



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

- 1) Application can be made personally at **Fei Yue Senior Activity Centre (Senja), Blk 634B, Senja Road, #02-227, Singapore 672634**
- 2) For any enquiry, please contact: 6351 9555 or email: yeomeowhoong@fycs.org

Payment Procedure

- 1) Payment can be made via Skills Future Credits if eligible or
- 2) Payment can be made via cash, NETS or issue cheque to **Fei Yue Community Services**
(Payment is required for confirmation of place.)

Class Details

Course Date:

10th, 15th, 17th, 22nd Oct 2019

Time:

Tuesday & Thursday, 2pm to 5pm

Closing Date for Registration:

Till class is full

Venue:

Fei Yue Senior Activity Centre (Senja)

Blk 634B, Senja Road, #02-227, Singapore 672634

Tel: 63519555

Duration

12 hours (4 sessions)

Course Fee

\$67.50 (inclusive of GST & after NSA subsidy)

Now you pay: \$50

(Can be paid with SkillsFuture Credit. Contact 63519555)

Participant who provides false particulars will have to pay the full course fee

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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