



## **Training Information**

**Relax ~ Recover ~ Reconnect**



## Relaxation

Neutral Space Relaxation® is simple and straightforward, the emphasis is on pure relaxation, this system of gentle bodywork is very beneficial and powerfully effective.

The *feeling* 'Neutral Space' is where you can experience levels of deep relaxation that may have become a distant memory due to 'our particularly stressful ways of living'.

## Gentle Touch



## Bodywork

The balanced light touch used by the Neutral Space Relaxation® Practitioner, works to relax the body, at various levels and patterns within the nervous system, cranial, spinal, and musculoskeletal areas.

The touch of the Neutral Space Relaxation® Practitioner, when using both hands is totally gentle and non-invasive.

## Training

## Courses and Programmes

IPHM and The Relaxation Academy - Accredited Courses

1 Day Introduction to relaxation. A complete learning day in itself with giving and receiving 2 sessions of relaxation bodywork, and the capability to take this away and use it on friends and family. An experiential pamper day.

Leading to: -

- 3 Day Practitioner Course. Learning the Neutral skills to become a Practitioner of Relaxation.
- 3 Day Practitioner (Core Relaxation) Course. with non-strenuous Yoga style exercises
- 3 Day Advanced Practitioner Course. Gaining knowledge, more bodywork to be able to gift relaxation.
- 1 Day Facilitator Course - working with skills to facilitate the Intro Day. (Additional Course Attendance Required)
- 1 Day Facilitator Course - Honing skills to deliver the 3 Day Practitioner Course (Additional Course Attendance Required)

## Explaining Relaxation

## Professional Techniques



This is a new way of working, solely to bring about relaxation, complete relaxation of the whole body, using ancient techniques to relax the human body to the ideal levels for reconnection. The training that the NSR® Practitioner has received, will allow them to be able to re-establish relaxation, and therefore, assisting to dissolve any tension in the body. The techniques within the session are natural and simple, and the training is thorough. NSR® Practitioners are calm, caring and considerate, being respectful towards the client's needs and welfare, you will see a person who is capable, unflustered, and an example of someone who holds the 'Neutral Space' within themselves. Sessions are fully clothed on a massage couch or chair

## Training



## The Relaxation Pathway

Neutral Space Relaxation®. Draws on skills from a wide range of sources, from Ancient understandings, and a specific type of touch, with an ability of creating space. Neutral Space Relaxation® Practitioners train in this technique by attending an Intro Day and then a 3 Day Certificated Course. Further training is available to progress on to become a N-S Facilitator.

This pathway includes support and the opportunity to attend additional courses (reduced cost) whilst gaining the skill set required, from Practitioner to facilitator - full details on our training sheet and website [www.neutral-space.co.uk](http://www.neutral-space.co.uk)

If students are already training other modalities, then this is recognised by Neutral Space and we can accommodate accordingly.

If you are an existing therapist this is excellent as an additional bodywork modality.

## Creating the Space for complete 'relaxation'



**Relaxation**

**Calming**

**Deeply Profound Bodywork**

**A Natural Way to Relax**

**Neutral Space Relaxation®  
England UK  
info@neutral-space.co.uk  
[www.neutral-space.co.uk](http://www.neutral-space.co.uk)**

**Education / Training / Programmes / Sessions**

**Contact us now for your Individual / Group Training  
Requirements  
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