

# Upcoming Courses

**Dynamics of Depth** Morecambe March 14th

**Dynamics of Depth** Birmingham March 15th with Instructor Sophie Crutchley

**Mastery 2026** Morecambe Module 1: March 21st - 23rd, Module 2: June 20th - 22nd, Mod 3: September 19th - 21st, Mod 4: December 5th - 7th

**Zero Strain Massage** Helsinki, FINLAND March 23rd - 25th with Instructor Erika Louhivuori

**Touch for Resilience** Morecambe April 18th - 19th

**Book before Feb 14th and attend Dynamics of Depth on March 14th FREE**

**Zero Strain Massage: Arms & Hands** Morecambe May 16th

**Zero Strain Massage: MORE Structural Healing Heavies** Morecambe May 17th - 18th

**Therapeutic Communication Tools for Bodyworkers** Helsinki, FINLAND March 23rd - 25th with Instructor Erika Louhivuori May 20th - 22nd

EXTERNAL PROVIDER **Massaging Persons with Dementia** Morecambe June 26th

**Therapeutic Communication Tools for Bodyworkers** Morecambe June 27th - 29th

**Dynamics of Depth** Helsinki, FINLAND September 5th with Instructor Erika Louhivuori

**Reality Check** September 19th - 21st

**Zero Strain Massage** Morecambe October 17th - 19th

**4Elements Touch Therapy Certification Course** Morecambe November 21st - 23rd

## 2027

**Association Gather** Morecambe January 16th - 17th

**Mastery Programme 2027** Morecambe - Module 1: March 13th - 15th; Module 2: June 12th - 14th; Module 3: September 11th - 13th; Module 4: December 4th - 6th

**Reality Check** September 11th - 13th

Full details at [the4elementscompany.com](http://the4elementscompany.com)  
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