

## Health and Complementary Therapies

You can acquire skills and qualifications in holistic and esoteric therapies and learn the ancient disciplines of mind, body and spirit.

Get Qualified in Holistic Therapies											
ITEC Diplomas											
ITEC Diploma In Anatomy and Physiology - Level 3	Wed	18:00	21:00	24 Sept 08	15	3	Y	Y1679	ISW	288	80
ITEC Diploma in Anatomy and Physiology - Level 3	Mon	18:00	21:00	03 Nov 08	15	3	Y	C1737	ISW	288	80
ITEC Diploma in Anatomy and Physiology - Level 3	Wed	18:00	21:00	25 Feb 09	15	3	Y	Y1681	ISW	288	80
ITEC Diploma In Holistic Massage - Level 3*	Thurs	18:00	21:00	25 Sept 08	20	3	Y	Y1684	SHC	370	115
ITEC Diploma in Holistic Massage - Level 3	Mon	18:00	21:00	20 April 09	10	3	Y	C1835	ISW	370	115
ITEC Diploma In Reflexology - Level 3*	Mon	18:00	21:00	03 Nov 08	27	3	Y	Y1686	SHC	450	220
ITEC Diploma In Aromatherapy - Level 3*	Tues	18:00	21:00	23 Sept 08	22	3	Y	Y1836	SHC	450	220
ITEC Diploma in Indian Head Massage - Level 3*	Thurs	18:00	21:00	23 April 09	12	3	Y	C1787	SHC	305	160
CYQ Level 1 Award in Lifestyle Management*	Wed	10:15	13:15	24 Sept 08	5	1	N	A2022	SHC	55	20
CYQ Level 1 Award in Lifestyle Management*	Wed	10:15	13:15	25 Feb 09	5	1	N	B2023	SHC	55	20
CYQ Level 1 Award in Lifestyle Management*	Wed	10:15	13:15	03 June 09	5	1	N	C2021	SHC	55	20
RIPH Award In Healthier Food And Special Diets Level 1 *	Thurs	13:00	15:00	02 Oct 08	4	1	N	A2020	SHC	£50	£20
RIPH Award In Healthier Food And Special Diets Level 1 *	Thurs	13:00	15:00	22 Jan 09	4	1	N	B2018	SHC	£50	£20
CIEH Award In Healthier Food And Special Diets Level 2 *	Thurs	13:00	15:00	23 April 09	5	2	N	C2019	SHC	£60	£20
CIEH Certificate In Stress Awareness Level 1	Thurs	13:00	15:00	06 Nov 08	4	1	N	A2016	SHC	£55	£15
CIEH Certificate In Stress Awareness Level 1 *	Thurs	13:00	15:00	26 Feb 09	4	1	N	B2017	SHC	£55	£15
CIEH Certificate In Stress Awareness Level 1 *	Thurs	13:00	15:00	04 June 09	4	1	N	C2015	SHC	£55	£15
Prepare to get Qualified in Holistic Therapies											
Introduction To Holistic Therapies	Wed	13:00	15:00	24 Sept 08	5	Beginners	N	A2029	ISW	28	11
Introduction To Holistic Therapies*	Wed	18:30	20:30	24 Sept 08	5	Beginners	N	A2026	SHC	28	11
Get Started in Anatomy and Physiology	Mon	18:30	20:30	22 Sept 08	5	Beginners	N	A1656	ISW	28	11
Get started in Anatomy and Physiology	Tues	18:30	20:30	04 Nov 08	5	Beginners	N	A2027	ISW	28	11
Get started in Anatomy and Physiology	Tues	18:30	20:30	06 Jan 09	5	Beginners	N	B1719	ISCW	28	11
Get started in Anatomy and Physiology	Wed	13:00	15:00	07 Jan 09	5	Beginners	N	B2051	ISW	28	11
Get started in Anatomy and Physiology	Wed	18:30	20:30	24 April 09	5	Beginners	N	C2057	SHC	28	11
Get Started in Anatomy and Physiology	Tues	18:30	20:30	02 June 09	5	Beginners	N	C1768	ISW	28	11
Continuing Professional Development											
Advanced Massage Skills for Therapists	Tues	18:00	21:00	02 June 09	5	Advanced	N	C1771	SHC	110	45
Counselling & Personal Development											
Get Started In Interpersonal Skills and Body Language	Mon	19:00	21:00	22 Sept 08	5	Beginners	N	A1667	ISB	28	11
Get Started In The Concepts & Perspectives of Anger Management	Mon	19:00	21:00	03 Nov 08	5	Beginners	N	A1955	ISB	28	11
Get Started In Counselling	Mon	19:00	21:00	05 Jan 09	10	Beginners	N	B1991	ISB	40	17
Counselling Theory and Practice	Mon	19:00	21:00	20 April 09	10	Intermediate	N	C1999	ISB	40	17
Massage											
Get Started In Indian Head Massage*	Wed	13:00	15:00	05 Nov 09	5	Beginners	N	A2030	ISW	28	11
Get Started In Indian Head Massage*	Wed	18:30	20:30	05 Nov 08	5	Beginners	N	A1866	SHC	28	11

Course Title	Day	Start Time	End Time	Start Date	Weeks	Level	Advice Session	Course Code	Location	Fee (£)	Concession (£)
Get Started In Holistic Massage*	Wed	18:30	20:30	25 Feb 09	5	Beginners	N	B1988	SHC	28	11
Get Started In Holistic Massage*	Wed	13:00	15:00	22 April 09	5	Beginners	N	C2053	SHC	28	11
<b>Reflexology</b>											
Get Started In Reflexology*	Mon	18:30	20:30	22 Sept 08	5	Beginners	N	A1954	SHC	28	11
Get Started In Reflexology*	Wed	18:30	20:30	07 Jan 09	5	Beginners	N	B2049	SHC	28	11
Get Started In Reflexology	Wed	13:00	15:00	03 June 09	5	Beginners	N	C2054	ISW	28	11
<b>Reiki and Crystal Healing</b>											
Getting Started in Reiki Healing	Tues	18:30	20:30	23 Sept 08	5	Beginners	N	A2028	ISW	28	11
Get Started in Crystal Healing	Thurs	18:30	20:30	25 Sept 08	5	Beginners	N	A1799	ISW	28	11
Reiki Healing Stage 1	Thurs	18:30	21:00	06 Nov 08	5	Intermediate	N	A1699	ISW	36	15
Reiki Healing Stage 2	Tues	18:30	21:00	06 Jan 09	10	Advanced	N	B2050	ISW	50	23
Reiki Healing Stage 1	Thurs	18:00	20:30	26 Feb 09	5	Intermediate	N	B1996	ISW	36	15
Reiki Healing Stage 2	Thurs	18:30	21:00	22 April 08	10	Advanced	N	C2000	ISW	50	23
<b>Mind, Body and Spirit</b>											
Get Started in Meditation	Tues	18:30	20:30	21 April 09	5	Beginners	N	C1800	ISW	28	11
<b>Aromatherapy</b>											
Get Started In Aromatherapy	Weds	13:00	15:00	25 Feb 09	5	Beginners	N	B2052	ISW	28	11
Get Started in Aromatherapy*	Weds	18:30	20:30	03 June 09	5	Beginners	N	C1931	SHC	28	11
<b>Weekend Workshops</b>											
Learn A Tension Busting Neck and Shoulder Routine	Sat	11:30	15:30	27 Sept 08	1	Beginners	N	A2031	ISW	20	10
Lotions and Potions	Sun	11:30	15:30	28 Sept 08	1	Beginners	N	A1859	ISW	20	10
Taster in Anatomy and Physiology	Sat	11:30	15:30	04 Oct 08	1	Beginners	N	A2032	ISW	20	10
Natural Products for Skin and Hair	Sun	11:30	15:30	05 Oct 08	1	Beginners	N	A2033	ISW	20	10
Learn A Basic Massage Routine (Enrol In Pairs)	Sat	11:30	15:30	11 Oct 008	1	Beginners	N	A2034	ISW	20	10
Learn A Reflexology Routine	Sun	11:30	15:30	12 Oct 08	1	Beginners	N	A2035	ISW	20	10
Learn A Basic Massage Routine (Women Only Please Enrol In Pairs)	Sat	11:30	15:30	18 Oct 08	1	Beginners	N	A2036	ISW	20	10
Learn A Basic Indian Head Massage Routine	Sun	11:30	15:30	19 Oct 08	1	Beginners	N	A2037	ISW	20	10
Learn A Basic Massage Routine (Men Only Please Enrol In Pairs)	Sat	11:30	15:30	25 Oct 08	1	Beginners	N	A2038	ISW	20	10
Use Natural Products For Your Skin and Hair	Sat	11:30	15:30	08 Nov 08	1	Beginners	N	A2039	ISW	20	10
Enhance your Posture and Reduce Backache	Sun	11:30	13:30	09 Nov 08	1	Beginners	N	A2040	ISW	10	5
Learn a Reflexology Routine	Sat	11:30	15:30	15 Nov 08	1	Beginners	N	A2041	ISW	20	10
Learn a Tension Busting Neck and Shoulder Routine	Sun	11:30	15:30	16 Nov 08	1	Beginners	N	A2042	ISW	20	10
Lotions and Potions	Sat	11:30	15:30	22 Nov 08	1	Beginners	N	A2043	ISW	20	10
Learn How To Give A Back Massage (enrol In Pairs)	Sun	11:30	14:30	23 Nov 08	1	Beginners	N	A2044	ISW	15	8
Learn A Basic Indian Head Massage Routine	Sat	11:30	15:30	29 Nov 08	1	Beginners	N	A2045	ISW	20	10
Learn How To Give A Back Massage (women Only Enrol In Pairs )	Sun	11:30	14:30	30 Nov 08	1	Beginners	N	A2046	ISW	15	8
Enhance Your Posture And Reduce Backache	Sat	11:30	13:30	06 Dec 008	1	Beginners	N	A2047	ISW	10	5
Learn How To Give A Back Massage ( Men Only Enrol In Pairs )	Sun	11:30	14:30	07 Dec 08	1	Beginners	N	A2048	ISW	15	8