



GALICIA (SPAIN)
15 – 29 June 2026

100 hour
Esalen® Massage
Professional training

The 100 hour Esalen® Massage Professional training offers a comprehensive experience for certified bodyworkers who wish to add the Esalen approach to their professional repertoire. The Esalen Institute pioneered many approaches that integrate body, mind, and spirit, and Esalen Massage builds on this rich history in the depth of its curriculum. This method is a “presence-based” practice of awareness which uses simple human touch to awaken inherent processes of healing existing within every cell of the human body. A naturally arising feature of Esalen® Massage in the experience of the client is a sense of restored, embodied wholeness through this powerful healing art.

Because this training is designed for people having experience in another bodywork modality, some intermediate and advanced level techniques will be a part of this curriculum. Both Perry and Ingrid integrate deep body work into their massage practice, and

basic techniques from this form will be a part of this teaching.

Each day begins with training in centering, grounding, and awakening our senses through meditation, yoga, and Movement Practice™. Instruction in Esalen’s holistic approach to massage begins with a focus on our quality of touch through the signature long stroke. The long stroke is an integrating technique which connects all of the different aspects of this work into a flowing whole. It reminds the body that it is composed mostly of water, and that flowing, fluid motion is its birthright. Lectures, demonstrations, and supervised practice will be important parts of each day with special emphasis on proper body mechanics while massaging one another. Relevant knowledge in Anatomy and Physiology are integrated into the teaching of this art. Students will learn communication skills for interacting with clients in a clear, compassionate manner.





CURRICULUM

Esalen® Massage 100 Hours Training

Overview

The 100 hour Esalen® Massage Professional training is designed to guide previously certified bodyworkers to the practitioner level in the art of Esalen® Massage. The skill sets taught in this training are divided into the following categories:

1. Esalen® Massage Skills/Technique/Theoretical Foundations
2. Communication Skills
3. Applied Anatomy/Physiology
4. Advanced Bodywork Techniques (Deep Bodywork®; Light Touch Modality/Energy)
5. Professional Ethics
6. Movement Practices/Meditation/Self Care

Each of the above categories is composed of sub-categories that will be described later in this document.

The intent of this program is to support the growth of Esalen® Massage throughout the world by training and supporting practitioners living in different countries, and who adhere to the highest standards of professional/ethical conduct.



Structure in Terms of Hours per Subject

This training has a total duration of 15 days, presented as an intensive immersion class. There is specific homework given during the course of these 2 weeks, designed to develop skills introduced during the course of each week.

- Each day is composed of approximately 8 hours.
- Total number of supervised classroom hours in this training is 100.

A specific description of hours spent on different subjects is as follows:

Esalen® Massage Skills/Technique/Theoretical Foundations

Understanding the experiential nature of this method, and defining the experience of presence; Understanding the Long Stroke, front and back, and it's relaxing, integrating function; Detail work on the front body; Detail work on the back body; Passive joint mobilization; Special techniques e.g. deep connective tissue techniques; Opening and closing your massage; Working with special cases (first time recipients; clients with injuries/disabilities/special needs).

55 hours

Intermediate and Advanced Bodywork Techniques

Basic techniques from Deep Bodywork® which can be integrated into an Esalen® Massage; Methods developed from light-touch modalities (cranio-sacral therapy, energy work) as a means for enhancing our work and providing a sense of integration in our client's experience); Dealing with emotional process when it arises.

20 hours

Communication Skills

Developing basic communication skills necessary for professional relationship building; How to deal with conflict/misunderstanding when it arises within the client/practitioner relationship; Communicating the ethical boundaries of the professional relationship as necessary.

5 hours

Applied Anatomy and physiology/pathology

Integrating anatomical knowledge of a given area of the body into one's massage work; Applying relevant anatomical/physiological information into the overall flow and structure of a session with a given client; Understanding the Gamma-Motor System, Muscle-Spindles, and Golgi Tendon Organs, and how tissue changes in relation to touch. Recognizing pathological conditions that contraindicate touch and/or massage.

7 hours

Professional Ethics

Understanding Transference and Counter Transference; Understanding appropriate boundaries within the client/practitioner relationship of intimate relationship; Learning to have deal with difficult clients.

3 hours

Movement Practices/Meditation/Self Care

Strengthening the body through Yoga and or other practices like Chi-Gong, 5 Rhythms etc. and relating those practices to movement around the table while working; Using meditation to improve concentration and presence while working.

10 hours

Total adds up to 100 hours

Structure in Terms of Focus during each week

Week 1

This Week focuses on introducing students to fundamental principles and techniques of Esalen® Massage. The goal at the end of this block is for students to be able to give a full body massage characterized by long, integrating strokes.

Specific areas of focus:

- a. Introduction to presence-based touch.
- b. Fundamental Principles: Understanding the 4 basic processes at work in any massage/therapeutic relationship.
- c. Introduction to the long stroke, front and back. Theoretical understanding of the long stroke.
- d. Utilizing proper body mechanics.
- e. Introduction to the anatomy and physiology of touch. The significance of the skin, and it's fundamental relationship to the long stroke.
- f. Integrating basic Deep Bodywork techniques into an Esalen® Massage.

Week 2

This week focuses on adding depth (teaching students to apply more pressure, while utilizing appropriate body mechanics) and detail (e.g. specific detail work around the scapula) to their basic long stroking massage technique, front and back. Students will be introduced to basic communication techniques necessary for creating professional relationships, and giving effective feedback. By the end of this block students should be able to give a full body massage that includes more depth, and detail work.

Specific areas of focus:

- a. Adding more advanced techniques to our work, and integrating them into our Esalen® Massage. Learning basic cranio-sacral techniques as integrating methods in our work.
- b. Detail work on the front and back (e.g. shoulder, hips, feet, neck, etc.).
- c. Introduction to Gestalt Process: Developing effective communication skills.
- d. Human anatomy and physiology of parts of body focused on in demonstrations.
- e. Pathology and contra-indications.

Note: Each day, morning meditation and movement practices of different types will be explored as a part of learning self-care and proper body mechanics.

Desired Outcomes and Methods of Assessment

The desired outcome of the 100 hour Esalen® Massage Professional training is to bring participants to the level of practitioner status. This entails:

1. Being able to give a professional, full body massage, from receiving clients at one's door, to seeing them out, within 90 minutes.
2. Demonstrating knowledge of professional ethics; understanding the fundamental components of building a practice from scratch: Advertising, networking, self-promoting through public presentation, promotional materials (cards, website, written materials).

Methods of assessing student progress are:

1. Teacher in class supervision.
2. Peer assessment through student to student feedback.
3. Evaluation sessions on teachers with feedback.
4. Feedback from community sessions.
5. Question/answer sessions and group discussion.



Primary Teaching Methods

This training will be composed of both theoretical as well as practical/experiential elements.

Specific methods used will be:

1. Lecture/demonstration.
2. Question/answer, and group discussion.
3. Verbal interaction between faculty and students, as well as peer to peer discussion.
4. Completion of 30 body reports with faculty assessment.



Previous requirements

To be able to register, it is an essential requirement to have done 150 hours of prior training in some body technique. A copy of these degrees must be attached when registering.

Training

The duration of the training course is 2 weeks, the beginning of the course will be on Monday June 15, and the end of it on Monday June 29, 2026.

The training will be delivered in English and Spanish. Translation services will be available.

Venue

The place chosen to do the training is retreat center *Centro Punta de Couso* at the end of the Peninsula de Morrazo, in the province of Pontevedra, Galicia.

<https://puntadecouso.com/>

Obtaining the certificate as Esalen® Practitioner

To successfully complete the training, each student must document the practice of fifteen massages, at their place of origin.

Students will be required to do at least one 75 minute assessment massage on an instructor at the end of the course

The Esalen Institute will issue a Certificate in Esalen® Massage, of 100 hours of training, upon payment of a fee of \$150 to the Esalen Institute.

This is a professional training with limited admission.

Price and registration

The price of the training is 2.300€, but there is the possibility of a 300€ discount, available for those who register before May 15, 2026.

Accommodation and meals

The price of accommodation and meals will be 1.200€, and will be paid directly at Punta de Couso on the first day of the course.

[Access the registration form](#)



Trainers



Ingrid May

Ingrid May is a German trained physiotherapist, trained as an Esalen masseuse in 1983 and a member of the Esalen Massage team since then. Since 1989 she has been teaching Esalen massage, first at the Esalen Institute and then worldwide.

She is the founder of the Oasis School of Massage and Healing Arts in Buenos Aires, Argentina.

Uniting her knowledge of the body with her love for the spirit and awakened touch has been her passion for 50 years.



Perry Holloman

Perry has lived and taught Esalen® Massage at the Esalen Institute in Big Sur, California since 1979.

He developed the Esalen® Massage Teacher Training Program and has trained teachers globally since 2009.

He also developed the Deep Bodywork® Program at Esalen and teaches professional bodyworkers how to develop advanced bodywork skills.

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