

HOLISTIC HEALTH AND WELLBEING

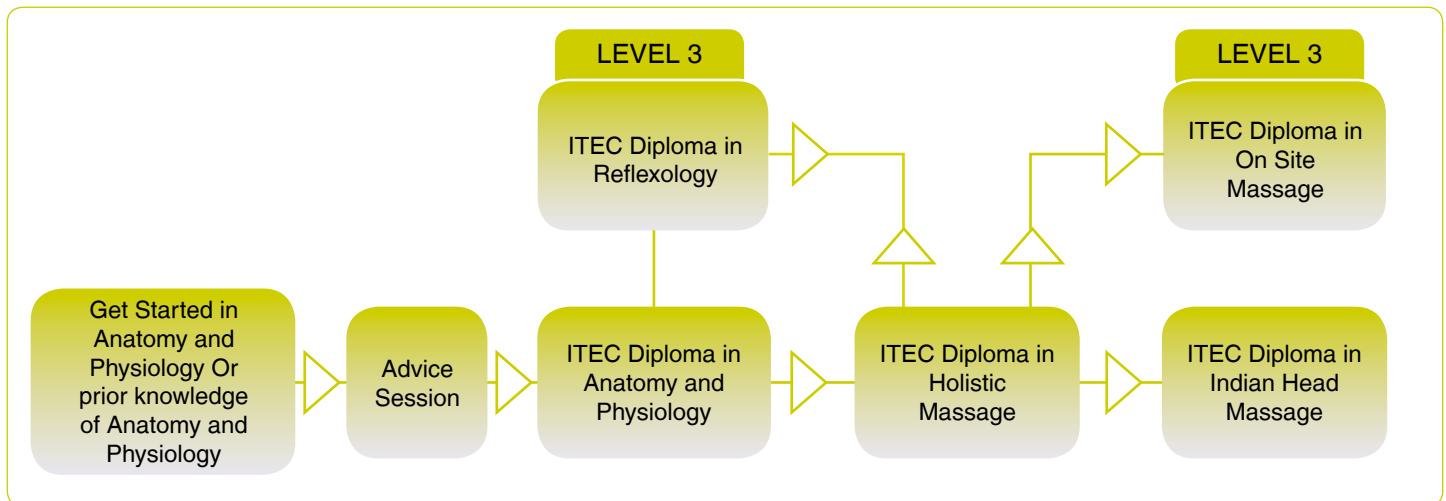
Location Key:

ISB = Idea Store Bow

ISW = Idea Store Whitechapel

SHC = Shadwell Centre

WANT TO BECOME A QUALIFIED MASSAGE THERAPIST OR REFLEXOLOGIST?



Great value training

We offer some of the best value training for holistic health and wellbeing in London. Learn with us, our exam results are great, and you could be on route to a successful new career and a healthier you!

Get Qualified in Holistic Health and Wellbeing ITEC Diplomas in Therapies

Get qualified with ITEC

If you want to follow a career in complementary therapies, an ITEC qualification is the way to go. ITEC is the largest international examination board and offers a variety of qualifications.

ITEC qualifications are recognised both in the UK and in many countries abroad, so you can train locally and work all over the world. ITEC learning is organised into units so you can study at your own pace. We are proud of the high quality teaching and learning on our ITEC courses. Our retention, success and examination results reflect these high standards. Many of our students start out on a workshop or short course. Enjoy and gain knowledge from these learning experiences and then progress onto our ITEC courses. Learners that want to study on an ITEC course must attend an informal meeting before they can enrol. If you are interested or need more information, call Denise Henley on **0207 364 2652**.

Visit www.itecworld.co.uk to find out more.

ITEC Diploma in Indian Head Massage - Level 3

Train to practise Indian head massage professionally. The course covers both the theory and practice of relieving stress in the tissues, muscles, and joints of the head, face, neck and shoulders. You will learn to give clients a deeply calming and relaxing experience, leaving them feeling energised and revitalised and better able to concentrate. Suitable if you already have an ITEC Diploma in Holistic Massage or equivalent.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Mon	18:00 - 21:00	21-Apr-08	12	3	Y	C1787	SHC	£275/90

ITEC Diploma in Holistic Massage - Level 3

Become a qualified massage therapist, qualified in the theory and practice of body massage. You will be assessed by a practical massage exam, multiple choice examination and case study production. This course also includes Level 2 ITEC Professional Conduct and Business Awareness (if not already taken) with a one hour multiple choice examination. You are welcome to apply if you have an ITEC Diploma in Anatomy and Physiology or equivalent and some basic massage experience

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Sat	10:00 - 15:00	26-Apr-08	12	3	Y	C1835	ISW	£335/130

Continuing Professional Development for Therapists

Advanced Massage Skills For Therapists

This is an excellent opportunity for therapists to meet other professionals, develop and update their skills. Our Advanced Massage Skills course will inspire, revitalize and develop your knowledge and practice. You must be a qualified ITEC Massage Therapist already. Please bring a copy of your qualification to the first class

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Thurs	18:00 - 21:00	05-Jun-08	5	Adv	N	C1860	SHC	£100/40

Introductory Courses

Get Started in Anatomy and Physiology

An introduction to the fascinating world of your body and how it works. Essential for success if you are interested in studying complementary therapies, fitness, wellbeing, nutrition or sport.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Wed	18:30 - 20:30	04-Jun-08	5	Beg	N	C1768	ISW	£36/15

Get Started in Aromatherapy

Learn about essential aromatherapy oils and how they can be used to bring about health benefits and enhance your sense of well being.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Thurs	18:30 - 20:30	24-Apr-08	5	Beg	N	C1931	SHC	£36/15

Get Started in Crystal Healing

How could crystals possibly be used to help create a healing environment? Try this course and discover just how these beautiful products of nature can be used to do so. Crystals can help you heal. An opportunity to explore the therapeutic qualities of crystals and how to use them to assist in healing the mind, body and soul

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Thurs	18:30 - 20:30	24-Apr-08	5	Beg	N	C1749	ISW	£36/15

Get Started in Holistic Massage

Learn the basic techniques of massage and the benefits of this stress busting and health enriching therapy. Skills you will then be able to use on family and friends! Inspired students can progress onto our training courses that qualify you as a Massage Therapist.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Wed	18.30 - 20.30	04-Jun-08	5	Beg	N	C1997	SHC	£36/15

Get Started in Holistic Massage for Women

This introductory course for women and taught by an experienced female tutor, explores the safe and essential techniques in giving and receiving massage. Skills you will then be able to use on family and friends. Please bring a large towel.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Wed	18:30 - 20:30	23-Apr-08	5	Beg	N	C1791	ISW	£36/15

Get Started in Meditation

How is it possible to escape from the pressures of everyday life? By learning the techniques of meditation and how to quiet the mind and create an opportunity for inner peace.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Thurs	18:30 - 20:30	05-Jun-08	5	Beg	N	C1800	ISW	£36/15

Get Started in Reflexology

Learn the basic techniques of enhancing your health by applying massage and stimulating the reflex points on both the hands and feet.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Wed	18.30 - 20.30	23-Apr-08	5	Beg	N	C1998	SHC	£36/15

Counselling

Counselling Theory and Practice

Taught by a highly qualified and experienced tutor this course looks in more depth at counselling theory, interpersonal skills, communication and practice. Certificate of attendance awarded.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Mon	19.00 - 21.00	21-Apr-08	10	Int	N	C1999	ISB	£45/20

Reiki Healing

Reiki Healing - Stage 2

This advanced Stage 2 Reiki course includes distance healing, beaming, one2one and empowering. Certificate of attendance awarded.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Tues	18.00 - 21.00	22-Apr-08	10	Adv	N	C2000	ISW	£45/20

Weekend Workshops

Learn a Tension Busting Neck, Head and Shoulder Massage for Partners/Friends or Family (enrol in pairs only)

Loosen up tension and release stress by learning how to massage the neck, head and shoulders. Skills you can then use on yourself, family and friends. You need to enrol in pairs for this workshop.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Sun	11.30 - 15.30	27-Apr-08	1	Beg	N	C2001	ISW	£24/8

Learn about Reflexology for partners/friends and family (enrol in pairs only)

This workshop provides an insight into how your health can be enhanced by applying massage and pressure to stimulate reflex points on hands and feet. Gain some practical techniques that you can then use on yourself, family and friends. Please bring a towel.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Sun	11.30 - 15.30	04-May-08	1	Beg	N	C2002	ISW	£24/8

Learn a Basic Indian Head Massage for partners/friends or family (enrol in pairs only)

A great introduction to Indian Head Massage. Discover how to relax and invigorate using time-honoured techniques.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Sun	11.30 - 15.30	11-May-08	1	Beg	N	C2003	ISW	£24/8

Use Natural Products for your Skin and Hair

Learn how to use everyday products as safe and natural beauty treatments. Fascinating, fun and you enhance the quality look of your appearance.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Sun	11.30 - 15.30	18-May-08	1	Beg	N	C2004	ISW	£24/8

Lotions and Potions

Learn about aromatherapy, essential oils and how to make your own hand, face and body creams, masks and scrubs. Great fun and you will be able to take some wonderful lotions and potions home with you. Excellent presents you can learn to make for you, family or friends.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Sun	11.30 - 15.30	25-May-08	1	Beg	N	C2005	ISW	£24/8

Enhance your Posture and Reduce Backache

Learn how to improve your posture, exercises to strengthen the back and techniques to relax muscles to protect against back ache.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Sun	11.30 - 13.30	08-Jun-08	1	Beg	N	C2006	ISW	£12/4

Learn how to give a Back Massage (open to all)

When you feel weighed down by the stresses of every day life, and that tension begins to accumulate in your neck and upper body, you don't have to grin and accept it as inevitable. Help is at hand with our series of back massage workshops. Learn some simple techniques to loosen up shoulders and back, to help you relax and feel wonderful. You must enrol in pairs.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Sun	11.30 - 14.30	15-Jun-08	1	Beg	N	C2007	ISW	£16/6

Learn how to give a Back Massage (Women only)

Women only, share this workshop with your friends, female partners and loved ones. You must enrol in pairs.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Sun	11.30 - 14.30	22-Jun-08	1	Beg	N	C2008	ISW	£16/6

Learn how to give a Back Massage (Men only)

Men only. share this workshop with your friends, male partners and loved ones. You must enrol in pairs.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Sun	11.30 - 14.30	29-Jun-08	1	Beg	N	C2009	ISW	£16/6

Healing Energy and Hand Massage

Find out how to complete a relaxing hand massage and ways to enhance its benefits by bringing in Rei Energy.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Sun	11.30 - 14.30	6-Jul-08	1	Beg	N	C2010	ISW	£16/6