

I was delighted to attend Sarah Parker's workshop on Indian Head Massage for friends and family, I felt welcomed into her beautiful home located in Bay View Road with spectacular views across Westward Ho!. The setting was perfect and I was immediately put at ease on arrival and offered a warm cup of tea.

Sarah was systematic in her teaching methods and you not only were able to experience the Indian Head massage with your partner, but had plenty of time to practice the technique on each other.

Sarah took us step by step through each technique and provided clear and easy to read worksheets covering all that we had learned, and a reading list to help further our development. Sarah is an excellent teacher extremely patient and articulate and kind. I left feeling on cloud nine and since participating on the course I have been able to use the Indian head massage on families and friends.

My husband thoroughly enjoys receiving the treatment and I have taught my sister the technique. The technique is usually handed down from generation to generation in the Indian family environment and I now understand the importance of being able to pass on methods to relax to our children and family members. As nowadays we seem to lead such busy life's and can not always afford to treat ourselves to massages. However, once learning a skill such as this you can use it in your home environment, additionally we learned how to treat ourselves and I now often find myself spending longer in the shower massaging my head or sitting at the desk massaging my temples and face.

The cost of the course was only twenty pounds more than a treatment and Sarah even gave us more of her precious time when we ran over schedule. I would recommend this course to any one as I believe in this day and age where we are so busy going from one place to and another any method that can assist us to relax or help our family and children to relax is of great benefit to all.

What a wonderful day!! Thank you so much!

**Eleanor Newton, North Devon, Feb. 2012**