



MEDITATION MASSAGE TRAINING

deep awake meditation massage is a unique experience that combines therapeutic massage to relax the body with guided meditation to soothe the mind

during most forms of massage the recipient is completely passive ... but with meditation massage they are invited to gently participate with the process of letting go and coming fully into the present moment

meditation massage is the creation of DEBORAH O'SHEA FREKE with her life-partner TIM FREKE

DEBORAH is an experienced spa consultant who has created exclusive massage treatments and deluxe product ranges for elite spas around the world

TIM is an internationally respected meditation teacher and the bestselling author of 35 books, who runs retreats around the world

for professional bodyworkers this unique training will enable you to offer a whole new experience of massage to your clients

this training is also suitable to beginners who wish to share a deeply relaxing and enlivening experience with others

THE BENEFITS

deep awake meditation massage is designed to ...

reduced stress, anxiety and tension

relax your muscles, the nervous system and your breathing

improve your mood and your capacity for clear thinking

stimulate the immune system and improve sleep

create more compassion and acceptance for yourself and others

renew your energy and enthusiasm for life

TRAINING AND TRANSFORMATION

meditation massage brings a deeper dimension to massage for the masseur as well the 'recipient'

so this training involves personal transformation, which will help you understand how to be in the right state to guide others in meditation

during the weekend you will experience a number of powerful soul-to-soul mediations

as well as a 'deep awake immersion', which will enrich your own experience of the deep awake state

WHAT WILL YOU LEARN?

you'll learn about the philosophical foundation of deep awake meditation massage and how to introduce your recipient to the new form of massage they are about to experience

and you'll be shown four different meditation techniques to use whilst massaging particularly parts of the body, along practical guidance on the best massage techniques

so that you can take the recipient further and further into a fully relaxed, deep awake state

entering the senses

guiding your recipient into paying attention to the ambient sounds around them, the aroma of the oils, and the sensual flow of breath ... so they become focused in the present moment, allowing anxious thoughts to melt away

active relaxation

encouraging your recipient to actively participate in the process of being massaged ... by taking their attention into their muscles and consciously releasing tension in the body

imagination and intention

inviting your recipient to visualise themselves in a state of profound peace and enhanced well-being ... so that after the massage they feel 'deep self-empowered' to bring the best of themselves to life

witnessing and connection

guiding your recipient to become conscious of the deep i that is witnessing and appreciating each moment ... and concluding the massage by connecting therapist to recipient - deep i to deep i

CERTIFICATION

after attending this training you will receive a certificate affirming that you have gone through this process with Deborah and TIM, which you can use as appropriate in your work should you so wish

MASSAGE OILS

to enhance the meditation massage experience, you will be given a treatment oil called 'deep awake' to use during the training and to take home with you

this blend has been specially created by Deborah from the highest qualities essential oils, featuring frankincense, rose, and jasmine.

DEBORAH O'SHEA FREKE

DEBORAH has offered treatments and provided therapist training for some of the finest spas in the world, such as ...

twin farms, vermont, usa
the royal crescent hotel bath, uk
cliveden taplow, uk
soho house and cowshed, london and new york
babington house, wiltshire, uk
cliveden, taplow, uk
ragdale spa warminster, uk
virgin international airlines, first-class lounge

product ranges she has designed are on sale in exclusive retail outlets such as

harrods
harvey nichols
liberty's
bergdorf & goodman

for 12 years she has been part of a team of specialist therapists offering clients holistic treatments with the arrigo programme, which has been awarded best british wellness retreat 2016 from the world spa awards, and is also winner of best holistic hideaway 2016

MORE INFORMATION

you can watch a video of TIM and debbie talking about the meditation massage training [here](#)

details of forthcoming meditation massage training retreats [here](#)

If you have any questions debbie is happy to personally talk with you ... you can contact her on

debbie@timfreke.com

+44 (0)781 786 8859