

School of Bodywork builds on success

THE School of Bodywork in Exeter city centre is now offering all its massage diplomas (Complete Bodyworker, remedial, sports injury, Indian head, seated acupressure, myofascial release and hands free techniques) at a new location within Bristol City Yoga, one of the West Country's leading yoga institutions.

Since January 2010, the original School of Bodywork has been completely re-launched under the management of West Dorset's Emma Gilmore. A remarkable period of continued growth and positive transformation has resulted in all 2010 students gaining either a credit or distinction in their diploma exams, acquiring between 75 to 98 per cent.

"We put our success down to our friendly yet professional approach," explains Emma. "Small class sizes ensure individual attention. One-to-one support and mentoring from enrolment to qualification delivers top results. We aim to make learning fun; tutorials are therefore accessible and we use a multi-sensory teaching approach. We embrace all prior experience, or lack of it; students who have hitherto not had a qualification to their name have left our college with a credit in a professional exam. We also provide real support to students with dyslexia or other learning difficulties, for whom bodywork can provide a rewarding career."

Emma points out that the most significant cause of early retirement from the massage profession is strain.

She says "We therefore emphasise techniques to protect our bodies; this ensures our students do not have to cut their careers short due to poor working posture. We aim to equip our students with the clinical knowledge, and the hands-on skills necessary to set up their own successful practice with confidence."

In the current climate more and more people are looking to re-train in a rewarding career. It is impossible to thrive in a job of mindless repetition or stifled creativity. One of the joys of life is the ability to express the uniqueness of our individuality. The School of Bodywork encourages their students to develop their own style, which is true to them.



Emma Gilmore

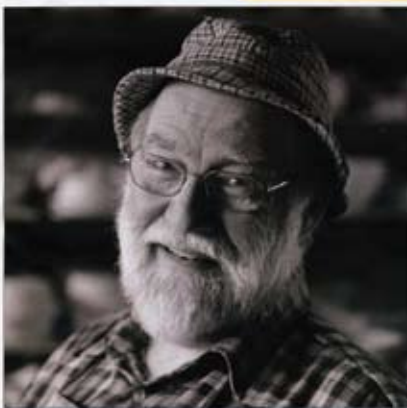
Our graduates work with individuals from all walks of life. The power of touch, combined with the empowerment given to clients through an increased awareness of their body and mind, creates tangible results in the client as well as immense job satisfaction for the practitioner.

Alice Pollak from Totnes pays tribute to the usefulness of the course saying, "The course is in depth and informative in its academic content, supportive and encouraging in its approach to the profession we are training to enter, and ever challenging and rewarding on a personal level. There's a lot to learn in a year, and this is definitely only the beginning, but it feels like a strong framework upon which I shall build in the future."

West Dorset resident Belinda Silcox said of the course, "Emma and her team brought the subject to life with their enthusiasm, skill and varied teaching methods. The course covered a whole variety of massage and gave me an insight into the kind of therapist I would like to become. It also offered a comprehensive teaching of anatomy and physiology. I feel excited about my future career as a successful bodyworker."

The School is currently enrolling for upcoming courses in Bristol and Exeter. For further details, including dates and prices visit www.schoolofbodywork.com or telephone 07711 656 011 or email info@schoolofbodywork.com.

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