

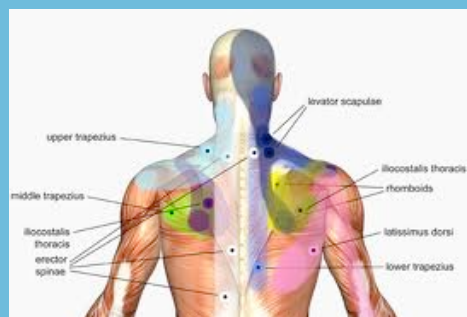
# ATHLETES' ANGELS TRAINING

## INTRO TO SPORTS MASSAGE (ONE DAY)

This course reviews the basics of Swedish massage before introducing Myofascial Release Techniques and Neuromuscular Therapy techniques.

## INTRO TO SPORTS MASSAGE

This course demonstrates massage techniques for you to use with athletes, on the pitch or in a clinical setting. You will learn how and when to use the techniques and how to put them all together in a 15-minute sports massage.



**Date:** Email for details, this course usually takes place in spring time before event season starts  
**Times:** 0830 - 1700hrs  
**Venue:** Edinburgh Academy Junior School  
**Cost:** £99 (student price - £85)

All courses are highly practical and students are expected to have a sound knowledge of anatomy especially the muscles, origins and insertions.

All equipment, massage tables, course manuals, CPD certificates and refreshments are included in the cost.

CPD POINTS ARE ACCREDITED FOR THE COURSE (7 hours).

**EMAIL:** [info@athletesangels.com](mailto:info@athletesangels.com)  
**CALL:** 07977 151540

Places are given on a first come, first served basis. A non-refundable £50 deposit will secure your place. Please contact us to find out about how to pay.

