

**THE MASSAGE
CHAMPIONSHIP
OF THE NORDIC COUNTRIES**
P. Stradins Medical College of the University of Latvia
14th–15th October, 2022
JŪRMALA, LATVIA

P. Stradins Medical College of the University of Latvia
invites and announces the application for
the first Massage Championship of the Nordic Countries

*“Knowledge is a treasure but
practice is the key to it.”
/Thomas Fuller/*

P. Stradins Medical College of the University of Latvia in the “golden autumn” invites to Jūrmala city, where in 2022 from 14.-15. October in co-operation with *International Massage Association* will host the first Massage Championship of the Nordic Countries.

The championship will be held for two days. On the first day of the event, students will demonstrate their skills and knowledge, on the second – professionals of the field. On both days of the event, the performance of the participants in the classical and optional massage discipline will be evaluated by an international jury. Along with the first day of the championship, further education courses with practical master classes will be organized for professionals.

VENUE AND TIME

P. STRADINS MEDICAL COLLEGE OF THE UNIVERSITY OF LATVIA, Vidus prospekts 38, Jūrmala

14.10.2022. from 9:00 a.m. to 6:00 p.m.

(Championship’s day for students and further education courses for professionals)

15.10.2022. from 9:00 a.m. to 6:00 p.m.

(Championship’s day for professionals and master classes)

PARTICIPANT REGISTRATION

Until 30.09.2022., application *on-line*, by filling out the application form:

<https://forms.gle/RpyTSqNoXsNPDvK18>

THE NUMBER OF PLACES IS LIMITED!

WORKING LANGUAGE

English and Latvian

ORGANIZERS:



SUPPORTERS:



THE PROGRAMME*

FIRST DAY OF THE CHAMPIONSHIP – 14.10.2022.			
TIME	ACTIVITY I Student massages championship	PLKST.	ACTIVITY II Further education courses with practical master classes
9:00 – 10:00	REGISTRATION	9:00 – 10:00	REGISTRATION
10:00 – 10:30	Opening of the championship	10:00 – 12:00	Master classes - demonstration of different types of therapeutic massage
11:00 – 12:00	<i>Student championship: 1st part</i> – classical massage	12:00 – 13:00	Guest lecture
12:00 – 13:00	LUNCH	13:00 – 14:00	LUNCH
14:00 – 15:00	<i>Student championship: 2nd part</i> – optional massage	14:00 – 17:00	Masterclasses – demonstration and practical activity of different types of therapeutic massage
15:00 – 16:00	Master classes of international massage trainers		
17:00	AWARDING CEREMONY		
SECOND DAY OF THE CHAMPIONSHIP – 15.10.2022.			
TIME	ACTIVITY I Professional massage championship and master classes		
9:00 – 10:00	REGISTRATION		
10:00 – 10:30	Opening of 2 nd day of the championship		
11:00 – 12:00	<i>1st part of Professional Championship</i> Classical massage		
12:00 – 13:00	LUNCH		
14:00 – 15:00	<i>2nd part of Professional Championship</i> Optional massage		
15:00 – 16:00	Master classes of international massage trainers		
17:00	AWARDING CEREMONY		

* The programme will be clarified.

CHAMPIONSHIP RULES

1st part – classical massage

The rules to follow obligatory, while performing classical massage:

The duration of massage: 30 minutes, performing massage, it is necessary to include the main classical massage movements: effleurage, petrissage, pounding, vibration. Massage of the back area is evaluated.

The organizers of the program will provide all participants with:

workplace, model, massage table/couch, massage oil and oil container, disinfectants.

2nd part – optional massage

Duration: 40 minutes. Participants perform the chosen type of massage or a combination of massage types. Participants are responsible for everything necessary for the massage (decorations, clothing etc.). The organizers provide the participants with a massage table, a model and a cosmetic trolley, as in the mandatory program, if necessary.

PARTICIPATION FEE

PARTICIPATION FEE **	AMOUNT	PAYMENT CODE
Participation on the 1st day of the championship (14.10.2022.) – participant of the championship (student)	30 EUR	M01
Participation on the 1st day of the championship (14.10.2022.) – spectator of the championship	30 EUR	M02
Participation on the 1st day of the championship (14.10.2022.) – Further education courses with practical master classes	65 EUR	M03
Participation on the 2nd day of the championship (15.10.2022.) – championship participant (professional)	50 EUR	M04
Participation on the 2nd day of the championship (15.10.2022.) – spectator of the championship	30 EUR	M05
Participation on the 1st day of the championship (14.10.2022.) – Further education courses with practical master classes and Participation on the 2nd day of the championship (15.10.2022.) – spectator of the championship	130 EUR	M06
** The participation fee includes lunch and basic equipment for the participants of the championship.		

Details for the membership fee:

The Agency of the University of Latvia
“Latvijas Universitātes P. Stradiņa medicīnas koledža”
Abbreviation: LU PSK
Reg. Nr.: 90000031813
Address: Vidus prospekts 38, Jūrmala, LV-2010
Valsts kase, code: TREL22
Paid service account number: LV27TREL9150234010000

Specify the purpose of the payment:

Name, Last name, the revenue code 21379, code of the payment made... (see for details: PARTICIPATION FEE)

CONTACT PERSONS:

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We recommend that participants of the championship take advantage of the special accommodation offer of the cooperation partner Semerah Hotel Lielupe (Bulduru prospekts 64/68, Jūrmala)!

<https://lielupe.semarahhotels.com/rooms/?lang=en>

Reservation keyword: LU PSK

SEE YOU IN JŪRMALA!

www.psk.lu.lv/en