

# quantum metta School of Massage

Outstanding pass rates ☺ Supportive ☺ The Personal Touch

Issue 17, 2010

Hello,

It makes us smile and jump up and down when our students pass their exams ☺ Students have recently graduated in holistic massage, anatomy, physiology & pathology, Indian head massage, Thai foot massage and Onsite Chair Massage.

This always means we have to eat a lot of cake! The sun is shining and that makes us smile too. What makes you smile?

## Love the QM Team

## Feng Shui Tips for Therapists

One way of describing Feng Shui is the flow of chi (energy) in the environment. Dympna's been very busy lately and having qualified as a Feng Shui practitioner, here she shares a few ideas to enhance the beneficial chi in your treatment room. If you feel good in the space and about the space, chances are your clients will too.

1) Keep the door to your treatment room in good decorative and working order...no chips on the paint work or creaky hinges. Make sure there is nothing stored behind the door, so it can open easily. If possible, align the hinges on the side of the door that enables you to see the whole room when you enter. As you walk into the room, ensure that there is nothing blocking the way...e.g. a massage table! Have some free space to walk into.

2) Ideally use a therapy room with a window so the chi can be 'refreshed' by fresh air. Stagnant chi is not conducive to good health. Keep the windows sparkley clean. If the view outside the window is lovely - great! If not - e.g. sharp angles of rooftops, big buildings, a brick wall - place a bagua mirror OUTSIDE the window with the mirror side facing outwards. If you haven't got a window, keep the door open when you do your regular cleaning session and use Tibetan bowls to 'cleanse' the space



*Holistic Massage students and tutors.  
We've all had cake!!*

*Back, left to right: Daniela, Nicki, Jacob, Kenia,  
Dympna, Zena, and front - Fiona, Paul, Sylwia, Doreen*

energetically. If you're an aromatherapist, juniperberry is great to 'cleanse' the room.

3) If you can, position the massage table so that neither the client's feet nor head are directly facing the door when they are lying down. If they can see the door when they are supine, that would be good.

4) Keep your surroundings tidy, clean and uncluttered. Only have items in the room that look lovely: uplifting pictures of nature, healthy plants, ornaments that invoke positive thoughts and feelings. You have to love them too. If not - let them go! Remember to empty the waste bin regularly. Use colour to promote relaxation: soft shades of green or pastels for example.

5) Soften 'sharp' angles and corners (from walls, tables) by using plants in front of them or soft material. If possible, have furniture with curved edges.

6) For the consultation, use chairs with a back and arms and have these positioned so you can see the door, and both you and the client have a wall behind you.

7) If the client gets a good impression of the treatment room (and therefore, of you) and they feel good about it...then they'll start feeling better even before the first effleurage!

## Coming up soon...

- Holistic Massage Diploma (starts 11 Sept)
- Thai Yoga Massage Diploma (starts 18 Sept)
- Sports Massage Diploma (starts 16 Oct)

## OPEN DAY 4<sup>th</sup> September

### Feng shui consultations with Dympna....

Get in touch on  
020 8527 5024

or

[dympna@quantummetta.co.uk](mailto:dympna@quantummetta.co.uk)

**"A mind is not a vessel  
to be filled, but a fire to  
be ignited."**

**Plutarch**



*Thai Yoga Massage students  
Left to right: Sarah, Phil, Andy and Helen*



## Visit the School...come in and have a chat

If you're thinking of enrolling on one of our courses, it's really easy to arrange a visit to the School for you.

We welcome visitors and it's a good opportunity to see the venue, have a look at the course materials, chat to the tutors and students, ask as many questions as you like and maybe even observe a class in action.

If you'd like to visit the School, just let us know. We'd love to see you.

## Networking4Therapists Evening – 8 September

Join us for an evening of fun, sharing and connection. There'll be speed-networking as well as slownetworking – both great ways of meeting others in the field to share ideas. In addition we have the 2-Minute Tell where you can if you'd like to, put your card in the bucket. 3 people are then randomly picked out and they get the opportunity to address the whole group.

Our speaker this time is Armukara Angel who is a practising complementary therapist. She will share some personal insights from her journey (so far) as a complementary therapist, healer and teacher...life lessons and aha moments.

For more info and to book your place please check out...  
[www.networking4therapists.com](http://www.networking4therapists.com).

## Focus on Effleurage

Effleurage is a category of massage technique. Although the word comes from the French word 'effleurer' which means 'to touch lightly' or 'to skim', it isn't always a light pressure. In a massage treatment effleurage is usually one of the first techniques to be applied, and also one of the last.

Here's 11 more things about effleurage...

- 1) It can be used on any part of the body and face
- 2) It can be a long gliding stroke that follows the contours of the body or face
- 3) It can be light or deep – but always lighter to start
- 4) You can effleurage with the palms/fingers/thumbs, fists, knuckles, fingertips and forearms
- 5) Light effleurage warms, preparing the tissues for deeper massage; it also soothes after deeper massage
- 6) Light effleurage helps with lymphatic drainage
- 7) Slow effleurage calms the nervous system and more speedy effleurage has a stimulating effect
- 8) It's used as a linking movement between one technique and the next so the massage is fluid
- 9) It reduces muscle tension and passively stretches muscle when applied along the muscle fibres
- 10) It relieves tired achy muscles, reduces insomnia and stress. Effleurage is good for us!



**Effleurage with the forearm**

***"I would recommend it to anyone looking for a massage course. I found all the tutors to be friendly, encouraging and supportive and I'm glad that I made the choice to study with Quantum Metta." Juanita***

## Diploma Courses and Reiki

- Holistic Massage diploma (ITEC/MTI)**  
starts 11 September 2010
- Anatomy, Physiology & Pathology diploma (ITEC/MTI)**  
starts 9 October 2010
- Thai Yoga Massage diploma (CThA)**  
starts 18 September 2010
- Thai Foot Massage diploma**  
starts 25 September 2010
- Fast-track Thai Yoga Massage dip. (CThA)**  
starts 8 November 2010
- Sports Injuries & Massage diploma (APNT)**  
starts 16 October 2010
- Indian Head Massage diploma (APNT)**  
starts 20 November 2010
- Onsite Chair Massage diploma (CThA)**  
starts October 2010
- Aromatherapy diploma (IFA)**  
starts 22 January 2011
- Fast-track Holistic Massage Diploma (ITEC)**  
starts February 2011
- Fast-track APP Diploma (ITEC)**  
starts February 2011
- Advanced Thai Yoga Massage diploma**  
starts 28 May 2011
- Reiki Level One** - 2 October 2010

## CPD Workshops

- Chi Kung & Meditation** (Open to all)  
5 Sept 2010
- Massage in Pregnancy** 3 Oct 2010
- Deep Tissue Massage** 4 Dec 2010
- MET** (Muscle Energy Technique) 15 Oct 2010

*Dates for the following workshops are to be confirmed, so please check our website for further details. Thank you.*

Appointed Persons First Aid  
Soft Tissue Release  
Back and Neck Conditions  
Table Thai Massage  
Trigger Points (upper body)  
Trigger Points (lower body)  
Cranial-Sacral Techniques  
Feng Shui your Therapy Room

## Intro Workshops

- Holistic Massage Day 1** 22 Jan 2011
- Holistic Massage Day 2** 23 Jan 2011
- Thai Yoga Massage** 29 Jan 2011

**Chi Kung evening classes** in Walthamstow with  
Doreen  
Thursdays 7-8.30pm

[www.quantummetta.co.uk/chikung](http://www.quantummetta.co.uk/chikung)