



Indian Head Massage (Champissage)

Instructed by Debbie Boehlen

Registration Deadline: 20 April 2019

Date: May 4-5, 2019 (2-day course) **Maximum: 14 Registrants**
Time: Saturday and Sunday 8:30 AM – 5:00 PM (30-minute lunch break)
Location: Atlantic College of Therapeutic Massage
Unit #2, 1040 Champlain Street
Dieppe, N.B.
Fee: **\$350.00** (ANBMT members only) Non-Member: **\$450.00**
(PAYMENT MUST ACCOMPANY REGISTRATION; NO RESERVATIONS ACCEPTED)
CEUs: **9.5 Category A CEUs (CMTNB Approved)**

Preferred Room Rate: Quality Inn Airport, 370 Boulevard Dieppe, NB. \$105.00 + HST standard room.
Phone 506-858-8880 and ask for the corporate rate for Association of New Brunswick Massage Therapists.

Course Details

The art of Indian Head Massage originated in Ayurveda, an ancient Indian-system of medicine that has been practised for thousands of years. Indian Head Massage, also known as Champissage, is a form of relaxation massage that focuses on the upper back, upper arms, shoulders, neck, head, face, and ears; as these areas affect the head area. It is very relaxing and has a balancing effect on the recipient, as it helps them to release stress and tension, creating a sense of peace and well-being. Indian Head Massage can be done anywhere, at any time. It is easily available, because this form of massage is done over the clothing in a seated position.

This certification course includes theoretical and practical instruction. A Certificate of Attendance will be awarded at the end of the course. You will learn how to perform a relaxing 30-minute Indian Head Massage session while your client is seated in a simple portable chair.

***There is a home study segment, that you will be required to complete before the course. Materials will be sent to you a week prior to class time.**

Full certification is also available.

***A small folding chair is needed for this course—as the massage treatment is done while your client is sitting.**

Some possible benefits of Indian Head Massage:

- Improved blood circulation increasing oxygen supply to the brain
- Calms, revitalizes, and uplifts the spirit
- Create a more balanced state-of-being, and balancing of the chakras
- Relaxes taut and uncomfortable muscles; eases stiffness, breaks down knots and nodules in muscle tissues
- Stimulates blood circulation and drains away accumulated toxins
- Increased joint mobility
- Improved lymphatic drainage, which helps in the removal of waste products and toxins helping the immune system

Encourages deeper breathing and deep relaxation; very enjoyable and triggers the release of "feel good" chemicals called endorphins, creating an almost euphoric sensation of contentment and happiness

Helps to dissipate mental tiredness, stress, and depression, resulting in greater mental alertness and concentration and clearer thinking

General Relaxation

Can also help relieve the following conditions: Eyestrain, tension headaches, migraines, earaches, Tinnitus (ringing in the ear), jaw ache, sinusitis congestion, insomnia, disturbed sleep

What to Bring

-Comfortable loose-fitting clothing, plain t-shirt-A small folding chair, one for every two students

-Pen or pencil; notepad

-Lunch, snacks, water

***Please note that Indian Head Massage oil will be available for purchase (optional). 120ml bottle \$25.00**

About Debbie Boehlen

Debbie Boehlen has been a holistic practitioner since 2001 and completed her original Indian Head Massage (Champissage) training in 2002 through the London Centre of Indian Champissage International (LCICI) and became a certified practitioner.

In 2003, she completed her instructor training through the same school and started teaching at that time. In 2008, she developed the IHM course now being taught. Debbie travels throughout Canada to offer training in Indian Head Massage, Rejuvenating Face Massage, Ayurvedic Foot Massage, Usui Reiki, Animal Reiki, and Axiatonal Alignment.



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Folding Chair: YES NO

(Please print clearly)

Name: _____ RMT #: _____

Address: _____

Telephone: (Home) _____ (Work) _____ (Cell) _____

Email: _____

Status: Member Non-member Association: _____

Method of Payment: Cheque Money order PayPal *(Registration form must be submitted)

E-transfer (please make known your security answer by email if it is not your RMT#)

No refunds will be given after the registration deadline

In the unforeseen circumstance of bad weather, we will notify you by 7:00 a.m. (at the very latest) on the day of the workshop.

Please Return Registration Form and Payment:

Association of New Brunswick Massage Therapists (ANBMT)

P.O. Box 323, STN "A"

Fredericton, N.B. E3B 4Y9

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