

| DAY ONE       |                                           |
|---------------|-------------------------------------------|
| Time          | Activity                                  |
| 9.30 - 10.30  | Welcome Circle – Introduction & Grounding |
| 10.30 – 11.30 | Demonstration of Back                     |
| 11.30 – 11.45 | Break                                     |
| 11.45 – 12.45 | Practical A                               |
| 12.45– 13.45  | Lunch                                     |
| 13.45 – 14.45 | Practical B                               |
| 15:00 – 15:30 | Demo Head & Neck with Rebozo              |
| 15:30 – 17:00 | Practicals                                |

| DAY TWO       |                           |
|---------------|---------------------------|
| Time          | Activity                  |
| 9.30 - 9.45   | Welcome Circle            |
| 9:45 – 10:45  | Demonstration Leg Massage |
| 11:00 – 12:00 | Practical A               |
| 12:00 -13:00  | Lunch Break               |
| 13:00 – 14:00 | Practical B               |
| 14:00 – 14:45 | Demo Chest & Arms         |
| 14:45 – 17:00 | Practicals                |

| DAY THREE     |                                             |
|---------------|---------------------------------------------|
| Time          | Activity                                    |
| 9.30 – 09:45  | Welcome Circle                              |
| 9:45 – 10:30  | Demonstration Foot Massage with Reflexology |
| 10:30 – 12:30 | Practicals                                  |
| 12:30 – 13:30 | Lunch                                       |
| 13:30 – 14:30 | Demonstration Pulsing Supine                |
| 14:45 – 17:00 | Practicals                                  |

| DAY FOUR      |                                       |
|---------------|---------------------------------------|
| Time          | Activity                              |
| 9.30 - 9:45   | Welcome Circle                        |
| 09:45 – 10:45 | Demonstration Pulsing Prone           |
| 11:00 – 12:00 | Practical A                           |
| 12:00 -13:00  | Lunch Break                           |
| 13:00 – 14:00 | Practical B                           |
| 14:00 – 15:15 | Break                                 |
| 15:15 – 16:30 | Demo of full body                     |
| 16.30 – 17:30 | Consultations, After Care, Boundaries |

| DAY FIVE      |                                 |
|---------------|---------------------------------|
| Time          | Activity                        |
| 9.30-10.15    | Welcome Circle incl. Meditation |
| 10.15 – 11:15 | Recap on Techniques             |
| 11:30 – 12:45 | Practical A                     |
| 12:45 -13:45  | Lunch                           |
| 13:45 – 15:00 | Practical B                     |
| 15:00 – 16:00 | Close                           |