 Massage Techniques  
**Complementary & Alternative Therapy**

This 40-hour course will provide you with the knowledge and application skill to provide a variety of therapeutic massage techniques such as Thai, Reflexology, Ayurvedic, herbal and aromatherapy). Gain insight into quantum physics, the natural therapy of sound healing, energy balancing, biofeedback, color therapy and internal martial arts.

**Learning Objectives**
Upon successful completion of this course, you will be able to:
- Demonstrate proper body mechanics while performing massage techniques
- Demonstrate an understanding of the massage environment
- Be knowledgeable about client care before, during and after a massage
- Demonstrate proficiency with the delivery of at least five basic massage strokes

**Student Requirements:** Students will be required to bring a full set of towels, a thick blanket, writing instruments, lineless notebook, pen and a set of colored pencils.

**When**
March 2—April 8, 2010
Tuesday & Thursday 6-9 pm

**Where:**
UVICELL Center, St. Thomas

**Fee:**
$500

**CEUs:** 4.0

To register, call 693-1100 or visit http://cell.uvi.edu.