

School of Bodywork opening in Bristol

The School of Bodywork in Exeter has had so many students travelling from afar they've set up courses in Bristol as well. They'll be starting their Diploma trainings in Bristol City Yoga near Stokes Croft from October. "Lots of people are coming to us for a career change or to fit work in around family life," says Emma Gilmore who took over the school two years ago. The Basic Bodywork Diploma takes a year and works out to around one weekend a month with home study in between. They also offer shorter courses in Indian head massage, remedial, sports massage and a new technique from the USA called myofascial, working specifically with the connective tissue. It has found success with problems that have not been resolved through other forms of massage. "I think people are wanting to retrain in something they feel gives back to society," says Emma. Courses range from £300 to £1,495.

www.schoolofbodywork.com 07711 656011

