

Goldeen MFR Teaching Series Classes - What to Expect, What to Bring

Registration 8:30-9:00 AM Class starts promptly at 9:00 AM

Come prepared to learn new things that will expand your understanding of the body and the role you can play in the recovery of your clients from chronic pain and emotional tension!

What to wear: Comfortable clothing such as....

Women - Gym or yoga shorts and loose fitting tank top. No sports bras, they are too constricting, we need access to your skin.

Men - Loose fitting gym shorts.

It is very important that you have your nails filed short

If you want to take notes...

Bring what you need. Digital devices are also acceptable. You should have the course handouts.

NO VIDEO'ING OF THE CLASS IS ALLOWED

If you did not receive your course handout contact Goldeen MFR Teaching Series immediately and we will send that to you via email.

Other considerations....

Bring a set of sheets and pillow, which can be handy to use as a bolster or prop.

DO NOT USE ANY OILS OR LOTIONS ON YOUR SKIN FOR THE DAYS OF THE CLASS

We need the skin to be not slippery.

Please, out of respect for those who may be sensitive, no perfumes or essential oils.

Drink containers must have spill proof lids. Bring plenty of water and stay hydrated. Feel free to bring snacks.

*** As a class we will need 1 table per two students. If it's possible for you to bring a massage table please contact me ASAP**

Any questions please feel free to contact me via text or email.

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