

Esalen® Massage Certification Training

with

*Perry and Johanna
Holloman*

**29 April - 26 May
2017**



Esalen® Massage is a unique form of bodywork developed over the last 50 years at the Esalen Institute in Big Sur, California. The technique is known for its long, integrating strokes, creating an experience of deep relaxation, supporting the natural ability of body and mind to self-organise and heal.

This training will provide participants with in-depth experience and practice of techniques fundamental to Esalen Massage, enabling them to give a professional full body massage upon completion of the programme. Understanding the anatomy and physiology of the human body as it relates to the practice of Esalen Massage will be part of our curriculum.

Our study of massage will be complemented by daily meditation, yoga and other movement disciplines designed to support the embodiment of the principles of presence and awareness central to this method. Learning to touch in a 'presence-based manner' is a key to the practice of Esalen Massage, as presence is foundational to all healing arts and spiritual practices.

Learning the art of Esalen Massage often changes lives. Whether your intent is to begin a career in bodywork, add Esalen Massage to your existing massage practice, or find support for personal growth and self-exploration, this time at Findhorn will certainly be a transformative experience.

NB: The certificate you receive on completion of the training is issued by the Esalen Institute in Big Sur, California, USA.



Perry and Johanna Holloman have lived and taught massage together at Esalen since 1996. Both lead workshops in this healing art throughout the world and Johanna also leads workshops in the Diamond Approach, based on the teachings of Hameed Ali Almaas.

Tiered Price: £3620 / £3380 / £3140

(includes 4 weeks accommodation, full board and refreshments)

NFA: £2355 FF: £1442

www.findhorn.org/programmes/esalen-massage-cert/

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