Institute of Natural Medicine

25 hours, 5 days

Certificate in Deep Tissue Massage Course



Availability Date:- All year around

Deep Tissue Massage is a wonderful treatment where the massage therapist warms up the soft tissues before reaching into the deeper fibers. This method mainly focuses on releasing inner layers of tense muscle and connective tissue, using deep and slow strokes. Deep strokes allow the effects to penetrate deeper into muscle layers/fibers. With deep tissue massage, great results are seen for:

- strains
- sports injuries
- chronic muscle pain
- chronic joint pain
- energy meridians
- plus, much more!

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This is a versatile form of therapy where the therapist uses their healing hands, palms, knuckles, thumbs, fingers, forearms, and elbows to deliver the most effective results.

During the training period, we teach students how to be conversant in human anatomy, the muscular system, and the energy meridian system for the best results. In Deep Tissue Massage, there are numerous techniques. Each technique has its own vital role for highly effective treatment. Our courses aim to select the right techniques corresponding to the health issue found in the body. This Deep Tissue Massage Course is the perfect step for those wishing to build on their existing massage skills for a full body natural healing response.

Daily Schedule of Non Residential Course

11:15 am – 1:30 pm	Deep Tissue Massage training
3:00 pm -5:45 pm	Deep Tissue Massage training
5:45 pm	Organic tea time

Daily schedule of Residential Course :- 4 night & 5 days

(Includes Course fee, Room, Yogic Breakfast, Lunch , Dinner , Mineral Water & Organic tea)

7:30 am – 8:30 am	Yogasana
8:45 am – 11:15 am	Yogic breakfast & rest time/ self study
11:15 am – 1:30 pm	Deep Tissue Massage training
1:30 pm – 3:00 pm	Lunch & Leisure time
3:00 pm -5:45 pm	Deep Tissue Massage training
5:45 pm	Organic tea time
7:00 pm	Dinner time

Choose your Accommodation

- Private room with private bathroom USD 450
- Private room with shared bathroom USD 405

Please note:- Sharing bathroom are outside & shared only with two rooms

Price:

Without accommodation	US$ 300
Private room with private bathroom	US$ 450
Private room with shared bathroom	US$ 405

Book Now