



# BALANCINGTOUCH

MASSAGE AND REFLEXOLOGY TRAINING INSTITUTE

Call: **012 7722227** email: [info@balancingtouch.co.za](mailto:info@balancingtouch.co.za)

## 2018 BALANCINGTOUCH COURSE BROCHURE



*All Courses are taught with full SAQA Accreditation*



SAQA E. No US-57223 ETD

(Balancingtouch training Accreditation number)

## Swedish/Holistic Massage Certificate



### R4150.00

Entry-level Massage qualification centred round national and international legal requirements.

The necessary foundation needed in Massage Therapy and the doorway into the industry in South Africa. Learn Traditional Western Massage, using the most popular techniques. Giving you knowledge on how to promote your massage business correctly and using international standards for the correct approach to massage therapy helping you excel as a professional.

#### WHAT IS COVERED IN YOUR COURSE

- Introduction to massage therapy
- Health and Safety and legal parameters
- Professionalism and how to receive paying clients according to 5 star International standards
- Marketing yourself for business growth in natural therapies and generating return clients
- Mastering the massage techniques required to deliver correct massage according to national and international Standards of practice.

#### WHAT DO YOU RECEIVE WITH YOUR BALANCINGTOUCH COURSE

- You will receive your Swedish Massage Manual
- 100 ml Relaxation Massage Oil Blend
- Assessments and examinations
- 15 hours Intensive training and facilitation from SAQA accredited experts of Massage therapy
- Lifelong committed guidance from Balancingtouch
- Internationally and Nationally recognised Certification and Qualification

#### CERTIFICATION AND REQUIRMENTS

You will receive a letter of course completion at the end of the last class. Your certificate will state the legal codes/ unit standards that make up your qualification and will be issued upon completion of practical hours and assignments.

Our legal, endorsed certificates have an embossment to verify that you are legitimately trained by an accredited institute. We can only validate that you are fully certified once completion of all the following:

- 15 hours guided learning (In class training documented by us)
- In-course practical hours (signed off by facilitator) 5 hours weekly (part-time) 3 hrs daily (full time)
- 30 Massage practical Hours (Treatment records, outside of the class time) must be completed within 2 months after completion.
- 5 Consultation forms (Case studies)
- Weekly/ daily assignments submitted before the next class
- Course assignment (Must be sent to us before the last class)

#### DURATION OF COURSE

The course is completed over 5 weeks. 1 class per week (according to our yearly weekend schedule). Each class is 3 hours long that covers both Theory and Practical massage training.

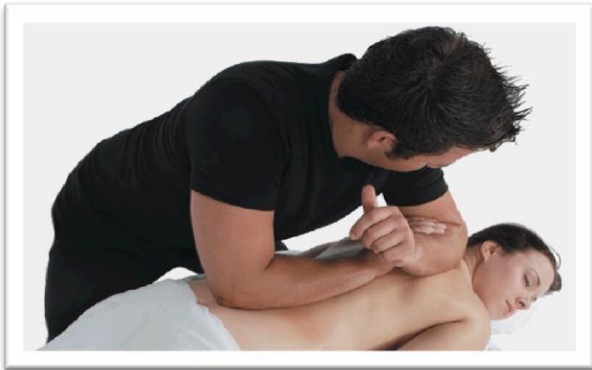
This course is also offered full time over 5 intensive classes (according to our weekday schedule). The classes are 3 hours each that cover both Theory and Practical massage training.

#### EXAMINATIONS AND ASSESSMENTS

There are no examination fees or assessment fees at Balancingtouch.

The theory assessments will be conducted continuously thought the training verbally. You will receive assignments via email on confirmation of courses before you start your first class. These assignments are counted towards theory knowledge assessment. Practical assessment is also conducted throughout the practical classes. On the last class, we will conduct a guided assessment on your skills that are required to certify. We will also conduct random post assessments for the practical aspect.

## Remedial Sports Massage (MUST HAVE SWEDISH MASSAGE CERTIFICATE)



### R5600 (R8500.00 for both Swedish and Sport)

The only recognised Remedial Massage course available in South Africa is only available at Balancingtouch. This course gives you the most advanced massage therapy techniques to bring about curative effects to client's specific needs and conditions. Often Defined as Physio Massage or as one level below Medical Physiotherapy with more scope of practice. Here you will master the most powerful massage techniques to treat, prevent injury and enhance performance to the whole muscular system. You will be geared up to treat most muscular chronic conditions, offer your services to athletes with extremely powerful results and conduct yourself to the highest standards of massage at events. This will guarantee continuous rebooking's and business growth.

#### WHAT IS COVERED IN YOUR COURSE

- The need for Remedial Massage
- Correcting posture and understanding the cycle of injury and how to intervene to stop and prevent injuries.
- How to diagnose different muscle conditions and gain a keen understanding of muscle anatomy and physiology
- Deep tissue massage with Advanced International Massage techniques such as NMT, STR, MET, SCS, CTM, PIR, RI, PNF.
- Become geared up to deliver bespoke treatments to deliver lasting results for the individual client and their needs.

#### WHAT DO YOU RECEIVE WITH YOUR BALANCINGTOUCH COURSE

- You will receive your Remedial Sports Massage Manual
- 100 ml Remedial Massage Oil Blend
- Assessments and examinations
- 18 hours Intensive training and facilitation from SAQA accredited experts of Massage therapy
- Lifelong committed guidance from Balancingtouch
- Internationally and Nationally recognised Certification and Qualification

#### CERTIFICATION AND REQUIRMENTS

You will receive a letter of completion at the end of the last class. Your certificate will state the legal codes/ unit standards that make up your qualification. This will only be issued once your assignments and practical components have been submitted.

Our legal, endorsed certificates have an embossment to verify that you are legitimately trained by an accredited institute. We can only validate that you are fully certified once completion of all the following:

- 18 hours guided learning (In class training documented by us)
- In-course practical hours (signed off by facilitator) 5 hours weekly (part-time) 3 hrs daily (full time)
- 30 Massage practical Hours (Treatment records, outside of the class time) must be completed within 2 months after completion.
- 5 Consultation forms (Case studies)
- Course assignment (Must be sent to us before the last class)

#### DURATION OF COURSE

The course is completed over 6 weeks. 1 class per week (according to our yearly weekend schedule). Each class is 3 hours long that covers both Theory and Practical massage training.

This course is also offered full time over 6 intensive classes (according to our weekday schedule). The classes are 3 hours each that cover both Theory and Practical massage training.

#### EXAMINATIONS AND ASSESSMENTS

There are no examination fees or assessment fees at Balancingtouch.

The theory assessments will be conducted continuously thought the training verbally. You will receive an assignment via email on confirmation of courses before you start your first class to be completed by the last day. This assignment is counted towards theory knowledge assessment.

Practical assessment is also conducted throughout the practical classes.

## Reflexology Practitioners Certificate



### R4300.00

This course will earn you the international title of Reflexology Practitioner where you will become an Advanced Reflexologist. You will fully understand the science of reflexology to treat health imbalances. Help clients recognise the connection between their emotional wellbeing and their health on every system and level. By the end of this course you have learned the skills and techniques to be able to work safely on pregnant clients and formulate treatment plans.

#### WHAT IS COVERED IN YOUR COURSE

- The True History of Reflexology and its medical background
- Understanding the scientific accuracy of reflexology and the emotional ties to disease and how to address them both
- How to recognise conditions through the feet and gain a keen understanding of physiology and psychology of disorders
- Mastering Advanced International Reflexology techniques such as OCT, CCT, ACT and Craniosacral Reflexology.
- Become geared up to deliver bespoke treatments to deliver lasting results for the individual client and their needs.

#### WHAT DO YOU RECEIVE WITH YOUR BALANCINGTOUCH COURSE

- You will receive your Advanced Reflexology Manual
- Reflexology foot powder
- Reflexology Chart
- Assessments and examinations
- 15 hours Intensive training and facilitation from SAQA accredited experts of Massage therapy
- Lifelong committed guidance from Balancingtouch
- Internationally and Nationally recognised Certification and Qualification

#### CERTIFICATION AND REQUIRMENTS

You will receive a letter of completion at the end of the last class. Your certificate will state the legal codes/ unit standards that make up your qualification. This will only be issued once your assignments and practical hours have been submitted.

Our legal, endorsed certificates have an embossment to verify that you are legitimately trained by an accredited institute. We can only validate that you are fully certified once completion of all the following:

- 15 hours guided learning (In class training documented by us)
- In-course practical hours (signed off by facilitator) 5 hours weekly (part-time) 3 hrs daily (full time)
- 30 Massage practical Hours (Treatment records, outside of the class time) must be completed within 2 months after completion.
- 5 Consultation forms (Case studies)
- Weekly course assignments (Must be sent to us before the next class)

#### DURATION OF COURSE

The course is completed over 5 weeks. 1 class per week (according to our yearly weekend schedule). Each class is 3 hours long that covers both Theory and Practical massage training.

This course is also offered full time over 5 intensive classes (according to our weekday schedule). The classes are 3 hours each that cover both Theory and Practical massage training.

#### EXAMINATIONS AND ASSESSMENTS

There are no examination fees or assessment fees at Balancingtouch.

The theory assessments will be conducted continuously throughout the training verbally. You will complete a weekly assignment as instructed by your facilitator and must be submitted via email to your lecturer before the next class. The assignments are counted towards theory knowledge assessment. Practical assessment is also conducted throughout the practical classes on your skills that are required to certify.

## Advanced Hot Stone Massage Certificate (MUST HAVE SWEDISH MASSAGE CERTIFICATE)



**R3700.00**

This course is a level 3 European Qualification in thermal therapy that covers the correct hot stone therapy standards that is not taught by any other school in South Africa. The course teaches you how to do the most effective form of massage with heated massage tools to bring about outstanding results. This is a must for the serious massage practitioner that wants to grow business over colder seasons and to add value to each treatment they offer. This is a deeply relaxing treatment that uses hot and cold stones to bring about immediate pain relief and effective detoxification

### WHAT IS COVERED IN YOUR COURSE

- Introduction to Hot Stone massage therapy
- Health and Safety and legal parameters of using Heated massage equipment
- Professionalism and how to manage the stones correctly in accordance with International standards
- Marketing Hot Stone for business growth and generating more return clients
- Mastering massage techniques with stones to deliver correct massage according to national and international Standards of practice.

### WHAT DO YOU RECEIVE WITH YOUR BALANCINGTOUCH COURSE

- You will receive your Hot Stone Massage Manual
- 100 ml Hot Stone Massage Oil Blend
- Assessments and examinations
- 9 hours Intensive training and facilitation from SAQA accredited experts of Massage therapy
- Hot and Cold Stone Kit (excludes stone heater [electric Wok]. Can be purchased at Clicks)
- Internationally and Nationally recognised Certification and Qualification

### CERTIFICATION AND REQUIRMENTS

You will receive a letter of completion at the end of the last class. Your certificate will state the legal codes/ unit standards that make up your qualification. This will only be issued once we have received your assignments and practical hours.

Our legal, endorsed certificates have an embossment to verify that you are legitimately trained by an accredited institute. We can only validate that you are fully certified once completion of all the following:

- 9 hours guided learning (In class training documented by us)
- 10 Massage practice Hours (Treatment records, outside of the class time) must be completed 2 months after completion.
- Course assignment (Must be sent to us before the last class)

### DURATION OF COURSE

The course is completed over 3 weeks. 1 class per week (according to our yearly weekend schedule). Each class is 3 hours long that covers both Theory and Practical massage training.

This course is also offered full time over 3 intensive classes (according to our weekday schedule). The classes are 3 hours each that cover both Theory and Practical massage training.

### EXAMINATIONS AND ASSESSMENTS

There are no examination fees or assessment fees at Balancingtouch.

The theory assessments will be conducted continuously throughout the training verbally. You will receive an assignment via email on confirmation of courses before you start your first class to be completed by the last day. This assignment is counted towards theory knowledge assessment. Practical assessment is also conducted throughout the practical classes for the assessment on your skills that are required to certify.

## Sports Bamboo Massage Certificate (MUST HAVE SWEDISH & REMEDIAL MASSAGE CERTIFICATION)



### R3800.00

This Specialised Course is Advanced Sports massage with the use of specially had crafted Bamboo Massage Tools. The course teaches you how to tackle major muscle conditions with precision, ease and safety. After the course, you will be able to work on more clients and deliver faster results with a fraction of the energy used for other massage techniques. This is perfect for targeting sporting events and bodybuilders. Ideal for athletes and to prevents injury to your hands.

#### WHAT IS COVERED IN YOUR COURSE

- Introduction to Advanced massage therapy with tools
- Health and Safety and legal parameters of working with tools
- Recap on Remedial sports massage techniques and adapting the tools for the techniques
- Marketing yourself for business expansion with bamboo to increase client capacity
- Mastering the Bamboo massage techniques to deliver effective massage according to the needs of Pro Athletes

#### WHAT DO YOU RECEIVE WITH YOUR BALANCINGTOUCH COURSE

- You will receive your Sports Bamboo Massage Manual
- 100 ml Remedial Massage Oil Blend
- Assessments and examinations
- 9 hours Intensive training and facilitation from SAQA accredited experts of Massage therapy
- Bamboo set (Hand crafted from solid Asian Bamboo Chu's)
- Internationally and Nationally recognised Certification and Qualification

#### CERTIFICATION AND REQUIRMENTS

You will receive a certificate of competence in class from Balancingtouch at the end of the last class. Your certificate will state the legal codes/unit standards that make up your qualification.

Our legal, endorsed certificates have an embossment to verify that you are legitimately trained by an accredited institute. We can only validate that you are fully certified once completion of all the following:

- 9 hours guided learning (In class training documented by us)
- 10 Massage practice Hours (Treatment records, outside of the class time) must be completed 2 months after completion.
- Course assignment (Must be sent to us before the last class)

#### DURATION OF COURSE

The course is completed over 3 weeks. 1 class per week (according to our yearly weekend schedule). Each class is 3 hours long that covers both Theory and Practical massage training.

This course is also offered full time over 3 intensive classes (according to our weekday schedule). The classes are 3 hours each that cover both Theory and Practical massage training.

#### EXAMINATIONS AND ASSESSMENTS

There are no examination fees or assessment fees at Balancingtouch.

The theory assessments will be conducted continuously thought the training verbally. You will receive an assignment via email on confirmation of courses before you start your first class to be completed by the last day. This assignment is counted towards theory knowledge assessment. Practical assessment is also conducted throughout the practical classes for the assessment on your skills that are required to certify.

## Manual Lymphatic Drainage (MLD) Massage certificate



**R3750.00**

This Specialised Massage is the fore runner of clinical massage that is safe and effective for addressing major health concerns and is sought after via medical referral. It is brilliant to assist in the treatment of most cancers and serious illnesses. Lymphatic drainage massage is a profound specialized technique to increase lymph flow, Detoxify the body for better health, immunity, weight loss and removes excess fluid and bloating.

### WHAT IS COVERED IN YOUR COURSE

- Introduction to Manual Lymphatic Drainage Massage
- Anatomy and Physiology of the Lymphatic system
- Specialised MLD techniques for effective drainage of the lymph and detoxification
- Re-routing Lymph for cancer survivors or where lymph nodes were removed
- Marketing yourself for business growth in natural therapies and generating return clients with MLD and reaching the target Market
- Mastering the MLD approach to deliver correct procedures according to international Standards of practice.

### WHAT DO YOU RECEIVE WITH YOUR BALANCINGTOUCH COURSE

- You will receive your Manual Lymphatic Drainage Manual
- 100 ml Detox Massage Oil Blend
- Assessments and examinations
- 12 hours Intensive training and facilitation from SAQA accredited experts of Massage therapy
- Lifelong committed guidance from Balancingtouch
- Internationally and Nationally recognised Certification and Qualification

### CERTIFICATION AND REQUIRMENTS

You will receive a letter of completion at the end of the last class. Your certificate will state the legal codes/ unit standards that make up your qualification. This will be issued once your assignment and practical hours have been submitted.

Our legal, endorsed certificates have an embossment to verify that you are legitimately trained by an accredited institute. We can only validate that you are fully certified once completion of all the following:

- 12hours guided learning (In class training documented by us)
- 10 Massage practice Hours (Treatment records, outside of the class time) must be completed 2 weeks after completion.
- Course assignment (Must be sent to us before the last class)

### DURATION OF COURSE

The course is completed over 4 weeks. 1 class per week (according to our yearly weekend schedule). Each class is 3 hours long that covers both Theory and Practical massage training.

This course is also offered full time over 4 intensive classes (according to our weekday schedule). The classes are 3 hours each that cover both Theory and Practical massage training.

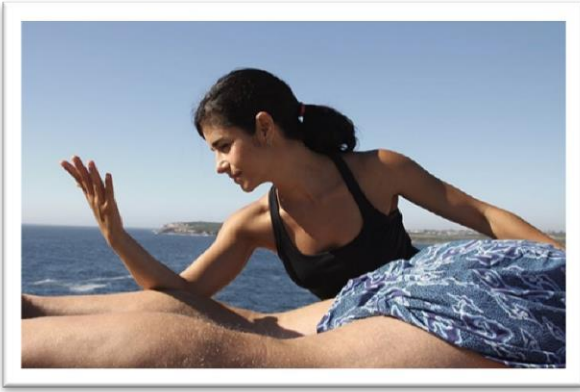
### EXAMINATIONS AND ASSESSMENTS

There are no examination fees or assessment fees at Balancingtouch.

The theory assessments will be conducted continuously thought the training verbally. You will receive an assignment via email on confirmation of courses before you start your first class to be completed by the last day. This assignment is counted towards theory knowledge assessment.

Practical assessment is also conducted throughout the practical classes for the assessment on your skills that are required to certify.

## Lomi-lomi Hawaiian Massage Certificate



**R3750.00**

Lomi-lomi Massage is a powerful ancient healing method of the body and mind and heart performed by the Hawaiian Healers and massage Practitioners. This course with Balancingtouch will teach you the true essence of this sacred massage that is often overlooked or left out by other institutions. You will gain the heart needed to perform this beautiful massage to bring about its true effect by understanding the Hawaiian wisdom that unifies client and therapist with compassion and acceptance. It is a beautiful, elegant and authentic island massage which brings about the most powerful effects on the human heart, body and mind.

### WHAT IS COVERED IN YOUR COURSE

- Introduction to Hawaiian Massage Lomi-lomi
- The wisdom Of Ancient Huna (Universal law of health, Abundance, Love, Manifestation)
- Professionalism and how to receive and prepare your clients according to 5 star International standards
- How to work With Heart, learning Techniques that mimic the waves of the ocean in a Hawaiian dance like motion
- Understanding the different components of the Mind Body and Soul and how to bring peace to clients with unconditional love

### WHAT DO YOU RECEIVE WITH YOUR BALANCINGTOUCH COURSE

- You will receive your Lomi-lomi Manual
- 100 ml Lomi-lomi Massage Oil Blend
- Assessments and examinations
- 12 hours Intensive training and facilitation from SAQA accredited experts of Massage therapy
- Lifelong committed guidance from Balancingtouch
- Internationally and Nationally recognised Certification and Qualification

### CERTIFICATION AND REQUIRMENTS

You will receive a letter of completion at the end of the last class. Your certificate will state the legal codes/ unit standards that make up your qualification. This will be issued once your assignment and practical hours have been submitted.

Our legal, endorsed certificates have an embossment to verify that you are legitimately trained by an accredited institute. We can only validate that you are fully certified once completion of all the following:

- 12 hours guided learning (In class training documented by us)
- 10 Massage practice Hours (Treatment records, outside of the class time) must be completed 2 months after completion.
- Course assignments (Must be sent to us before the last class)

### DURATION OF COURSE

The course is completed over 4 weeks. 1 class per week (according to our yearly weekend schedule). Each class is 3 hours long that covers both Theory and Practical massage training.

This course is also offered full time over 4 intensive classes (according to our weekday schedule). The classes are 3 hours each that cover both Theory and Practical massage training.

### EXAMINATIONS AND ASSESSMENTS

There are no examination fees or assessment fees at Balancingtouch.

The theory assessments will be conducted continuously thought the training verbally. Your assignment must be completed by the last day and sent via email. These assignments are counted towards theory knowledge assessment.

Practical assessment is also conducted throughout the practical classes. On the last class, we will conduct a guided assessment on your skills that are required to certify.



## Pregnancy Massage Certificate (MUST HAVE SWEDISH MASSAGE CERTIFICATE)



**R3500.00**

This is a beautiful specialized massage Qualification that gives you the skills and requirements to work on the expecting mom. Standard massage therapy on a pregnant client can be extremely harmful to both the mom as well as the unborn child. This course teaches you what should be avoided to ensure safety of the client, it also teaches you how to position your client to protect their modesty and relieve the symptoms associated with pregnancy to give the mom the relaxation and relief she needs.

### WHAT IS COVERED IN YOUR COURSE

- Introduction to massage therapy and pregnancy
- Anatomy of pregnancy with Health and Safety and legal parameters of working on expecting mothers
- Consultation, draping and positioning and how to receive a pregnant client according to 5 star International standards
- Marketing yourself for business growth in Pregnancy massage and generating business
- Mastering the massage techniques required to deliver correct massage according to national and international Standards of practice.

### WHAT DO YOU RECEIVE WITH YOUR BALANCINGTOUCH COURSE

- You will receive your Pregnancy Massage Manual
- 100 ml Pregnancy Massage Oil Blend
- Assessments and examinations
- 6 hours Intensive training and facilitation from SAQA accredited experts of Massage therapy (After Swedish is completed)
- Lifelong committed guidance from Balancingtouch
- Internationally and Nationally recognised Certification and Qualification

### CERTIFICATION AND REQUIRMENTS

You will receive a letter of completion the end of the last class. Your certificate will state the legal codes/ unit standards that make up your qualification. This will be issued once your assignment and practical hours have been submitted.

Our legal, endorsed certificates have an embossment to verify that you are legitimately trained by an accredited institute. We can only validate that you are fully certified once completion of all the following:

- 6 hours guided learning (In class training documented by us)
- 10 Massage practice Hours (Treatment records, outside of the class time) must be completed 2 months after completion. (Client can be Non-pregnant for practice)
- Course assignment (Must be sent to us before the last class)

### DURATION OF COURSE

The course is completed over 2 weeks. 1 class per week (according to our yearly weekend schedule). Each class is 3 hours long that covers both Theory and Practical massage training.

This course is also offered full time over 2 intensive classes (according to our weekday schedule). The classes are 3 hours each that cover both Theory and Practical massage training.

### EXAMINATIONS AND ASSESSMENTS

There are no examination fees or assessment fees at Balancingtouch.

The theory assessments will be conducted continuously thought the training verbally and in writing in class. Your assignment must be submitted by the last class.

Practical assessment is also conducted throughout the practical classes for the assessment on your skills that are required to certify.

## Balinese Scalp Massage Certificate



**R1500.00**

The soothing and relaxing Qualities of Balinese scalp massage is a much-preferred Head massage in comparison to the vigorous Indian head massage. The massage offers an amazing upper shoulder, neck, head massage with eastern massage techniques that targets the release of stress energy and day to day tension to bring a deep sense of peace and calm to every client you touch. The short 1 day course will add a skill to your set of disciplines that will improve value and experience for your clients.

### WHAT IS COVERED IN YOUR COURSE

- History of Balinese Scalp Massage
- Benefits of this amazing treatment, why it is so important and safety precautions
- Professionalism and how to receive paying clients and attract new clients with International standards
- Marketing yourself for business growth with Balinese Scalp massage as a promotion tool
- Mastering the massage techniques of Balinese pressure points and flow to exceed expectations in clients.

### WHAT DO YOU RECEIVE WITH YOUR BALANCINGTOUCH COURSE

- You will receive your Balinese Scalp Massage Manual
- 100 ml Eastern Massage Oil Blend
- 3 hours Intensive training and facilitation from SAQA accredited experts of Massage therapy
- Lifelong committed guidance from Balancingtouch
- Internationally and Nationally recognised Certification and Qualification

### CERTIFICATION AND REQUIRMENTS

You will receive a letter of completion at the end of the last class. Your certificate will state the legal codes/ unit standards that make up your qualification. This will be issued once we have received your practical hours

Our legal, endorsed certificates have an embossment to verify that you are legitimately trained by an accredited institute. We can only validate that you are fully certified once completion of all the following:

- 3 hours guided learning (In class training documented by us)
- 5 Massage practice Hours (Treatment records, outside of the class time) Must be completed 2 months after completion.

### DURATION OF COURSE

The course is completed over 1 day (according to our yearly weekend schedule). The class is 3 hours long that covers both Theory and Practical massage training.

This course is also offered full time over 1 class (according to our weekday schedule). The class is 3 hours long that covers both Theory and Practical massage training.

### EXAMINATIONS AND ASSESSMENTS

There are no examination fees or assessment fees at Balancingtouch.

The theory assessment will be conducted continuously thought the training verbally. Practical assessment is also conducted throughout the practical class.

## Aromatherapy Blending Workshop Certificate



**R1750.00**

This amazing workshop will give invaluable information that will bring huge results and another element to any treatment that you offer. Here you discover the art of blending aromatherapy oils to create beautiful smelling oils that are both highly beneficial to the mind, body and the soul. You will cover how oils are made and what oils complement each other. At the end of the day you will create your own signature blend with formulas you will learn in class. You will be able to create potions from oils bought in health shops in a manner that is safe for clients and yield powerful results and address clients concerns and their needs.

### WHAT IS COVERED IN YOUR COURSE

- Introduction to Aromatherapy
- How aromatherapy is made
- How to effectively use aromatherapy to help clients
- The different families and Notes of aromatherapy to create the perfect smelling blends
- The formula on how to mix your oils and blend essential oils for the best effect with safety in mind.

### WHAT DO YOU RECEIVE WITH YOUR BALANCINGTOUCH COURSE

- You will receive your Aromatherapy Manual
- 250 ml carrier Oil Blend
- 5 top Quality Pure Essential oils
- 3 hours Intensive training and facilitation from SAQA accredited experts of natural therapy
- Lifelong committed guidance from Balancingtouch
- Internationally and Nationally recognised Certification and Qualification

### CERTIFICATION AND REQUIRMENTS

You will receive a certificate of competence in class from Balancingtouch at the end of the last class. Your certificate will state the legal codes/unit standards that make up your qualification.

Our legal, endorsed certificates have an embossment to verify that you are legitimately trained by an accredited institute. We can only validate that you are fully certified once completion of all the following:

- 3 hours guided learning (In class training documented by us)

### DURATION OF COURSE

The course is completed over 1 day (according to our yearly weekend schedule). The class is 3 hours long that covers both Theory and Practical massage training.

This course is also offered full time over 1 class (according to our weekday schedule). The class is 3 hours long that covers both Theory and Practical massage training.

### EXAMINATIONS AND ASSESSMENTS

There are no examination fees or assessment fees at Balancingtouch.

The theory assessment will be conducted continuously throughout the training verbally. Practical assessment will be conducted at the end of the class through a smell test to see if your oil was blended with the correct principals and formulas.

## Back Care Clinic Certificate (MUST HAVE SWEDISH & REMEDIAL MASSAGE CERTIFICATION)



### R1500.00

Back Care Clinic (Focusing on upper Back) is completely unique to Balancingtouch and is exclusively presented to our experienced therapists. It utilizes all the remedial Massage techniques in specific sequences to treat the most common concerns of the Neck and upper shoulders without having to waste time trying to figure out a treatment plan. The formulas you will learn have taken 11 years' international experience to formulate Using proven massage formulas that deliver result and lasting relief to concerns.

#### WHAT IS COVERED IN YOUR COURSE

- Advance Remedial Massage Technique overview
- Common issues most clientele have in the upper back and neck and the causes of the issues
- How to address common issues with specific formulas with Advanced massage techniques
- Recommendation on potentially how many sessions the client will need to treat their concerns
- How to educate your client for greater rebooking and return clients.

#### WHAT DO YOU RECEIVE WITH YOUR BALANCINGTOUCH COURSE

- You will receive your Back-Care Clinic Manual
- 100 ml Sports Massage Oil Blend
- 4-5 hours Intensive training and facilitation from SAQA accredited experts of Remedial Massage therapy
- Lifelong committed guidance from Balancingtouch
- Internationally and Nationally recognised Certification and Qualification

#### CERTIFICATION AND REQUIRMENTS

You will receive a letter of completion at the end of the last class. Your certificate will state the legal codes/ unit standards that make up your qualification. This will be issued once your practical hours have been submitted.

Our legal, endorsed certificates have an embossment to verify that you are legitimately trained by an accredited institute. We can only validate that you are fully certified once completion of all the following:

- 4 hours guided learning (In class training documented by us)
- 10 Massage practice Hours (Treatment records, outside of the class time) must be completed 2 months after completion.

#### DURATION OF COURSE

The course is completed in 1 day. 1 class (according to our yearly weekend schedule). The class is 4-5 hours long that covers both Theory and Practical massage training.

This course is also offered full time over 1 intensive class (according to our weekday schedule). The class is 4-5 hours each that cover both Theory and Practical massage training.

#### EXAMINATIONS AND ASSESSMENTS

There are no examination fees or assessment fees at Balancingtouch.

The theory assessment will be conducted continuously thought the training verbally. Practical assessment is also conducted throughout the practical class.

## Lower Back Care Certificate (MUST HAVE SWEDISH & REMEDIAL MASSAGE CERTIFICATION)



### R1500.00 (R2100.00 for Back Care & Lower Back)

Lower Back Care Clinic (Focusing on Lower Back) is a second part to our Back-Care Clinic or as a separate Class that is also completely unique to Balancingtouch and exclusively presented to our experienced therapists. It utilizes all the remedial Massage techniques in specific sequences to treat the most common concerns of the Lower Back, Hips and mid Back without having to waste time trying to figure out a treatment plan. The formulas you will learn have taken 11 years' international experience to formulate, using proven massage formulas that deliver result and lasting relief to concerns.

#### WHAT IS COVERED IN YOUR COURSE

- Advance Remedial Massage Technique overview
- Common issues most clientele have in the Lower Back and Hips and the causes of the issues
- How to address common issues with specific formulas with Advanced massage techniques
- Recommendation on potentially how many sessions the client will need to treat their concerns
- How to educate your client for greater rebooking and return clients.

#### WHAT DO YOU RECEIVE WITH YOUR BALANCINGTOUCH COURSE

- You will receive your Lower Back Care Clinic Manual
- 100 ml Sports Massage Oil Blend
- 4-5 hours Intensive training and facilitation from SAQA accredited experts of Remedial Massage therapy
- Lifelong committed guidance from Balancingtouch
- Internationally and Nationally recognised Certification and Qualification

#### CERTIFICATION AND REQUIRMENTS

You will receive a letter of completion at the end of the last class. Your certificate will state the legal codes/ unit standards that make up your qualification. This will be issued once your practical hours have been submitted.

Our legal, endorsed certificates have an embossment to verify that you are legitimately trained by an accredited institute. We can only validate that you are fully certified once completion of all the following:

- 4 hours guided learning (In class training documented by us)
- 10 Massage practice Hours (Treatment records, outside of the class time) must be completed 2 months after completion.

#### DURATION OF COURSE

The course is completed in 1 day. 1 class (according to our yearly weekend schedule). The class is 4-5 hours long that covers both Theory and Practical massage training.

This course is also offered full time over 1 intensive class (according to our weekday schedule). The class is 4-5 hours each that cover both Theory and Practical massage training.

#### EXAMINATIONS AND ASSESSMENTS

There are no examination fees or assessment fees at Balancingtouch.

The theory assessment will be conducted continuously thought the training verbally. Practical assessment is also conducted throughout the practical class.

## Detox Body Mud Wrapping Certificate (RECOMMENDED REFLEXOLOGY & MLD CERTIFICATE)



### R3100.00

This course teaches you the popular and in demand skill of aiding clients to cleanse their system and lose weight naturally. The Detox Body Mud Wraps initiate the detox process through the removal of bi-product waste back log accumulated in the body's fat cells, causing things like fluid retention, cellulite and the inability to lose weight. These wraps eliminate these toxins, reducing cellulite, while promoting centimetre weight loss.

#### WHAT IS COVERED IN YOUR COURSE

- Introduction to Toxins and Detoxification
- Health benefits, Health and Safety and legal parameters
- Professionalism and how to implement basic Manual Lymph Drainage, Mineral therapy and thermal therapy to speed up weight loss
- Marketing yourself for business growth in detox therapies and generating return clients and help your clients achieve goals
- How to create appealing packages and generate business returns according to international Standards of practice.

#### WHAT DO YOU RECEIVE WITH YOUR BALANCINGTOUCH COURSE

- You will receive your Detox Body Mud Wrap Manual
- 100 ml detox Massage Oil Blend
- 250ml Detox Mud
- Thermal Blanket
- 9 hours Intensive training and facilitation from SAQA accredited experts of Massage therapy
- Internationally and Nationally recognised Certification and Qualification

#### CERTIFICATION AND REQUIRMENTS

You will receive a letter of completion at the end of the last class. Your certificate will state the legal codes/ unit standards that make up your qualification. This will be issued once your assignment and practical hours have been submitted.

Our legal, endorsed certificates have an embossment to verify that you are legitimately trained by an accredited institute. We can only validate that you are fully certified once completion of all the following:

- 9 hours guided learning (In class training documented by us)
- 10 Massage practice Hours (Treatment records, outside of the class time) must be completed 2 months after completion.
- Course assignments (Must be sent to us before the last class)

#### DURATION OF COURSE

The course is completed over 3 weeks. 1 class per week (according to our yearly weekend schedule). Each class is 3 hours long that covers both Theory and Practical massage training.

This course is also offered full time over 3 intensive classes (according to our weekday schedule). The classes are 3 hours each that cover both Theory and Practical massage training.

#### EXAMINATIONS AND ASSESSMENTS

There are no examination fees or assessment fees at Balancingtouch.

The theory assessments will be conducted continuously throughout the training verbally. You will receive an assignment via email on confirmation of courses before you start your first class to be completed by the last day. This assignment is counted towards theory knowledge assessment. Practical assessment is also conducted throughout the practical classes for the assessment on your skills that are required to certify.

## External Colonic Cleansing Certificate (RECOMMENDED REFLEXOLOGY & MLD CERTIFICATE)



### R2100.00

The Colon Cleanse course is a non-invasive skill that utilizes the science of Tummy massage, Thermal therapy (hot stone techniques), Mud wrapping (Of the tummy) and advanced reflexology (Digestive specific) in a very specific formula that focuses on the elimination of toxicity in the digestive system, caused from poor dietary habits, medications and current negatively affecting digestive health concerns. Manually draining clogged up waste promotes proper absorption of nutrition, nutrients, regulates the processes of elimination thus facilitating the body to naturally lose, maintain and manage weight issues. This should inevitably alleviate associated health concerns, reflecting a positive, healthy attitude towards life.

#### WHAT IS COVERED IN YOUR COURSE

- Introduction to the digestive Anatomy and physiology and detoxification
- Health and Safety and legal parameters
- Professionalism and how to receive paying clients according to 5 star International standards while addressing their concerns
- Marketing yourself for business growth in detox therapies and generating return clients
- Mastering the massage techniques for the abdomen, Reflexology (System Specific), Thermal therapy and Mineral therapy.

#### WHAT DO YOU RECEIVE WITH YOUR BALANCINGTOUCH COURSE

- You will receive your External Colonic Cleansing Manual
- 100 ml detox Massage Oil Blend
- 6 hot stones
- Detox clay
- 6 hours Intensive training and facilitation from SAQA accredited experts of Massage therapy
- Lifelong committed guidance from Balancingtouch
- Internationally and Nationally recognised Certification and Qualification

#### CERTIFICATION AND REQUIRMENTS

You will receive a letter of completion at the end of the last class. Your certificate will state the legal codes/ unit standards that make up your qualification. This will be issued once your assignment and practical hours have been submitted.

Our legal, endorsed certificates have an embossment to verify that you are legitimately trained by an accredited institute. We can only validate that you are fully certified once completion of all the following:

- 6 hours guided learning (In class training documented by us)
- 10 Massage practice Hours (Treatment records, outside of the class time) must be completed 2months after completion.
- Course assignments (Must be sent to us before the last class)

#### DURATION OF COURSE

The course is completed over 2 weeks. 1 class per week (according to our yearly weekend schedule). Each class is 3 hours long that covers both Theory and Practical massage training.

This course is also offered full time over 2 intensive classes (according to our weekday schedule). The classes are 3 hours each that cover both Theory and Practical massage training.

#### EXAMINATIONS AND ASSESSMENTS

There are no examination fees or assessment fees at Balancingtouch.

The theory assessments will be conducted continuously throughout the training verbally and in book assignments. This assignment is counted towards theory knowledge assessment.

Practical assessment is also conducted throughout the practical classes for the assessment on your skills that are required to certify.

## Herbal Poultice Massage Certificate (MUST HAVE SWEDISH MASSAGE CERTIFICATE)



*\*Subject to availability*

### R4000.00

The Herbal Poultice massage course is a beautiful eastern based treatment that uses specially picked and selected herbs and medicinal plants, heated and steamed in poultice bags to be used as massage tools on the body to bring about deep relaxation, ease pains and other health ailments and take the client on a journey of healing and mind, body, soul balance and harmony. The course uses the medicinal herbal poultice bags on Ayurveda pressure points, known as Marma points (Like Shiatsu or Acupressure points). Much like herb-ology and aromatherapy, the herbs aid in deep healing and cleansing of the body and assist in transforming the emotional and mental state into a more positive and peaceful state. This is a must for therapists who want to add a signature touch to their practices and assist in deeper healing for clients in high stress jobs that need that little bit more

#### WHAT IS COVERED IN YOUR COURSE

- Introduction to Herbal Poultice
- Health and Safety and legal parameters
- Professionalism and how to receive paying clients according to 5 star International standards while addressing their concerns
- Preparation of herbs and poultices for Healing therapies
- Mastering the massage techniques for the Marma points with Poultices, Thermal therapy and Herbal therapy.

#### WHAT DO YOU RECEIVE WITH YOUR BALANCINGTOUCH COURSE

- You will receive your Poultice Massage Manual
- 100 ml detox Massage Oil Blend
- 10 Herbal Poultices
- 12 hours Intensive training and facilitation from SAQA accredited experts of Massage therapy
- Lifelong committed guidance from Balancingtouch
- Internationally and Nationally recognised Certification and Qualification

#### CERTIFICATION AND REQUIRMENTS

You will receive a letter of completion at the end of the last class. Your certificate will state the legal codes/ unit standards that make up your qualification. This will be issued once you have submitted your assignment and practical hours.

Our legal, endorsed certificates have an embossment to verify that you are legitimately trained by an accredited institute. We can only validate that you are fully certified once completion of all the following:

- 12 hours guided learning (In class training documented by us)
- 10 Massage practice Hours (Treatment records, outside of the class time) must be completed 2 months after completion.
- Course assignments (Must be sent to us before the last class)

#### DURATION OF COURSE

The course is completed over 4 weeks. 1 class per week (according to our yearly schedule). Each class is 3 hours long that covers both Theory and Practical massage training.

This course is also offered full time over 4 intensive classes (according to our weekday schedule). The classes are 3 hours each that cover both Theory and Practical massage training.

#### EXAMINATIONS AND ASSESSMENTS

There are no examination fees or assessment fees at Balancingtouch.

The theory assessments will be conducted continuously throughout the training verbally and in assignments. The assignment is counted towards theory knowledge assessment. Practical assessment is also conducted throughout the practical classes for the assessment on your skills that are required to certify.



## Shiatsu Massage Certificate (MUST HAVE SWEDISH CERTIFICATE)



### R4150.00

Shiatsu Massage is a full body massage focusing on pressure points to restore balance in the body. We adopt the eastern approach to medicine using authentic components of guided intuition and knowledge of Ki, Yin and yang, the 5 elements and the meridian system. Visualization and intuition play an important role for restoring balance in the body. We focus predominantly on ancient shiatsu philosophy, that is restoring balance to the elements and Ki by implementing "Shindan soku Chiryō", means "Diagnosis and Therapy Combined". Also, we will not be focusing on treating specifics through advanced formulas, we will be striving to achieve restoration of balance in the person as a whole that will naturally restore and remove imbalances by working the whole body and meridian system.

#### WHAT IS COVERED IN YOUR COURSE

- Introduction to Shiatsu Massage
- The Meridian System and the 5 elements
- Balancing the meridians for health
- Health and Safety and legal parameters
- Professionalism and how to receive paying clients while addressing their concerns
- Mastering the massage techniques of pressure points therapy.

#### WHAT DO YOU RECEIVE WITH YOUR BALANCINGTOUCH COURSE

- You will receive your Shiatsu Massage Manual
- 100 ml Shiatsu Massage Oil Blend
- 15 hours Intensive training and facilitation from SAQA accredited experts of Massage therapy
- Lifelong committed guidance from Balancingtouch
- Internationally and Nationally recognised Certification and Qualification

#### CERTIFICATION AND REQUIRMENTS

You will receive a letter of completion at the end of the last class. Your certificate will state the legal codes/ unit standards that make up your qualification. This will be issued once you have submitted your assignment and practical hours.

Our legal, endorsed certificates have an embossment to verify that you are legitimately trained by an accredited institute. We can only validate that you are fully certified once completion of all the following:

- 15 hours guided learning (In class training documented by us)
- 10 Massage practice Hours (Treatment records, outside of the class time) must be completed 2 months after completion.
- Course assignments (Must be sent to us before the last class)

#### DURATION OF COURSE

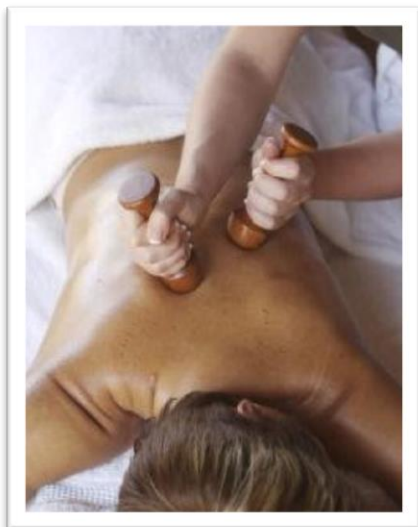
The course is completed over 5 weeks. 1 class per week (according to our yearly schedule). Each class is 3 hours long that covers both Theory and Practical massage training.

This course is also offered full time over 5 intensive classes (according to our weekday schedule). The classes are 3 hours each that cover both Theory and Practical massage training.

#### EXAMINATIONS AND ASSESSMENTS

There are no examination fees or assessment fees at Balancingtouch. The theory assessments will be conducted continuously through the training verbally and in assignments. The assignment is counted towards theory knowledge assessment. Practical assessment is also conducted throughout the practical classes for the assessment on your skills that are required to certify.

## Rungu Deep Tissue Massage Certificate (MUST HAVE SWEDISH & REMEDIAL MASSAGE CERTIFICATION)



*\*Subject to Availability*

**R3750.00**

This Advanced Sports Massage course is focused on the fascial system, applying Deep tissue massage utilising Rungu Massage Sticks to perform a deep tissue sport massage. These tools are hand crafted to accurately treat and manipulate the fascial system. The course teaches you how to treat severe muscle tension, predominantly in athletes, with precision, ease and safety. After the course, you will be able to work on more clients and deliver faster results with a fraction of the energy used for other massage techniques. This is perfect for targeting deep seated muscle problems in athletes. An ideal tool for injury prevention as a therapist.

### WHAT IS COVERED IN YOUR COURSE

- Introduction to advanced & specialized massage techniques with tools
- Health and Safety and legal parameters of working with tools
- Recap on Remedial sports massage techniques and adapting the tools for the techniques
- Marketing yourself for business expansion with Rungu sticks to increase client capacity
- Mastering the use of Rungu sticks in a deep tissue massage to deliver effective massage according to the needs of Pro Athletes

### WHAT DO YOU RECEIVE WITH YOUR BALANCINGTOUCH COURSE

- You will receive your Rungu Deep Tissue Massage Manual
- 100 ml Remedial Massage Oil Blend
- Assessments and examinations
- 9 hours Intensive training and facilitation from SAQA accredited experts of Massage therapy
- Rungu Sticks Massage Kit (Hand crafted from A-Grade Meranti)
- Internationally and Nationally recognised Certification and Qualification

### CERTIFICATION AND REQUIRMENTS

You will receive a certificate of competence in class from Balancingtouch at the end of the last class. Your certificate will state the legal codes/unit standards that make up your qualification. Our legal, endorsed certificates have an embossment to verify that you are legitimately trained by an accredited institute. We can only validate that you are fully certified once completion of all the following:

- 9 hours guided learning (In class training documented by us)
- 10 Massage practice Hours (Treatment records, outside of the class time) must be completed 2 months after completion.
- Course assignment (Must be sent to us before the last class)

### DURATION OF COURSE

The course is completed over 3 weeks. 1 class per week (according to our yearly weekend schedule). Each class is 3 hours long that covers both Theory and Practical massage training.

This course is also offered full time over 3 intensive classes (according to our weekday schedule). The classes are 3 hours each that cover both Theory and Practical massage training.

### EXAMINATIONS AND ASSESSMENTS

There are no examination fees or assessment fees at Balancingtouch. The theory assessments will be conducted continuously thought the training verbally. You will receive an assignment via email on confirmation of courses before you start your first class to be completed by the last day. This assignment is counted towards theory knowledge assessment. Practical assessment is also conducted throughout the practical classes for the assessment on your skills that are required to certify.