



A.R.T of Touch - Application, Rhythm and Technique

Traditional Therapy Training

Support programme

Self- help, 1 learner - £40 per hour

Friends support, 2 learners - £55 per hour

Friends mini workshop, 4 learners - £150 for 3 hours

Places secured on completion of application form and on receipt of deposit



A.R.T of Touch sessions explores how illness, familiarity and technology have influenced the way we communicate and the impact of touch as a form of wordless communication that can aid reconnection.

Sessions are suitable for Therapists, Carers, Mothers, Daughters, Fathers, Sons, Partners and Friends.

Sessions can include:

- Self- help techniques
- Simple massage techniques
- Acupressure techniques
- Qi emotional release techniques

Each session will be guided to meet your individual needs and provide the utmost support

Email: info@elementalhealth.net

www.elementalhealth.net