

BODY UNIVERSAL

Okinawa, Japan

ESALEN[®]

MASSAGE & BODYWORK ASSOCIATION



Esalen Massage[®]
175 Hour International
Certification Training

Module 1:
July 1 - 15, 2025

Module 2:
October 27 -
November 10, 2025

bodyuniversal.com





The 175-Hour Professional Esalen® Massage Certification Course

The 175 Hour Professional Certification Course in Esalen® Massage offers a comprehensive training for both beginners and certified bodyworkers who wish to add the Esalen approach to their professional repertoire. The Esalen Institute pioneered many approaches that integrate body, mind, and spirit, and Esalen Massage builds on this rich history in the depth of its curriculum. This method is a “presence-based” practice of awareness that uses simple human touch to awaken inherent processes of healing existing within every cell of the human body.

A naturally arising feature of Esalen® Massage in the experience of the client is a sense of restored, embodied wholeness through this powerful healing art. Because this training is designed both for beginners and those with experience in other bodywork modalities, a great deal of individual attention will be offered to participants to meet their differing levels of experience. Perry, Mika and Johanna blend a diverse assortment of techniques into their massage practice, and the fundamental techniques at the core of Esalen Massage will form the foundation of this training.

Each day begins with embodied grounding and centering methods designed to awaken the experience of presence in our bodies, hearts and minds. Morning meditation, yoga, and Movement Practice™ are approaches we will use to prepare ourselves to touch each other with presence and awareness.

Instruction in Esalen’s holistic approach to massage begins with a focus on our quality of touch through the signature long stroke. The long stroke is an integrating technique that connects all aspects of this work into a flowing whole. It reminds the body that it is composed mostly of water, and that flowing, fluid motion is its birthright.

Lectures, demonstrations, and supervised practice will be important parts of each day, with special emphasis on proper body mechanics while massaging one another. Relevant knowledge in anatomy and physiology is integrated into the teaching of this art. Students will also learn communication skills for interacting with clients in a clear, compassionate manner.

Curriculum

Esalen Massage 175 Hour Practitioner Training



The 175-hour Esalen® Massage Certification is designed to guide previously certified bodyworkers to the practitioner level in the art of Esalen® Massage.

The skills taught in this training are divided into the following categories:

Esalen® Massage Skills /
Technique / Theoretical
Foundations

Communication Skills

Applied Anatomy /
Physiology

Intermediate Esalen
Massage Techniques

Professional Ethics

Movement Practices /
Meditation / Self-Care



Structure in Terms of Hours per Subject

This training is organized into two 14 day modules and is presented as a residential immersion class. Specific homework is assigned during the interval between modules to enhance skills introduced each week.

Each day consists of approximately 8 hours. The total number of supervised classroom hours is 175 hours.

A detailed breakdown of the hours spent on different subjects is as follows:

Esalen® Massage Skills / Technique / Theoretical Foundations: Basic

- Understanding the experiential nature of this method and defining the experience of presence.
- Mastering the Long Stroke (front and back) and its relaxing, integrating function.
- Detail work on the front body.
- Detail work on the back body
- Passive joint mobilization
- Special techniques (e.g., deep connective tissue techniques)
- Opening and closing a massage session
- Working with special cases (e.g., first-time recipients, clients with injuries/disabilities/special needs)

Total Hours: 98

Esalen® Massage Skills / Technique / Theoretical Foundations: Intermediate

- Intermediate Esalen® Massage and Bodywork Techniques
- Theory and Practice: Grounding methods when emotional processes or trauma arise during a session.

Total Hours: 35

Communication Skills

- Developing basic communication skills necessary for professional relationship building.
- Addressing conflict or misunderstandings in the client-practitioner relationship.
- Communicating ethical boundaries of the professional relationship as needed.

Total Hours: 8

Applied Anatomy and Physiology/Pathology

- Integrating anatomical knowledge of specific areas into massage work.
- Applying anatomical/physiological insights into the flow and structure of sessions.
- Understanding the Gamma-Motor System, Muscle Spindles, and Golgi Tendon Organs, and how tissues respond to touch.
- Recognizing pathological conditions that contraindicate touch or massage.

Total Hours: 12

Professional Ethics

- Understanding Transference and Countertransference.
- Setting and maintaining appropriate boundaries within the client-practitioner relationship.
- Addressing challenges with difficult clients.

Total Hours: 8

Movement Practices, Meditation, and Self-Care

- Strengthening the body through yoga, Chi-Gong, 5 Rhythms, or similar practices.
- Relating movement practices to body mechanics around the massage table.
- Using meditation to improve concentration and presence while working.

Total Hours: 14

175 Total Hours

Structure of Modules

1 and 2



Module 1

This week focuses on introducing students to fundamental principles and techniques of Esalen® Massage. The goal at the end of this module is for students to give a full-body massage characterized by long, integrating strokes.

Specific areas of focus:

- Introduction to presence-based touch.
- Fundamental principles: Understanding the four basic processes at work in any massage/therapeutic relationship.
- Introduction to the long stroke, front and back, including its theoretical understanding.
- Utilizing proper body mechanics.
- Introduction to the anatomy and physiology of touch, emphasizing the skin's significance and its fundamental relationship to the long stroke.

Module 2

This week focuses on adding depth when requested (teaching students to apply more pressure while utilizing appropriate body mechanics) and detail (e.g. specific work around the shoulders, neck, hands, feet, and face) to their basic long-stroke massage technique.

Students will also learn basic communication techniques essential for creating professional relationships and addressing issues of transference and countertransference. By the end of this module, students should be able to give a full-body massage that incorporates depth and detailed work.

Specific areas of focus:

- Adding advanced techniques and integrating them into Esalen® Massage. Learning intermediate Esalen Massage and Bodywork techniques to enhance their work.
- Detail work on the front and back (e.g., shoulders, hips, feet, neck, etc.).
- Introduction to the Gestalt Process: Developing effective communication skills.
- Human anatomy and physiology for areas focused on during demonstrations.
- Ethics and Business Practices, including contraindications for Esalen Massage.

Desired Outcomes

Methods of Assessment



The desired outcome of the 175-hour Esalen® Massage Practitioner Certification is to train participants to the level of practitioner status.

This Entails:

Being able to give a professional, full-body massage, from receiving clients at one's door to seeing them out, all within 90 minutes.

Demonstrating knowledge of professional ethics & understanding the fundamental components of building a practice from scratch:

- Advertising
- Networking
- Self-promotion through public presentations
- Developing promotional materials (e.g., business cards, websites, social media, and written content).

Methods of Assessing Student Progress:

- In-class supervision from instructors.
- Peer assessment through student-to-student feedback.
- Evaluation sessions on teachers with feedback.
- Question/answer sessions and group discussions.
- Feedback from 30 massage sessions conducted after the program concludes.



Double Room at Hortokoni

Primary Teaching Methods

Lecture and demonstrations.

Verbal interaction between faculty and students, as well as peer-to-peer discussions.

Question / Answer sessions and group discussions.

Completion of 30 body reports with faculty assessment.

This program is a highly experiential “hands-on” program.

Prerequisites

To register, it is recommended that participants:

- Complete an introductory weekend or 5-day Esalen® Massage class.
- Receive at least one Esalen® Massage session prior to the course.

Course Details

Duration: 28 days

Module 1: (July 1 - 15th 2025)

Module 2: (Oct 27th - Nov 10th 2025)

Language: The training will be delivered in English, with translation into Japanese. (If there are English speakers in Module 2, translation will be provided.)

Venue

Hortonoki
www.hortonoki.com

Located northern Okinawa you can take a shuttle bus from the Naha airport (2 hours).

- Shared room only.
- Three meals are included.
- Free water, sparkling water, coffee and tea.
- Free laundry (with dryer).

Obtaining the Certificate as an Esalen® Practitioner

To successfully complete the certification, participants must:
Document the practice of 30 massages at their place of residence. An explanation of how to document your sessions will be given in Module #2.

Upon completion and payment of a \$150 fee to the Esalen Institute, participants will receive a Certificate as a practitioner of Esalen® Massage (175 hours) from the Esalen Massage School

*Note: This is a professional training with limited admission.

Price and Registration

Participants may register for Module 1 only if certification is not desired.

Module 1 (Tuition, Room and Board)
\$3800

Module 2 is the same price as Module 1.

Each module includes 3 meals per day and a double occupancy room for 14 days.

Access the Registration Form: [Here](#)

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Trainers

Perry Holloman,
Mika Oishi and
Special Guest
Johanna Holloman

Perry has lived and taught Esalen® Massage at the Esalen Institute in Big Sur, California since 1979. He developed the Esalen Massage Teacher Training Program and has trained teachers globally since 2009. He also developed the Deep Bodywork® Program at Esalen and teaches professional bodyworkers advanced massage and bodywork skills.

Mika is a teacher of Esalen® Massage and Deep Bodywork® living in Japan. She has been organizing Perry's Deep Bodywork® in Japan since 2006 and she taught Esalen® Massage at the Findhorn Foundation in Scotland and also teaches in the Netherlands.

Johanna is a German-born clinical psychologist and Diamond Approach® teacher. Her international teachings in Integrative Gestalt Coaching™, Integrative Somatic Practice™, Deep Bodywork®, Esalen Massage®, and Yoga focus on embodied presence and inner development through inquiry, breath and movement.

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