



TCM Acupressure Massage

Understand TCM meridian theory and massaging at or along the acupoints with proper application of the acupressure techniques. Massage also improves circulation as well as promotes relaxation and helps relieve emotional.

Course Description

Interesting highlights of the programme include:

- The origin of tuina/massage
- Therapeutic effects of tuina/massage
- The significance and effects of different massage strokes
- Definition and functions of foot reflexology
- The beneficial effects of foot reflexology
- Appreciating the body's key reflexology points
- Self-massage to manage pains/aches through the appreciation of reflexology points and massage techniques

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Application Procedure

You can apply through one of the following ways:

- 1) Application can be made personally at [Family Central](#)
- 2) SMS 8123 7802 (Name + NRIC + Course Title)
- 3) Email to stellang@fycs.org

Payment Procedure

Payment can be made via cheque, cash or NETS
(Payment is required for confirmation of place)

Class Details

Course Date:

4, 11, 18, 25 April 2018
(Wednesdays)

Time:

9.30am to 12.30pm

Closing Date for Registration:

27 March 2018

Venue:

To be confirmed

Duration

12 hours (4 sessions)

Course Fee

Fees Payable: **\$56**

(Can be paid with SkillsFuture Credit. Contact 6593 6457)

Pre-requisites

- a) 50 years old & above
- b) Singaporean or Singapore PR
- c) Must be able to read, understand and converse in simple English

1. All information is accurate at the point of printing and distribution, and subjected to changes without prior notice.
2. The organiser reserves the right to postpone or cancel the programme due to unforeseen circumstances or low enrolment.

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