

Classroom course | eLearning

Our flexible core

The basic competence module



Massage competence is the **basic module** of each of our Flexyfit® **massage** training courses.

In order to act responsibly and effectively when working with people, it is essential to have a comprehensive understanding of the human body and its functional mechanisms. It is crucial to know how these mechanisms can be influenced. You will gain in-depth knowledge of anatomy, physiology, hygiene, pathology and more, as well as basic massage techniques.

This important knowledge must be easily accessible. That's why we have developed a special solution to make your learning experience as **simple and flexible** flexible as possible.

Online learning videos for your massage training

A valuable addition to presentations and scripts.

Presentations & scripts

Our presentations and scripts form the essential basis for your learning and exam preparation. They are the indispensable basis for our online learning videos, which help you to develop a deep understanding and look up important content at any time.

Classroom course (Online Live Webinars)

Flexible lessons right in your own home! Take part in interactive webinars that enable live discussions and active participation.

