

# Harmonic Release Massage

- ❖ Learn the foundations of massage with movement
- ❖ Use rhythmic oscillations to really feel where your client holds tension
- ❖ Utilise the hypnotic effect of oscillations to unlock this tension
- ❖ Focus your massage techniques more effectively to where they will be more beneficial
- ❖ Harmonic Release Massage brings a new approach to traditional massage by integrating it with the benefits of passive motion. It utilises several recognised neuromuscular phenomena and rhythmic oscillations to create whole body balance in resting muscle tone.
- ❖ The therapist will be introduced to the application of motion in a biological setting, the concept of biotensegrity and the concept of myofascial meridians
- ❖ The majority of the course is practical so you will learn and receive the benefits first hand. At the end of the course the student should be competent with the basics of the practical application of harmonic motion
- ❖ Length: 2 Days (10am - 4.30pm)  
Cost: £150
- ❖ Wear: Comfortable clothes.
- ❖ Bring: A good sense of rhythm, lunch.
- ❖ Pre-requisites:  
This course is suitable for qualified therapists only who hold Level 3 in A&P and Massage and who are currently professionally insured.

To book a place call  
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