

## MASSAGE WORKSHOPS

### 1. Self and Buddy Massage Workshop

A two hour workshop which focuses on simple Swedish massage techniques (such as stroking, kneading, patting) as well as simple acupressure techniques (e.g. to relieve headaches, nausea, stomachache etc) to use to alleviate pain and to relax oneself as well as loved ones.



### 2. Indian Head Massage Workshop

A one and a half hours workshop and demo on self massage techniques that one can use to mainly relieve headaches, neck strain, frozen shoulder and stiff upper back.

### 3. Foot/Hand Reflexology Workshop

A two hour workshop which focuses on basic foot and hand reflexology techniques used to improve blood circulation and improve overall general well being.

### 4. Referral Areas Workshop

What happens when one is interested in reflexology but the feet itself is injured? What if one wanted to help heal a fall on one's knee and it's too tender to be massaged? This two hour workshop shows the lesser known referral areas massage and how it can benefit one from quick recovery from injuries and pain. This is a lesser known therapy and it's suitable for everyone, including a spa therapist who wants to further enhance their knowledge of this lesser known referral massage.

### 5. Fun with Acupressure Workshop

A two hour workshop that teaches one the theories and logic behind acupressure as well as a practical demo and fun hands on section that teaches one the basic skills to alleviate certain conditions for oneself and one's loved ones through simple finger pressure techniques on various parts of the body.

### 6. Isomassage preview and Introduction Workshop (Only workshop in Singapore) (9am-3pm)

A 1 day workshop that enlightens one on the very unique therapy of Isomassage. It's the only type of therapy that incorporates both massage techniques as well as general Isometric principles developed in Russia. Topics covered include general principles of Isometric contractions, simple massage techniques, Incorporating Isomassage for lower

limb and incorporating Isomassage for torso. Suitable for all those interested to enhance their repertoire of massage skills or just curious health care enthusiasts.

### **7. Isomassage Workshop (Only Workshop in Singapore)**

**(two days, 9am-5pm)**

2 full day workshop on the unique Isomassage therapy. Participants would be taught theory lessons such as basic principles of Isometric contractions, Isometric contractions for various muscle groups, massage techniques, stages of adding Isometric stretches, client movement and specific problem based Isomassage.

### **8. Household Items Workshop**

A 1 hour workshop that explains the basis different types of massages available, how they are different as well as a how to use various household or everyday items such as combs, towels, pencils, golf balls to create a therapeutic effect on oneself and love ones.

**(Note: All workshops includes free demo (10-15 minutes) by the Trainer)**

## **CORPORATE MASSAGE THERAPY SERVICES (Home/Office/Outdoors)**

- 1. Foot Reflexology**
- 2. Hand Reflexology**

The above two are an acupressure type technique performed on the hands and feet and is based on the ancient Oriental theory that meridian lines or pathways carry energy throughout the body. Because each zone or part of the body has a corresponding reflex point on the feet, stimulating that reflex point causes stimulation in the natural energy of the related organ.

- 3. Shoulder, neck and back massage (Indian Head Massage)**

A combination of Swedish and deep tissue massage (fully clothed massage). Deep Tissue Massage is designed to reach the deep portions of thick muscles, specifically the individual muscle fibers. Using deep muscle compression and friction along the grain of the muscle, its purpose is to unstick the fibers of the muscles and release both toxins and deeply held patterns of tension.

- 4. Shiatsu**

Japanese “finger pressure” therapy where the hands, feet, elbows and knuckles are used to break ‘blockages’ in the entire body to relieve pain and improve overall well being.

- 5. Sports Massage**

Sports Massage is a special form of massage and is typically used before, during, and after athletic events. The purpose of the massage is to prepare the athlete for peak performance, to drain away fatigue, to relieve swelling, to reduce muscle tension, to promote flexibility and to prevent injuries. The best type of massage for all sports athletes.

- 6. Trigger Point Therapy**

Trigger point therapy is a bodywork technique that involves the applying of pressure to tender muscle tissue in order to relieve pain and dysfunction in other parts of the body. Sometimes massage and trigger point therapy are performed together.

- 7. Acupressure**

Acupressure is an ancient Chinese technique based on the principles of acupuncture, and involves the use of finger pressure (without the needles) on specific points along the body. It is a way of accessing and releasing blocked or congested energy centers in the body.

## **8. Iwe'ology Therapy**

An African style massage that incorporates the use of natural herbs, spices, roots and oils to cleanse the body and hence improve one's overall well being, both physically and spiritually. Slow and measured stretching technique would also be included to reduce pain and increase mobility. A very uncommon and underrated therapy, it is useful for people of all ages and a variety of ailments, from shoulder strain to depression.

## **9. Reiki**

*Reiki* is one of the more widely known forms of energy healing. Energy Healing involves direct application of *Chi* for the purpose of strengthening the client's energy system (aura). A Reiki treatment consists of the practitioner placing his or her hands on the client's body having only the intent for the energy to flow. This is specially useful for people who would like to speed up the healing process from surgery or when certain parts are impossible to massage due to tremendous pain.

## **BENEFITS OF MASSAGE**

Massage is a great way to reward your employees, treat your coworkers, or say thanks to important clients and their employees. Here are some of the numerous benefits of a massage:

- \* it improves employee productivity
- \* it improves employee morale and elevates moods
- \* it improves employee concentration by maximizing circulation
- \* it increases employee alertness
- \* it reduces muscle tension and tension headaches
- \* it helps alleviate repetitive movement stress symptoms
- \* it may even increase employee retention when part of an on-going program
- \* it improves employees' morale as they would feel cared for by their employers.
- \* it strengthens office relationships and promotes team mentality
- \* it increases blood circulation
- \* it strengthens the immune system

### **Who can benefit from Massage Therapy?**

People of all ages and interests can enjoy the benefits of massage therapy:

- Athletes
- People suffering from anxiety and/or depression
- Chronic pain sufferers
- Physically disabled
- Pregnant Women
- People working at computers or traveling frequently
- Infants and Children
- Senior Citizens
- Theatre performers, musicians, artists and dancers
- People working in repetitive motion/physically demanding jobs
- Police Officers, and EMT's.
- Hair Stylists
- Lawyers

### **Therapeutic Massage can help with a wide range of medical conditions:**

- Allergies
- Anxiety
- Arthritis Asthma and bronchitis
- Carpal Tunnel Syndrome
- Chronic and temporary pain
- Circulatory problems

- Depression
- Digestive disorders (Spastic colon; Constipation; Diarrhea)
- Headache (Especially muscle tension)
- Insomnia
- Immune function disorders
- Premature infants
- Sinusitis
- Sports injuries (Pulled or strained muscles; Sprained ligaments)
- Stress

### **Trainers' Profile**

Mr Naz is a natural health and alternative healing enthusiast. He has been providing wellness therapy workshops, short courses and therapy sessions for the past 3 years. He has conducted workshops and therapy sessions for reputable government agencies, schools, country clubs and hotels such as The Singapore Yacht Club, Excelsior Hotel, The Singapore Armed Forces and many others. He has studied acupressure and hand and foot reflexology for the past 11 years and is the inventor of the unique Isomassage. He has traveled to various countries in Asia to conduct training courses and fun workshops to people from all walks of life, from those who would like to learn massage for general knowledge to very experienced spa therapist who wants to widen their skill and knowledge in alternative therapies. Firmly believing in helping the less fortunate, he has assisted/sponsored several nature appreciation programs for various student and community center groups.

Mdm Sunarti has been practicing traditional Javanese massage for the past 20 years. She had received her certification in body and foot therapy from the School of Javanese Massage, Indonesia. She has been a freelance therapist and has conducted courses in English and Malay at various hotels and schools in both Jakarta and Singapore.

### **Client List**

Peninsular Excelsior Hotel  
 Europa Country Club Resort  
 Juying Primary School  
 ECnet Pte Ltd  
 The Yellow Pages  
 De La Salle Primary School  
 Zhangde Primary School  
 The Singapore Armed Forces  
 Defence Science and Technology Agency  
 NTU Staff Recreation Club  
 St Margaret Primary School  
 St Gabriel Secondary School  
 Seng Kang Secondary School

Springfield Secondary School  
Pioneer Junior College  
Bukit View Secondary School  
Singapore Yacht Club  
Civil Service Club  
Ministry of Finance  
Jin Tai Primary School  
SM Summit Pte Ltd  
Singapore Swimming Club

## Sample Acupressure Points to relieve certain ailments

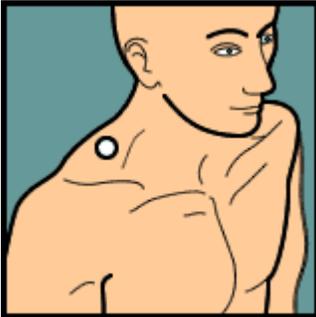
Press each point for 30-40 secs  
Firm constant pressure



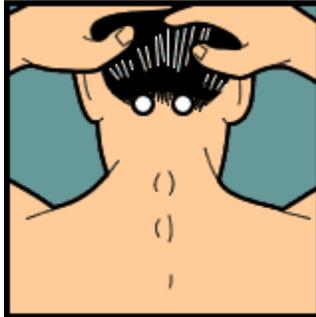
Memory, smoking, cramps  
Cramps



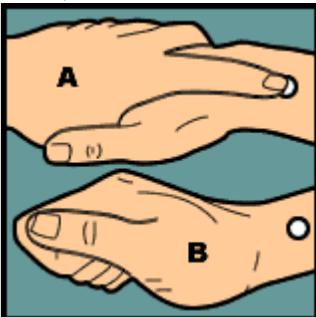
Anxiety, general backache  
dizziness, colds, flu



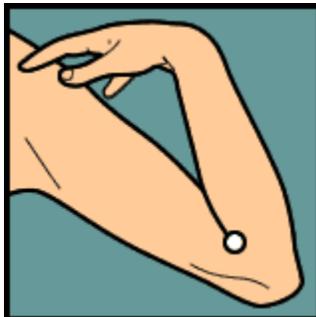
Upper backache, chest  
neck, shoulder



Nasal congestion, heart



Problems above waistline  
Respiratory problems  
jaw, head



Rashes, eczema, eye strain

## **NON MASSAGE PROGRAMMES**

### **1. Stress Management and Relaxation Therapy Workshop**

A two and a half hour workshop that demonstrates simple techniques that one could use to reduce stress. Techniques that would be covered include, visualization, positive reinforcement, breathing techniques as well as a very eye opening and fun self hypnotherapy hands on activity.

### **2. Anger Management Workshop**

A two hour workshop that teaches one simple methods and theories (such as breathing technique and visualization) to help one manage one's anger.

### **3. Body Language Workshop (students)**

Do you know that we communicate over 60% of information not by what we say but rather our body language? It is often said that our bodies don't lie. We might say something but our body might be saying something else. In this fun and interactive 1 hour workshop, students would be able to learn the different ways in which we communicate non- verbally. Topics that would be covered includes how to read people's gestures in a group setting, how to tell if someone is lying, body language to use for effective communication and tips on better presentation skills.

### **4. Name of programme: Teambuilding Dynamics (half day)**

Duration: half day (suggested afternoon timing: 1pm-5pm)  
(suggested morning timing: 9am-1pm)

Venue: Either at the clients' premises or various other locations we select such as Punggol Park, Changi Beach Park, Labrador Park etc.

Breakdown of programme:

1pm-Assemble at Venue

1pm-1.30pm– Ice breaking Activities

1.30pm-3.30pm– Teambuilding Challenge (See sample suggested game descriptions below)

Breakdown on games: Group Shuffle  
Memory Challenge  
King of the Sea  
Tower Power

Blind Man's Bluff  
Sponge Water Carrier (Water Game)  
Bombs Away

3.30pm-3.45pm- Break for washing up, refreshments.

3.45pm-4.30pm- Treasure Hunt (wet weather alternative: Super style sports)

4.30pm-5pm – prize presentation (best team, most creative person etc)

5.00pm- Home Sweet Home

**Legend - \* degree of physical difficulty**

\* - Very easy activity, very little physical fitness involved

\*\* - Moderately easy activity, suitable for most people regardless of their physical fitness.

\*\*\*- Physically challenging activity. Participants might be required to move a little faster than brisk walking speed.

1. Captain's Ball \*\*

Traditional passing game where each team is to pass around a ball to their 'safe zone goalkeeper'.

Main qualities in play: Cooperation, Teamwork, Persistence, Strategy, Risk Taking.

2. Three legged soccer \*\*\*

Each person are to be tied at the ankle to another teammates creating one 'three legged' player. They are to cooperate and try to score a goal with their in this three legged position.

Main qualities in play: Cooperation, Teamwork, Persistence, Strategy, Risk Taking.

3. Finger marker \*

Each team is to sit in a straight line. The trainer would draw out a picture for each team (e.g. a three stars, a kettle, radio etc). Each team members is to draw out the item on their teammates' back. When the drawing reaches the front member, he is to draw out what he thinks the drawing is on a piece of paper. The team whose drawing is closest to the actual one wins.

Main qualities in play: Concentration and understanding.

4. Memory Challenge \*

Groups will be given to view a list of items (such as red shoe lace, cap, water mug etc) for 1 minute. After which the teams are to go out and get as many items as they possibly can, without any reference back to the items list.

Main qualities in play: Creativity, Concentration, Observation Skills.

5. King of the Seas (water game) \*\*

Each team will allocate a leader. The leader would coordinate the passing of a rubber ball into a goal area. No body contact or movements with the ball are allowed. Only the leader is allowed to move to collect the ball.

Main qualities in play: Cooperation, Teamwork, Strategy.

6. Tower Power \*

Groups would each be given identical items (such as newspapers, paper cups, toilet rolls etc) and they are to build the highest and strongest tower. A time limit would be given and the tower will be subjected to various test by the trainers such as the blow test and push test.

Main qualities in play: Creativity, Listening Skills, Cooperation.

7. Blind Man's Bluff \*\*

Each group is to appoint a leader. Everyone else is to be blindfolded. The leader is to guide (Only verbally) each of his/her group members to collect several items that are scattered all over the beach.

Main qualities in play: Teamwork, Listening Skills.

8. Sponge Water Carrier (Water Game) \*

Each team is to run down the beach to collect water in a cup that has many holes in it. They are to run back to the shore and deposit the water collected into a bottle.

Main qualities in play: Cooperation, Teamwork, Strategy

9. Group Shuffle \*

Description: groups stand in a straight line on a very thin platform. Without communicating verbally, they are to arrange themselves in various orders (such as from tallest to shortest or according to their age etc) without falling off the platform or line.

Main qualities in play: Cooperation, Teamwork.

10. Blind Leading the Blind \*\*

Each team is blindfolded and led through various obstacles and terrain. They are to work together to overcome each obstacle and reach a 'safe' zone.

Main qualities in play: Cooperation, Teamwork.

11. Minefield \*

Participants are to transport a 'gold bar' from a middle of a 'minefield' to where they are located using only items allocated to them (e.g. one shoelace, a brick etc). Once any member enters the minefield, he/she is out of the game.

Main qualities in play: Creativity, Problem solving skills.

#### 12. Poison Ball \*\*\*

Classic team game where each team surrounds the other and uses either one or more 'poison' balls to kill each member of the opposing team by using the 'poison' balls to hit any area below the face/head.

Main qualities in play: Individual Skill, Physical Fitness, Strategy.

#### 13. Casualty \*\*\*

Each team would have one member be appointed as a 'casualty'. He/she would be on a makeshift stretcher and they are to transport the casualty through various obstacles and reach a safe zone under a planned time frame. (Note: This activity could be extremely physical and should not be attempted by anyone with chronic physical ailment such as high blood pressure)

Main qualities in play: Perseverance, Courage and Teamwork.

The above lists are of course just a very brief outline. There are many other games (**more than 35**), activities and sports that we have and if you are interested to know more about our other activities, please let me know as we are always ready to make modifications to the programmes. Many thanks and have a great day.