



# JULIAN EYEMANN

## ADVANCED TRIGGER POINT TRAINING

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2019 PROPOSAL

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# OVERVIEW

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## ABOUT ME

My name is Julian Eymann, one of South East Asia's foremost teachers of Sports Massage, Deep Tissue, Trigger Point and Musculoskeletal Therapy.

My Dynamic Four-Day Intensive Training Course is «on-site» in your clinic or spa and especially designed to raise the quality of your spa treatments to a whole new level!

I have worked in first class facilities and hotels around the world including Four Seasons Seychelles, Maldives and Bali, Six Senses Maldives and Thailand, Anantara Maldives and Thailand, St Regis Bangkok, Kamalya Thailand and Como Shambhala.

## METHOD

Using a simplistic teaching system participants learn efficient, easy and fast body work techniques, that make it easier to perform their therapy sessions and gives more effective results for the clients that turns them in to regular customers and advocates for the spa!

Staff not only get to learn the techniques but also get to treat their own problems and those of their colleagues, giving them much needed healing, respite and advanced knowledge on how to correctly use their forearms and elbows to minimise their own injuries, burn-out and body strains in the future.

It's a win win all round, for the spa, staff and clients!





# COURSE FLOW

## DAY 01

### MORNING

- Anatomy overview of target muscle.
- Correct pressure, angles & intention.

### AFTERNOON

- Trigger Points definition & treatment protocol.
- Myofascial release, definition & protocol (begin the treatment).

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## DAY 02

### MORNING

- Review of posterior body from day 1
- Begin work on back, shoulders, and posterior neck

### AFTERNOON

- Hip and leg work.
- Practice with partner

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## DAY 03

### MORNING

- Head, neck, and chest.

### AFTERNOON

- Lower body practice with partner.

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## DAY 04

### MORNING

- With partners put it all together and test it.

### AFTERNOON

- Hands on practical test and continue with practice.

[Click Here to view the training in practice](#)





## COURSE FEES

### TOTAL FEE

#### 4-5 DAY ONSITE COURSE

PRICE BASED ON UPTO 12 PARTICIPANTS

\$1,500

#### WHAT'S INCLUDED

- 25 HOURS ON-SITE TRAINING (HOURS CAN BE FLEXIBLE TO SUIT YOUR SPA PEAK TREATMENT HOURS.)
- TRAINING MANUAL

#### NOT INCLUDED

- RETURN FLIGHT FROM SINGAPORE.
- ROOM & BOARD

\$DEPENDING ON LOCATION

## CONTACT

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