



Experience the healing art of
ESALEN MASSAGE

AN INTRODUCTORY COURSE IN LONDON

Experience a transformative journey into the world of Esalen Massage — a unique approach that combines mindful presence with flowing, intuitive touch. In this hands-on course, you will learn fundamental techniques that nurture deep body-mind connection and relaxation.

OKTOBER 11 -12 2025
SAT 10 AM - 6:30 PM
SUN 10 AM - 5:30 PM
LONDON SCHOOL OF
CAPOEIRA
FINDSBURY PARK, N43RF
PRICES: £240 - £280

Book here:





What You'll Learn:

- The signature long, flowing strokes of Esalen Massage
- Techniques for cultivating deep presence and mindful touch
- Methods to enhance relaxation and healing

Why Choose Esalen® Massage?

Esalen Massage is renowned for its holistic approach — combining physical touch with emotional and energetic connection. This course will empower you to explore a new dimension of wellness and bodywork.

Led by Nina Ottenheim, Esalen® Massage Teacher (EMBA) and certified practitioner with 15 years of experience in holistic bodywork, this course is designed for beginners and professionals alike.

BOOK NOW

For more details, visit Instagram @ninaottenheim or contact us at v.weghmann@gmail.com esalenmassagelondon.eventbrite.co.uk

