

Side Position

This course teaches how to do a fully body massage with the client lying on their side. This is an extremely useful tool for any massage therapist to have as not only is it the most comfortable position for a pregnant woman but also for those with lower back pain, sciatica obesity and emotional pain. Based strongly on Asokanandas side position book, (highly recommended accompaniment) we will be using a photographed manual so as to make a personal clear aid. Using the standard system of the teacher demonstrating the sequence and discussing the implications and variations of each move, then students repeating on each other, so as to learn not only how to do, but what effect has speed, position, different grasps, has on the client. This is a very nice gentle course to do as a first advanced course after completing the beginners, (sunshine school recommends that beginners is done at least twice to fully understand it) as a way to broaden your skills by emphasising a part of your initial training and becoming more effective at assisting in alleviating pain in the most common areas, lower back and shoulders.

SIDE POSITION PICTURE 27 04

DAY 1

Feet and ankles in the morning and energy lines of the legs, where they are and what information they are giving us and what help they need to facilliate energy balance. Discussion on the effects of pregnancy on the bodies structure and processes

DAY 2

Review energy lines, discuss lower back pain and sciatica, blood stops and specific release points. Afternoon single leg exercises

DAY 3

Stomach massage, energy lines of the back and gentle spinal twists, with anatomy discussion. Energy lines of the arms and streches of arms, chest and hand massage. Discussion of connection of the arms and heart

DAY 4

Streches to open the shoulders, chest and thorasic and connecting the hips, lower back and stomach. Afternoon face and neck massage.

DAY 5

A chance to do a supervised side position massage.

