



ANMO - CHINESE MASSAGE

The Anmo - Chinese Remedial Massage program is specifically designed for those who wish to change career paths, or for anyone (as long as they can speak, read and write in English to a good standard) wishing to study & practice in Chinese/Oriental Medicine.

The program will progressively take you through to being a professional massage therapist with plenty of scope for furthering your education as you gain more experience.

Most Academy programs are held at weekends where-ever possible, to enable those in full time employment the chance to train for a new life as a therapist.

All Academy programs are approved by the Institute for Complementary & Natural Medicine.



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ANMO

CHINESE MASSAGE



❁ TAO-YIN LEVEL 1 ❁

Foundation Practitioner Course
without Pre-Requisite

Tel: 01708 370822

ICNM Approved Training Course

Anmo - Chinese Remedial Massage Diploma



8 MODULES (16 DAYS)

The course is held at the Academy training centre over a period of 16 days (normally 8 weekends spread throughout an academic year).

Each Module will be taught in a progressive manner and direct you with home study and research.



8 TRAINING MODULES

MODULE 1. HISTORY OF TCM & MASSAGE, TCM THEORY, MASSAGE TECHNIQUES & CONTRA-INDICATIONS. 12 ORDINARY CHANNELS AND 2 EXTRA.

MODULE 2. TCM THEORY CONTINUED, DIAGNOSIS & DIFFERENTIATION IN CHINESE MEDICINE, SWITCHING, MUSCLE TESTING. SPINAL MOVEMENT, ORTHOPAEDIC CHALLENGES, SPINAL MASSAGE & ACUPRESSURE.

MODULE 3. MUSCLE TESTS OF THE LOWER EXTREMITY, THE KNEE (CHALLENGING & BALANCE), MASSAGE & ACUPRESSURE LOWER EXTREMITY. COMMON COMPLAINTS & SPORTING INJURIES

MUSCLE TESTS OF THE UPPER EXTREMITY, LOCAL MASSAGE & ACUPRESSURE FOR THE UPPER EXTREMITY, WING STRETCH, WING ROTATION. COMMON COMPLAINTS & SPORTING INJURIES



8 TRAINING MODULES

MODULE 4. CENTRE OF GRAVITY OF THE BODY, THE PELVIS DIAGNOSIS & CHALLENGING, ADDITIONAL MUSCLE TESTS, SACRAL/OCCIPITAL RELATIONSHIP & BALANCE, CHALLENGE/MASSAGE TO THE FEMUR HEAD

MODULE 5. POINT STIMULATION/ACUPRESSURE FOR COMMON COMPLAINTS, BACK SHU POINTS, TAPPING FOR CORRECTION

MODULE 6. FIRST AID (GOVERNMENT RECOMMENDED, CERTIFIED FIRST AID IN THE WORKPLACE TRAINING), CLINICAL PRACTICE

MODULE 7. CLINICAL PRACTICE & REVISION

MODULE 8. FINAL EXAMINATION (WRITTEN & PRACTICAL) TO QUALIFY IN ANMO CHINESE REMEDIAL MASSAGE