



School of Bodywork

What you will need by the start of the course:

Equipment:

- 2 **large** matching towels any colour
- Wet wipes, **essential to bring to every session in order to wipe the couch & oil bottles with**
- A4 Lever arch file & file paper for all anatomy & physiology notes
- Set of 12 File dividers
- Writing materials: a pencil, pen, highlighter pen & either felt tips or coloured pencils will be useful during the course, please bring to every session.
- A4 file for all massage notes

Course Text Books

- Anatomy & Physiology for Therapists and Healthcare Professionals by Ruth Hull (essential)
- The Concise Book of Muscles: Chris Jarmey ISBN 0954318811 (essential)
- The Concise Human Body Book: An Illustrated Guide to Its Structure, Function and Disorders (optional)
- Please feel free to bring with you any anatomy & physiology or massage books that you may already have.