



# School of Bodywork

## Introduction to Massage & Bodywork Course

### **What to Bring:**

2 large (bath sheet) towels

Writing materials to take notes.

*A comprehensive manual will be provided.*

### **What to Wear:**

Comfortable clothing to work in also allowing you to easily dress and undress

**Times:** 10am – 5pm with one-hour lunch break at 1pm

Refreshments are provided at the centre.

Numerous food outlets are available nearby. The closest is the ethically run Boston Tea Party Café on Queen Street. [Click here to visit website](#)

*If you have any further questions prior to the course, please don't hesitate to get in touch on 07711 656 011 or email: [info@schoolofbodywork.com](mailto:info@schoolofbodywork.com)*