Course Details

<table>
<thead>
<tr>
<th>Course</th>
<th>Manual Lymphatic Drainage (Level 1)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates</td>
<td>20th, 21st and 27th, 28th June 2015 (Weekend - 4 day)</td>
</tr>
<tr>
<td>Times</td>
<td>9:00am – 5.00pm (please arrive by 8:45 am)</td>
</tr>
<tr>
<td>Fees</td>
<td>$795.00 (to be paid 2 weeks prior to course commencement)</td>
</tr>
<tr>
<td>Pre-Requisite</td>
<td>Massage 1 &amp; 2</td>
</tr>
</tbody>
</table>

Course Description

This lymphatic massage course will teach the participant to manipulate areas of the body in order to drain superficial and deep lymphatic tissue. Since the lymph system holds many toxins, this practice is believed to detoxify and nurture the body, which is believed to both increase health and decrease illnesses.

It is suited to people wishing to specialise in the world of therapeutic massage and is a very good way to build a client base for your massage practice.

Many practitioners believe that this form of massage can release emotional energy can be blocked within the body. This release of energy is also thought to beneficial to healing as well.

Lymphatic massage is thought to treat symptoms of stress, weakened immune systems, headaches, digestive problems, and allergies. Some people even believe that it works to treat inflamed joints, muscular sprains, and skin problems. It may revitalize the gallbladder, liver, and spleen as well.

Equipment You Are Required To Bring

- 1 Single flat sheet + 3 large bath sheets + 1 hand towel
- Bottle of drinking water
- Notepad and pen
- No Jewellery To Be Worn

Next Level

Lymphatic Drainage Level 2 – this is a 4 day course and takes the participant through more advanced techniques of Manual Lymphatic Drainage. IT will also take the student through basic Lympho tapping.

Please Note:

*If the front door is locked please wait for your facilitator.*

*Please keep an eye on our websites for any course updates.*
The NHAA is easily accessible via bus:
Stop 8, South Road (Stop codes 13115 and 13120)
The following routes service these stops:
  - B10
  - B10C
  - B10X
  - B12

There is ample parking available on site (CCF - CivilTrain Car Park), additional parking is available at the Thebarton Community Centre which is just a short stroll from the NHA - refer to map above.

CCF also has a large cafeteria; however it is not currently open on the weekends so we suggest that you bring your own lunch.

Also

If you prefer, there is a hotel just down the road where you will be able to purchase counter meals, or Henley Beach Road is just a short drive away where you can find many cafes and places to sit and relax for lunch.

If you have any queries or questions please contact us via email at admin@nhaa.edu.au or by phone on (08) 8351 8507.

Only a limited number of seats available, so book in quick!