

Seated massage course

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1 • Introduction:

Seated massage is a technique that allows targeted intervention in a large number of situations (offices, festivals, events, etc.).

The main advantages of this technique are that clients remain clothed (no oil), a session does not interfere with working time (10 to 20 minutes) and the equipment is space-saving (a chair, paper and disinfectant gel).

Generally speaking, we can see two major trends in clients: the "stressed" and the "depressed". Seated massage applies perfectly to both cases; it is the touch of the practitioner and his appreciation of the situation that will make the difference. We will see later that clients are almost always stressed in one part of their body and depressed in another; stress can hide depression and vice versa.

First of all, we will have to remain vigilant to our own feelings, constantly question ourselves to assess whether there is harmony within us and between us and the recipient. With this background, we will approach the techniques of touching. These two parameters, when combined, allow us to reassure the client by going straight to the point and thus to be effective in 10 minutes, whatever the situation.

The number of techniques will be reduced to a few movements. Personally, I believe that two or three mastered techniques are worth infinitely more than ten wobbly techniques. In addition, it will be necessary to integrate a few principles because they are what will allow us to choose, or even create, the techniques we will need and to adapt quickly on a case-by-case basis. The bonus of these principles is that you will be able to integrate them into the techniques you usually use.

Like all massage therapy techniques, the goal is to restore movement and space to the client's muscles and joints.

The course will take place as follows:

- first day: principles, postures, basic touch and chair adjustment
- second day: touch techniques
- third day: recap, FAQ and evaluation