

# Bodywork is perfect for multi-strand life

LIKE many people in South Devon, Alice Pollak is self-employed and enjoys what many call a 'portfolio career' - earning a living from a number of different jobs or businesses.

For some of her time ("when there's work available"), Alice is a conservator, restoring and conserving ancient textiles - carpets, curtains and tapestries - for collections and stately homes.

But she decided she also wanted to work with people, so she was looking for a new profession that would fit in around her other work. She first considered midwifery.

"I took a one-year diploma in bodywork," said Alice, "primarily to see if I would enjoy working with women on such an intimate level. But I discovered I absolutely loved massage and I've stayed with it.

"Working with objects is all-encompassing, and I constantly have to take into account factors like their history, the environment and the materials used.

"There are many factors in bodywork too - the person's emotions, their lifestyle, their physical condition - but it's a collaborative experience, a process two people enter into."

Alice completed her diploma training and a subsequent six-month remedial course at The School of Bodywork, based at the Exeter Natural Health Centre, where Alice also sees clients (as well as at The Forge in Totnes).

School director Emma Gilmore said: "Bodywork training and practice is perfect for anyone who needs to work odd hours to fit around other work or a family."

The school offers a complete range of courses and all 2010 students passed with between 75-98 per cent, with either a credit or distinction.

Find out more at [www.schoolofbodywork.com](http://www.schoolofbodywork.com), or call 07711656011.

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