - the need to move and be moved. It offers an effective way of relaxing clients that can often bypass their instinctive barriers to release. R-M techniques can also give the client a dynamic and integrated sense of their bodies - in contrast to the sedentary life. The effects can be relaxing, stimulating or both, helping clients to release tension and to regain flexibility.

This one-day workshop is designed to introduce you to this way of moving the client's body. It covers rhythmical techniques such as body rocking and limb rolling techniques and some rhythmical stretches which can easily be blended into massage sessions. The course places special emphasis on discovering the recipient's natural body rhythms (rather than moving their body at an imposed pace).

These workshops are excellent introductions to Darien's Extended trainings in Hands Free Massage & Rhythm Mobility..

TUTORS



Andy Fagg has been a massage practitioner and teacher since 1984. In 1989 he offered the first professional training course in Bristol and now runs the Bristol College of Massage and Bodywork. His work has been influenced by T'ai Chi, 5 Rhythms dance, Zero Balancing and Process Work. He is a Director of the Massage Training Institute and was its Chairperson from 1998 - 2006. He has worked at the Bristol Cancer Help Centre (now renamed Penny Brohn Cancer Care) since 1992.



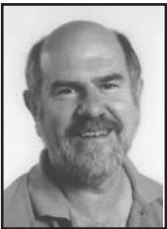
Charmaine Storer trained with Andy and qualified in holistic massage in 1993. She has been in private practice since then. Before that, she worked in local and community media, social care management, training and consultancy. She completed 2 years of postgraduate study, has taught with BCMB since 1997 and facilitates supervision groups. She has regular supervision and training herself and is a member of the MTI Practitioners Register.



Jacquie Allison qualified with BCMB in 2002 and has assisted on the professional training course since 2006. She is passionate about the benefits of massage and enjoys working both in clinic and on-site environments. Having worked in a corporate background for many years, she is keen to promote the importance of stress and tension relief, bringing this awareness to her massage work. Jacquie has also had the honour of working with victims of war in Bosnia where the need for healing touch is great.



Sarah Hoare fell in love with massage whilst training with BCMB. She's been in private practice since qualifying in 2001 and began teaching with BCMB in 2003. Before entering the world of massage, Sarah worked in various teaching environments including secondary school and corporate computing. Apart from teaching children to swim many years ago Sarah has never felt such a "connection" as she does with massage. Sarah has now added Qigong to her many talents and although she is no master, she has practiced it for years and loves it.



Darien Pritchard has been a bodyworker for over three decades, including twenty five years of training massage professionals, and two decades of teaching Professional Development courses for qualified massage practitioners. He coauthored the student text *Anatomy, Physiology and Pathology for the Massage Therapist* (Corpus Publications, UK, 2001), and wrote the career-maintenance reference book *Dynamic Bodyuse for Effective, Strain-Free Massage* (Lotus Publications, UK: North Atlantic Books, USA: 2007). Darien has been a pioneer in focusing on the practitioner's bodyuse as an integral part of massage training in the UK.



Anna Orren draws from her early experience as a sculptor and from twenty years working with massage and as a Rolfer. She originally trained in Colorado in 1986 and did advanced training there in 2002. She has worked in Spain, Sweden, USA and UK. She is also a Rolf movement teacher and teaches living anatomy, and has a background in psychotherapy.



Suzanne Yates has been developing a holistic approach to maternity since 1989. She established 'Well Mother' in 1990, teaching shiatsu, massage and exercise to women and their partners. As well as her clinical work in Bristol, she now runs training courses world wide for massage/shiatsu therapists, midwives and childbirth educators. She has written 3 books; "Shiatsu for Midwives" (Elsevier 2003), "Beautiful Birth" (for parents, Caroll and Brown 2008) and "Pregnancy and Childbirth (Elsevier 2010). Her passion is in integrating eastern and western approaches to provide holistic maternity care.



Sara Thomas is a founder member and director of the Massage Training Institute. She has authored "Massage for Common Ailments" and, with Lucy, the best-selling "New Book of Massage". Sara has been an inspiration to many generations of massage practitioners and bodyworkers.

Both Sara and Lucy have many years of healing experience, working with Bob Moore's unique insights into the human subtle energy system.



Lucy Lidell trained in holistic massage and healing and her work draws on 16 years of self development with Irish healer Bob Moore, 2 years of Transformative Dreamwork and intensive training in Rosen Method Bodywork. Her published works include 'The Sensual Body', the 'Mirror Cards Relationship Pack and, with Sara, the best-selling "New Book of Massage".



Tim Bartlett qualified with BCMB in 2001 and has practised in Bristol since. He widened his bodywork experience by qualifying in Sports & Remedial Massage in 2003, and brings his T'ai Chi practice to his work. Tim began assisting on the BCMB professional training course in 2004 and is now a course tutor and an Anatomy, Physiology and Pathology teacher. He is also a trainer, developing effective support services for people with learning difficulties.



Gill Ayshford qualified with BCMB in 2001 and has since built a successful massage and reflexology practice in Wotton-under-Edge, where she lives. In 2005 Gill joined the BCMB teaching team as an assistant on the professional training course. She started her massage career later in life, after raising her family, and an ongoing passion for bodywork has led Gill to explore the fields of pregnancy and pain management, fulfilling her desire to help make a difference in people's lives.

MASSAGE PRACTICE DAYS

November 2009 - July 2010

Massage Practice Days provide opportunities to refresh and develop your skills; receive some massage; make new contacts; receive support and have some fun! All in a small group setting (max 12). Each one counts for 7 hours of CPD..

The days are open to:

- ◆ Massage practitioners seeking help with skills and techniques – very useful if you can't attend a regular monthly supervision & support group.
- ◆ Students currently in training who wish to boost their practice hours in a supervised setting
- ◆ People who have attended an introductory workshop who want a refresher or to take their massage further

The course leader will tailor the content of the day to address your specific issues and areas of interest, with time for work in smaller groups and individual attention. A recent participant said, "I felt like a child in a sweet shop!"

Previous Massage Practice Days have included:

- ◆ Practising effective body use, posture and movement
- ◆ Offering good aftercare to clients, including stretches
- ◆ Individual case studies brought by participants
- ◆ Working in chairs, on the floor and with clients lying on their side
- ◆ Preparing ourselves physically and energetically for work – eg. grounding, hand and wrist exercises
- ◆ Exploring percussive strokes
- ◆ Working effectively with specific body areas

Practice days are staged throughout the year, and are led by experienced massage practitioners who have taught with BCMB for a number of years.

22 November 09 with Tim Bartlett

31 January 2010 with Sarah Hoare

11 April 2010 with Gill Ayshford

13 June 2010 with Jacqui Allison

How to Book

To book a place on any workshop(s) or MPD's, please use the booking form opposite and overleaf. If you would like to book more than one workshop please send us a separate cheque for each. Cheques should be made payable to "BCMB", and postdated to the first day of the workshop.

Prices

Advanced Workshops

1-day workshops; £60, or £55 before early bird deadline

2-day workshops: £120, or £110 before early bird deadline.

3-day workshops: £180, or £165 before early bird deadline.

Please note that the early bird discount deadline is one month before each workshop. Please see page 3 for a list of early bird deadlines.

Massage Practise Day

£49 or £39 concession

*When you are booking more than one practice day, please send a separate post-dated cheque for each one.

Please send your completed booking form and cheque(s) to:

BCMB, 30 Alma Vale Road, Clifton, Bristol BS8 2HY

Tel: 0117 377 1201 enquiries@bristolmassage.co.uk

Cancellation and Refund Policy

Course fees will normally be refunded in full for cancellations received more than one week in advance. Thereafter, depending on circumstances, we reserve the right to retain the full fee.

There is usually a waiting list for most workshops. In our experience, places often become available, so if you are on a waiting list, please keep the dates clear in your diary!

Booking Details

Name _____

Address _____

Postcode _____

Phone _____

E-mail _____

Date _____

May we give your contact details to fellow participants at your workshop so that you can network with each other?

(YES / NO) (Please delete as appropriate)

Advanced Workshops

Please book me a place on the following workshop:

Title _____

Date _____

Price _____

Advanced Workshops

Please book me a place on the following workshop:

Title _____

Date _____

Price _____

Advanced Workshops

Please book me a place on the following workshop:

Title _____

Date _____

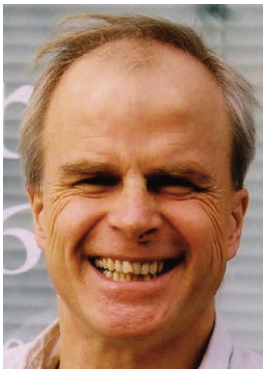
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Massage Practice days

Date _____

Price _____

Bristol College of Massage and Bodywork



BCMB is a not for profit company, founded by Andy Fagg in 1987 to provide high quality, person-centred courses in massage and bodywork at introductory, practitioner and advanced levels. BCMB is accredited by the Massage Training Institute (MTI), the UK's leading organisation for the teaching and practice of holistic massage. Andy is a Director of MTI and represents its interests at the General Council for Massage Therapy (GCMT) the industry lead body in the UK.