



Rhythmical Massage Training as indicated by Dr Ita Wegman MD

Date: 01102021

Teaching and learning take place through a combination of lectures and hands-on practice, mixed artistic media exercises, discussion groups, tutorials, regular between-module medical assignments, year-long independent projects, case studies and special seminars. Through these methods, students can develop a thorough, in-depth, and holistic approach to the theory and practice of Rhythmical Massage Therapy.

Training as a Rhythmical Massage Therapist involves not only mastering the techniques of the massage itself, but also developing an understanding of the human being in health and illness, both from a conventional and anthroposophical perspective. You will learn a subtle rhythmical quality of touch which works with levity rather than gravity to strengthen and enliven the life-supporting processes in the human body.

Overview

The first year's theme is the healthy human being both from a conventional and an anthroposophical point of view. After that, the focus will be on the dynamics of health and illness in its varying manifestations.

During the two years, you will learn the basic forms of Rhythmical Massage Therapy and then deepen these massage movement skills qualitatively by learning how to transform the archetypal forms to suit specific illnesses.

Aims

to enable you to learn the techniques of Rhythmical Massage Therapy to a standard recognised and certified by the Anthroposophical Medical Section in Dornach, Switzerland.

to enable you to develop an understanding of the human being in health and illness, both from a conventional and anthroposophical perspective.

to support your own unique and personal path of learning and inner development.



Curriculum

- Rhythmical Massage: Practical sessions of learning the techniques and its applications.
- Medical studies: Building on natural scientific approaches to human anatomy and physiology and biology, a more living and spiritual view of the human body is developed. Subjects include
 - study of all the main systems and inner organs of the body
 - man as a three-fold and four-fold being in relation to the nerve-sense system
 - rhythmic system and metabolic system, and their relationship to thinking, feeling and willing
 - the four elements, the twelve senses, the seven life processes and embryology.
- Medicinal plant studies and the knowledge of medicinal substances, including aromatic oils.
- Introduction to Hydrotherapy and external applications.
- Anthroposophic studies to extend and deepen a cognitive understanding of the human being. Including aspects of Inner Path work and development.
- Professional and personal development.
- Artistic media/exercises.

Requirements

- The course is intended for mature learners. You must be 21 years of age or older. Applicants must have adequate knowledge of written and spoken English.
- Applicants must, as a minimum, have either completed or be in the process of completing training in Swedish (Remedial) Massage as recognised by the General Council for Massage Therapy (GCMT). Physiotherapists are welcome to apply and other physical therapy backgrounds will be considered on an individual basis.
- The RMTT encourages applications from people from different ethnic, religious, gender, sexual and minority backgrounds.



Application

On your application form, you will have the opportunity to write a brief account of your life and the experiences that have contributed to your decision to embark upon the Rhythmical Massage Therapy Training. Please contact Judy Wakeman using the contact form below, for enquiries and/or returning your application form.

On receipt of your application form, we will contact you to arrange a convenient date for an interview. Depending on circumstances, this may take place face to face, by phone or virtually.