

MASSAGE WORKSHOP

LEARN HOW TO GIVE A
MASSAGE!

During this workshop you will learn different massage techniques to be able to give a massage to your loved ones. I will guide you into the art of touch, we will discover the body's energy and we will practice full presence, learning how to give massages with the heart.

*Workshop available in 2, 4 or 6 Hours
Private workshop for couples or groups,
upon booking*

MASSAGE WORKSHOP

WHAT YOU WILL LEARN

- *Massage techniques for legs, back, arms, belly and head.*
- *How to use your body-weight to give a good pressure.*
- *Indications and contraindications*
- *How to use a conscious and heath-driven touch.*

*Workshop available in 2, 4 or 6 Hours
Private workshop for couples or groups,
upon booking*