

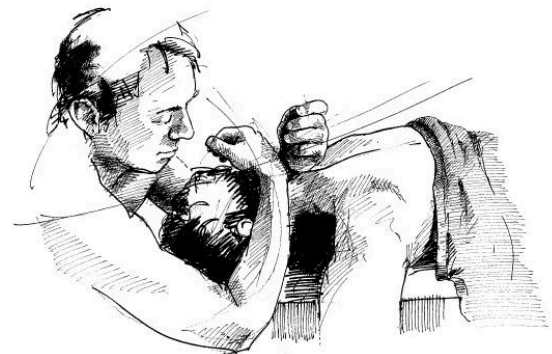
Upcoming Courses



- **Dynamics of Depth** Wesham, PR4 August 26th with Instructor Tish Masters
- **Dynamics of Depth** Helsinki, FINLAND September 5th with Instructor Erika Louhivuori
- **Dynamics of Depth** Birmingham September 5th with Instructor Sophie Crutchley
- **Dynamics of Depth** Wesham, PR4 September 8th with Instructor Tish Masters
- **Reality Check** Morecambe September 19th - 21st
- **Touch for Resilience** Helsinki, FINLAND October 1st - 2nd with Instructor Erika Louhivuori
- **Zero Strain Massage: Full Body** Morecambe October 17th - 19th
- **Zero Strain Massage: Full Body** Helsinki, FINLAND October 28th - 30th with Instructor Erika Louhivuori
- **Dynamics of Depth** Wesham, PR4 October 29th with Instructor Tish Masters
- **Zero Strain Massage: Full Body** Birmingham November 8th - 10th with Instructor Sophie Crutchley
- **4Elements Touch Therapy Certification Course** Morecambe November 21st - 23rd
- **Therapeutic Clinical Communication** Helsinki, FINLAND December 2nd - 4th with Instructor Erika Louhivuori

2027

- **Association Gather Morecambe** January 16th - 17th
- **Zero Strain Massage: Structural Healing Heavies** Morecambe Feb 20th - 22nd
- **Mastery Programme 2027** Morecambe
Module 1: March 13th - 15th; Module 2: June 12th - 14th; Module 3: Sept 11th - 13th; Module 4: Dec 4th - 6th
- **Touch for Resilience** Morecambe April 17th - 18th
- **Zero Strain Massage: Full Body** Morecambe June 19th - 21st
- **The Reality Check** Morecambe September 11th - 13th
- **Therapeutic Clinical Communication** Morecambe October 16th - 18th
- **4Elements Touch Therapy Certification Course** Morecambe November 27th - 29th



Full details at the4elementscompany.com
or get in touch: 07367 064945 / 01524 415345 / hello@the4elementscompany.com

Advanced Training for Massage Therapists

from the
4Elements Company



The *4Elements Touch Therapy* Approach combines

- exquisite Zero Strain Bodywork (forearms & beyond!)
- Therapeutic Clinical Communication skills
- Trauma-informed protocols to build Resilience through Massage
- An active and supportive Community

*Each course is complete in itself, meaning **you** choose what is important for your practice and hook into what works for **you**.*

Zero Strain Massage: Forearms & Beyond!

Learn how to protect yourself from injury by using a completely different approach to moving. Taught in the context of full body Massage, this approach can also be applied to all therapies you offer - taking that injury prevention even further.



Therapeutic Clinical Communication

Increase the therapeutic potency of your communication with clients tenfold and learn how to spot, and step out of, the communication dramas that go on day-in-day out in the treatment room and beyond.

Touch for Resilience

Learn our clothed, chair-based treatment specifically designed to soothe your client's nervous system. Create a space where they can process stress or trauma in a safe environment - gradually, gently yet powerfully building their resilience.

Details of all courses listed can be found at the4elementscompany.com or by contacting us direct on **01524 415345, 07367 064945** or hello@the4elementscompany.com