

COUPLES MASSAGE CLASS

Date: Sunday, February 22nd

Time: 1p – 4:30p

Location: True Clubs Golf Equipment Performance Studio

317 Gradle Drive, Carmel, IN 46032

Cost: \$150 per couple (yes only \$150 per couple)

You can give the traditional gifts of flowers, chocolates, dinner & a movie but they will be gone quickly. However, learn the basics of massage & you can continue to convey a sense of affection & caring throughout the year!

Research has proven that the touch of massage has the following positive effects:

- Enhances attentiveness
- Alleviates depressive symptoms
- Reduces pain
- Reduces stress hormones
- Improves immune function

This class is open to couples of all kinds! Spouses, significant others, co-workers, best friends, family members, or even random acquaintances are all welcome. The only catch is you must bring your own partner.

What you'll learn:

- Basic massage techniques
- How to apply effective pressure
- Body basics – muscle orientation & avoiding endangerment sites
- Basic flow for full body application
- Seated massage techniques for head neck & shoulders
- Special techniques to release trigger points & cramping

Protocols taught will be administered to a receiver lying on the floor or sitting in a chair. Class activities will require the need to move freely. Please come dressed in loose, easy to move in clothing that allows easy access to skin without disrobing entirely.

How to dress: T-shirts, tank tops, sports bras, sweat pants, yoga pants, sport shorts are appropriate. All cotton or cotton/lycra blends are most appropriate. Please avoid slick materials such as nylons & certain dry-fit clothing as working through these materials may impede proper contact & pressure application.

What to bring: A blanket, sleeping bag, or mat for one participant to lie on while receiving massage techniques.

Registration Fee - \$150.00*

Class size is limited so register early! Make checks payable to "BodyWorx by Karina" and send to:

BodyWorx by [Karina](#)
600 E. Carmel Dr. Suite 240
Carmel, IN 46032

Registration: Intro to Couples Massage

Primary Registrant's Name (please print) _____

Enter Email Address: _____

Phone _____

Address _____ City _____

State _____ Zip _____

Signature _____ Date _____

Partner's Name (please print) _____

Enter Email Address: _____

*A minimum of \$25 non-refundable deposit is required to secure space in this class. The balance of the class may be paid in full when registering or at the door day of class.

For additional class information, please contact Karina Rhode at 317-716-6761.