



Advanced Training

in Holistic Massage

15 days within 3 weeks (19 days) in 2010

Please notice the last page.

The content of this training

is a result of more than 10 years experience as Rebalancer / massage therapist in different international seminar houses and 4/5 hotels in Italy and Austria.*

98% of my (first time) customers told me, that they never experienced a massage like I do.

Many (especially men) are happy to enjoy a strong massage (deep tissue). All of my clients enjoy the wide range of techniques I use and they appreciate

that for the first time, a therapist was really perceiving them;

that a massage can be tailored to there needs;

the diversification from one session to the next session;

also the major changes after only 1-3 sessions;

Together with the Bali Samadhi Spa Team I offer a training for professionals. In this training we will teach four sessions.

Session 1 will handle the upper part of the body, chest, arms, shoulders, neck and breath.

Session 2 is about the front side and outside of the legs.

Session 3 will handle the back side of the legs.

Session 4 is will handle the back.

Different techniques out of Rebalancing, Joint Release, Tragering, and stretches.

Communication (basics) with the client during a session, how to ask for precise information, how to get clear feedback, how to use hypnotic patterns to lead the client in relaxation.

These tools will help you to establish a better connection to your clients and will also help you to tailor a session to the real needs of the client.

You will learn how to go easy on your resources, to protect your health and (at the same time) to increase the quality of your work.

Altogether you will expand your capabilities and you will contrast pleasantly with your competitors.

Content of this training

This training includes also exercises and meditation, tools for you to relax, to regain energy. And you can offer this exercises as a program for guests.

This and also the following advanced trainings are always relaxation, rejuvenation, therapy and of course vacation for all participants. This will help you to transform the learned knowledge into your daily work.



Length of training, timetable

Apart from your financial investment, you invest also time (work-/spare time). We structured the seminar in a way that you have as much spare time as possible in one block.

In the morning, the temperature in Bali is good-natured, because of this we start early and finish late afternoon.

More or less all the evenings are spare time for you.

Additional

*we offer the possibility to learn how to prepare
Mandi Lulur, Bali Kopi Lulur, Bali Boreh
and how to do a full body scrub (duration is about 3 hours).*

Timetable

<i>Programm / Theme</i>	<i>Start (am)</i>		<i>End</i>
<i>Meditation, Exercises (Somatics)</i>	07:00	<i>01:00 hour</i>	<i>08:00</i>
<i>Breakfast</i>	<i>08:00</i>	<i>01:00 min.</i>	<i>09:00</i>
<i>Demonstration of the session we learn today, questions, background information</i>	<i>09:00</i>	<i>01:00 hour</i>	<i>10:00</i>
<i>Training participant A is client and B is therapist</i>	<i>10:00</i>	<i>01:30 hour</i>	<i>11:30</i>
<i>break</i>	<i>11:30</i>	<i>00:30 min.</i>	<i>12:00</i>
<i>briefing</i>	<i>12:00</i>	<i>00:30 min.</i>	<i>12:30</i>
<i>Training participant B is client and A is therapist</i>	<i>12:30</i>	<i>01:30 hour</i>	<i>14:00</i>
<i>briefing</i>	<i>14:00</i>	<i>00:30 min.</i>	<i>14:30</i>
<i>Participant B ist therapist, and may be we have a test client or A is again client (we will skip / shift every day)</i>	<i>14:30</i>	<i>1:00 hour</i>	<i>15:30</i>
Hours of training			
<i>practice massage training</i>		<i>04:00 hours</i>	<i>60 hours</i>
<i>massagetraining incl. theorie / briefing</i>		<i>06:00 hours</i>	<i>90 hours</i>
<i>Training incl. Movements & Meditation</i>		<i>07:00 hours</i>	<i>105 hours</i>
<i>extra hours Supervision, 3 evenings, each 2 hours</i>		<i>ca.</i>	<i>6 hours</i>

Please bring

*loose clothes for training and exercises,
everything you need to enjoy swimming pool or beach, sun protection.
Temperature in Bali is around 30-35°C.*

*We are very close to the coast line, means there is always a fresh breeze.
Laundry service is available.*

*The training is available between May and October, in Bali
Contact us and we try to schedule the training to your needs.*

***The price for this training is 750 €***

around 2.785 S\$, around 1.850 US\$ (rates are from January 10th).

Include is

costs for the training incl. documentation

15 days training, including lunch snack,

drinking water, coffee, hot and cold tea, fruits during the training

1 Mandi Lulur, 1 Bali Kopi Lulur, given by the staff of Bali Samadhi,

Additional costs are

Boarding including breakfast and a snack around lunch time.

Single occupancy 578 € / double occupancy 782 € for 2 persons.

Transfer Airport > Resort 30€ per car + tour (max. 4 persons).

Dinner costs 4 € per meal, including water, coffee, tea.

Alcohol, soft drinks, fruit juices, Cappucino etc. on extra charge.

private tours, rental car incl. driver, price per car, up to 4 persons

half day tour 30 € (59 S\$ / 38 US\$)

full day tour 45 € (88 S\$ / 58 US\$)

And of course your flight to Bali and back home.



*Trainer will be Michael Mayrhofer and staff of the Bali Samadhi Team.
Das Training will be hold in English and German.
Participants should have basic knowledge in English.*

Follow this link to contact us / to make a reservation request >>

Visit our websites:

www.rebalancing-bodywork.de

www.BaliSamadhi.com

www.BaliSamadhi.info