



BODYWORK BEGINNINGS
CERTIFICATE IN DEEP
TISSUE HOLISTIC
MASSAGE



ONLINE LEARNING SYLLABUS – HOLISTIC DEEP TISSUE MASSAGE QUALIFICATION

Our virtual classroom modules contain handy downloads for you to follow along with the teacher. They include fun and educational quizzes by Jing co-founder and director, Rachel Fairweather.

12 hours of comprehensive learning to make sure you become the very best massage therapist you can be.

MODULE 1:

ANATOMY - MAPS OF THE BODY

- Lesson 1: The bony bit!
- Lesson 2: Rock this joint!
- Lesson 3: Ligaments, bursae and veins... Oh my!

MODULE 2:

ANATOMY - MOTION IS THE POTION

- Lesson 1: No plane, no gain
- Lesson 2: Motion is the potion

MODULE 3:

ANATOMY - MUSCLE MATTERS CAN YOU FEEL IT?

- Lesson 1: Introduction
- Lesson 2: Upper body muscles
- Lesson 3: Rotator cuff muscles
- Lesson 4: Arm
- Lesson 5: Pelvis and spine
- Lesson 6: Legs

MODULE 4:

INTRODUCTION TO INJURY AND PAIN

- Lesson 1: What a pain
- Lesson 2: Common injury and pain conditions

MODULE 5:

FOUNDATIONS OF MASSAGE AND THE JING METHOD®

- Lesson 1: Back to basics
- Lesson 2: Full body massage demonstrations

MODULE 6:

THE JING METHOD®: ASSESSMENT AND CONSULTATION

- Lesson 1: Online consultations
- Lesson 2: Contraindications: to treat or not to treat

MODULE 7:

PROFESSIONAL DEVELOPMENT

- Lesson 1: Where to work
- Lesson 2: Types of business
- Lesson 3: Managing money and insurance
- Lesson 4: The long arm of the law

MODULE 8:

ETHICS AND GOOD PRACTICE

- Lesson 1: Ethics and good practice
- Lesson 2: Understanding massage regulation in the UK