

Vancouver College of Massage Therapy  
300-1050 West Pender Street, Vancouver, BC, V6E 3S7  
(604) 681-4450 | [www.vcmt.ca](http://www.vcmt.ca)  
Admissions Email: [admissions@vcmt.ca](mailto:admissions@vcmt.ca)



Vancouver College of Massage Therapy is designated by the Private Training Institutions Regulatory Unit. The Introduction to Massage Weekend Workshop does not require approval and was not reviewed by PTIRU.

#### STUDENT INFORMATION

Last Name

First Name

Mailing Address

Student Telephone Number

Student Email Address

#### PROGRAM INFORMATION

Introduction to Massage Weekend Workshop

Program Title

14 hours

Hours of Instruction  
during Contract Term

Location (Vancouver/Surrey)

Workshop Date

Program Delivery Method  
(select all that apply)



In-class



Distance



Combined

Language of  
Instruction:

English

#### PROGRAM OUTLINE

Workshop Objective: The purpose of this course is to learn Swedish massage techniques, and by the end perform a full body, 1 hour Swedish massage.

Saturday	9am-12pm	Introductions and Theory of Massage Table setup and demonstration of back massage <b>Exchange #1:</b> Back (prone) Techniques: Compressions, rocking, effleurage, petrissage (open-C, wringing)
Saturday	1pm-5pm	Demo massage of hips and legs (prone and supine) <b>Exchange #2:</b> Back and legs (prone to supine) Techniques: stroking, kneading, muscle squeezing/picking up
Sunday	9am-12pm	Demo massage of arms and chest/neck <b>Exchange #3:</b> full-body Lay vs. medical terms activity (time-permitting)
Sunday	1pm-5pm	Written exam (for personal feedback) <b>Exchange #4:</b> Oral/Practical assessment Course feedback, Q&A, hand out certificate

PROGRAM COSTS	
Total tuition payable during contract term	\$ 325 + tax
<b>TOTAL PROGRAM COST</b>	<b>\$ 341.25</b>
Payment is due upon registration in order to secure a seat in the course	
REFUND POLICY	
\$100 is non-refundable. Students are entitled to a refund of the remaining amount if they notify the school of their withdrawal no less than 1 week prior to the workshop start date.	
PAYMENT OPTIONS	
<p>Payment can be made online by credit card. Once this registration form is submitted, VCMT will confirm if space in the workshop, and a payment link will be provided.</p> <p>Please note that payment is required to secure a spot in the workshop and must be made promptly.</p> <p>Alternatively, cash or cheque payments can be made in person. The exact amount is required. If you prefer to pay by cash or cheque, please indicate this in your email when submitting the form.</p> <p>This form can be submitted by email to <a href="mailto:admissions@vcmt.ca">admissions@vcmt.ca</a></p>	
PRIVATE TRAINING INSTITUTIONS REGULATORY UNIT	
<p>The program listed in this student enrolment contract does not require approval by the Private Training Institutions Regulatory Unit of the Ministry of Advanced Education and Skills Training. As such, PTIRU did not review this program.</p> <p>Students may not file a claim against the Student Tuition Protection Fund in relation to this program.</p> <p>This institution is certified by the Private Training Institutions Regulatory Unit (PTIRU). For more information about PTIRU, go to <a href="http://www.privatetraininginstitutions.gov.bc.ca">www.privatetraininginstitutions.gov.bc.ca</a>.</p>	
STUDENT SIGNATURE	
Student Signature	Date Signed
Signature of Parent or Legal Guardian (if under 19 years of age)	Date Signed
INSTITUTION SIGNATURE	
Signature of Institution Representative	Date Signed



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## INTRODUCTION TO MASSAGE WEEKEND WORKSHOP INFO

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**WHEN**      Saturday   9:00am – 5:00pm  
                 Sunday     9:00am – 5:00pm

**WHERE**    **Vancouver Campus:** 300-1050 West Pender Street, Vancouver, BC (3<sup>rd</sup> floor)  
**Surrey Campus:** 10060 King George Blvd, Surrey, BC, V3T 2W4

The purpose of the workshop is to introduce you to massage therapy. Many of you are exploring massage therapy as a possible career option and/or you are researching school options. For others, you just want to learn about giving and receiving massage. The workshop will be focused on building foundational hands-on techniques in Swedish massage so that students are able to experience what it's like to give a full 1-hour massage.

When you arrive, please let reception know you're here for the Weekend Workshop, and someone will be by shortly to bring you to the classroom.

**WHAT TO WEAR**

- Wear comfortable clothing
- Sweats or shorts, T-shirts (**short sleeves only**)
- Comfortable shoes...something with good arch support for standing

**WHAT TO BRING**

- Something to write notes with
- 1 hand towel/face cloth
- 1 blanket (a light throw is fine)
- 2 flat sheets (single/twin)
- 1 fitted sheet (single/twin)
- 1 pillowcase
- Water bottle

\*\* You do **not** need to bring oil with you as it will be provided.

\*\* Please bring all items on day 1. You will be able to store them here over the weekend.

\*\* Please note that you will be asked to undress to a level that allows participants to practice Swedish massage techniques on each other in the classroom setting.

You may use our student kitchen for your lunch, including fridges, microwaves, and sink. There are also places to buy lunch at nearby restaurants. Please bring a water bottle for yourself as well; you will be able to refill it at the school.

The cost of the weekend is \$325.00 + tax, for a total of **\$341.25**.

Please email our admissions team ([admissions@vcmt.ca](mailto:admissions@vcmt.ca)) if you have any questions.