



**FOUNDATION
IN ADVANCED
CLINICAL MASSAGE
TECHNIQUES**



ONLINE COURSE SYLLABUS

Enjoy over two hours of engaging demonstrations from Jing co-founders Rachel Fairweather and Meghan Mari—decades of experience distilled into bite-sized lessons. Learn core Jing moves to prepare for hands-on training, or rewatch anytime to deepen your skills in dynamic, advanced techniques.

Lesson 1: Stance mechanics

Lesson 2: Table mechanics

Lesson 3: Amma fusion

Lesson 4: Power effleurage

Lesson 5: Sports stretching

Lesson 6: Trigger point therapy

Lesson 7: Myofascial release