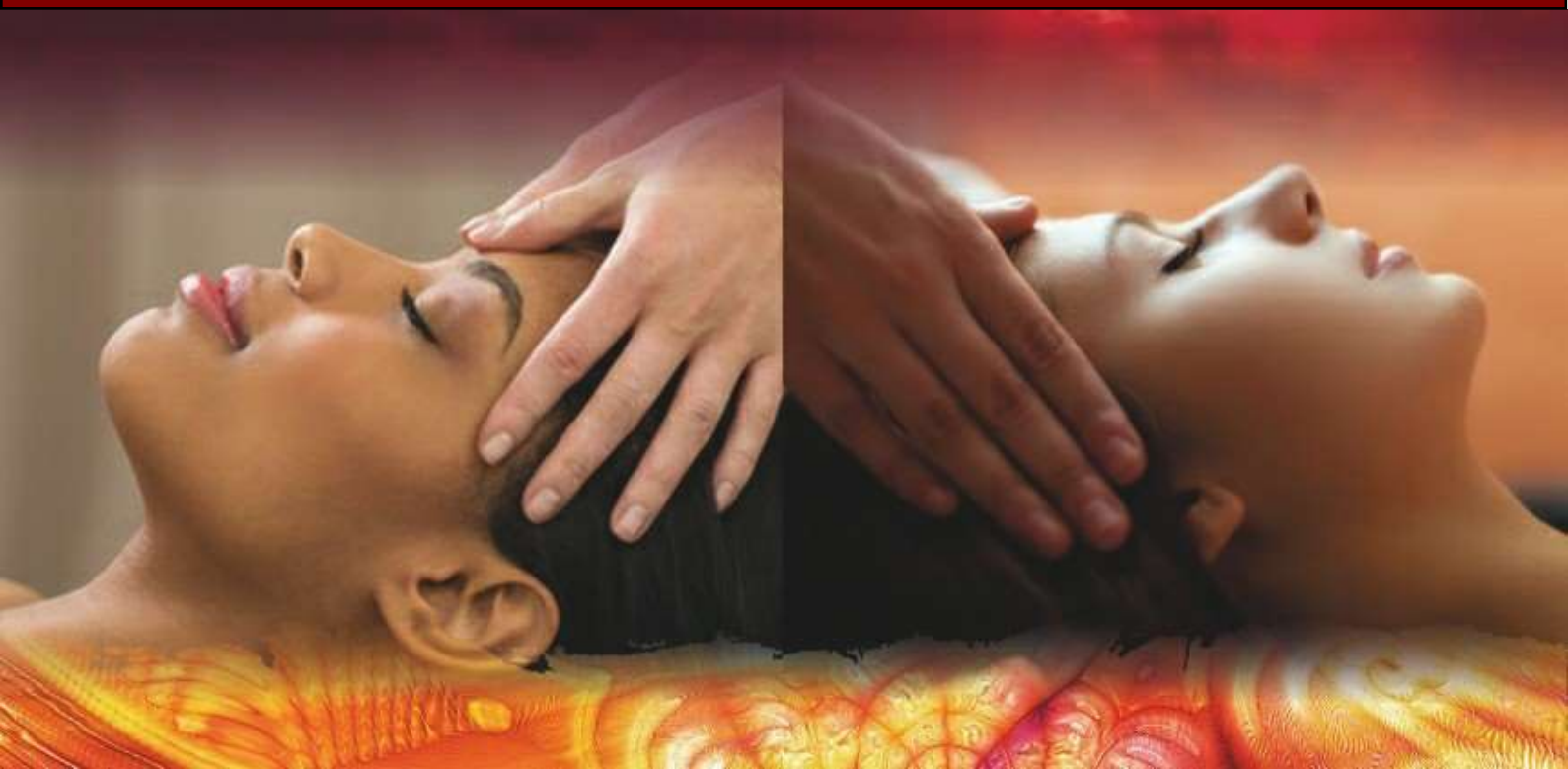


THE TRAINING CENTRE OF WELLBEING COURSE BROCHURE

INDIAN HEAD MASSAGE

'East meets West'

Incorporating Ayurvedic principals and Mental Health First Aid



You are invited on a journey where East meets West

A fully accredited and certificated practitioners course in Indian Head Massage which is available to study over 3 days. This comprehensive therapeutic method, follows traditional Ayurvedic principals and incorporates modern interventions which meet many of today's needs.

Your chance to delve deep into the healing arts and embark on a journey of self-discovery whilst learning valuable skills which will help you better connect with others. This 3-day training program caters for those with an interest in Indian culture; existing therapists with a desire to better connect to their clients; those wanting to develop further spiritual awareness; as CPD credits; for carers or those that support others.

This course is accredited by the Complimentary Medical Association and approved by Balens holistic insurance .The total training cost is £275. Guided learning hours, 18 classroom and 40 hours home study.

Topics covered:

- Ayurvedic principals and how to bring these qualities into your practice and everyday life.
- Understanding mental health and its many facets: how to identify, treat and sign post mental health issues and to reduce the stigma around mental health.
- Therapist Alignment: A transformational process which better aligns the student with their values and beliefs. A process to attune your methodology, ensuring when you deliver treatments it is safe and from your highest purpose.

The course includes:

- Comprehensive printed training manual
- Continued online tutor support for the course duration until signed off
- Support with case studies
- Final assessment - to deliver a treatment (once case studies are completed).



Meet The Tutors



Vanessa Myatt has studied complementary health for 30 years alongside her career as an accountant and business advisor. She is a qualified teacher, accountant, nutritional therapist, and passionate about sharing lifestyle medicine with others.

Vanessa has vast knowledge across the sector, and her personal mission is to facilitate quality courses, fully supporting students to become successful practitioners. She aims to raise public awareness of the benefits of lifestyle medicine and help achieve an integrative approach in health care.

“10 years ago I felt I needed to take what I had learnt in my professional career and merge it with my love for complementary medicine. I had studied more than 30 different modes of holistic therapy and became dedicated to the cause. From this commitment, The Training Centre of Wellbeing was born. The journey has been incredible.”



Glen Monks was Hairdresser for the first twenty years of his working career and later became a tutor at his local college. Then, in 2005 something shifted – he desired to learn more about the depth of the human experience. Glen first began Yoga in Australia in 2000 then, upon his return to the UK in 2005, he studied with the Life Skills Centre in London and became a yoga teacher. He has since visited India many times attending various Yoga, Meditation and Ayurveda courses. During his travels, he has worked alongside Ayurvedic Doctors in the Wynyard District, South India - recognised as the home of Ayurveda. He is trained in Ayurvedic Massage, Indian Head Massage and Spectrum Emotional Healing.

Glen currently writes for Essential Ayurveda on various topics covering health and wellbeing and teaches mindful yoga privately and via workshops.

However, with yoga, he says, “the learning never stops”.



SUBJECTS INCLUDED IN THIS COURSE

You will cover:

- Codes of Conduct
- The Origins of Indian Head Massage
- Ayurveda Principles
- History of Indian Head Massage
- The Etheric Bodies
- The Energetic Body and energy metabolism
- Human Anatomy
- Olfaction
- Stress (Mental Health First Aid)
- Oils Indian Head Massage
- Oils and their Psychological aspects
- The client attunement process
- Massage movements
- Contra-indications
- Massage Sequence
- After care
- Holistic Research and CPD



No matter where you are at with your development, studying this course will qualify you to be an Indian Head Massage Therapist and it will help you to:

- Discover your path of healing and spiritual growth
- Learn more about who you are
- Unleash the power to direct your own life
- Awaken your intuition
- Empower yourself in all aspects of life
- find your inner balance
- Explore the seven energy centres and your energetic anatomy in depth
- Learn powerful techniques to feel better emotionally, spiritually, and physically
- Master principles of energy transformation and healing
- Harness the power of your subtle body for self-healing and transformation
- Gain insight into advanced energy healing wisdom

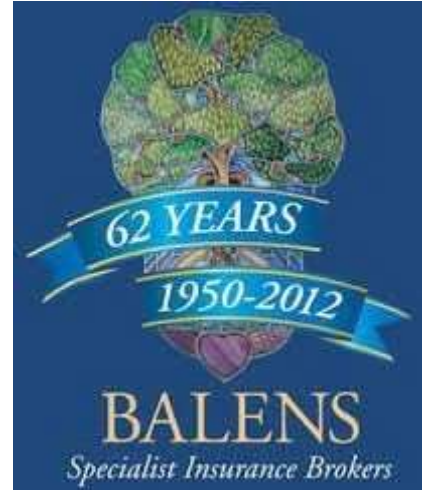
You are required to carry out 4 case studies on completion of your training, including a minimum of 2 follow up appointments. There is also a final exam which is to be completed in your own time. You are required to study basic body systems and an e-booklet is supplied for you to study at home along with reading and agreeing to our codes of conduct.

On successful completion of your exam and case studies, you must attend an in person assessment in class.



Further Courses on offer at The Training Centre of Wellbeing Ltd

- Beginners Aromatherapy
- Advanced Aromatherapy
- Anatomy and Physiology Training Course
- Colour Therapy Practitioner
- Crystal Therapy
- The professional holistic practitioner
- Managing your Holistic Business
- Meditation Master Practitioner
- Nutritional Therapy
- Listening Skills
- Animal Reiki
- Animal Tuning Fork Therapy Practitioner
- Reiki Seichem
- Vibrational Reiki
- Tera Mai Seichem
- Tuning Forks Level 1-8
- Frequency of Essence
- Frequency of Colour
- Frequency of Angels and Crystals
- Frequency of Auras and Chakras
- Frequency of Elemental Reiki



Fully Accredited and Insured Training

Frequency of Mysticism:

- Fibonacci; Planets; Kabbalah; Solfeggio

Frequency of the human body:

- The Spine; The Endocrine System; The Brain; Digestion; The Senses

Sound Therapy:

- Advanced Sound Therapy; Himalayan Singing Bowls; The Drum; The Gong; Crystal Singing Bowls

Mediumship:

- Spiritual Healing; Tarot Reading; Rune Reading

Coming soon... Reflexology, Acupressure

For information on our courses, please visit our website www.centrewellbeing.co.uk

Contact us if you would like to receive other course information

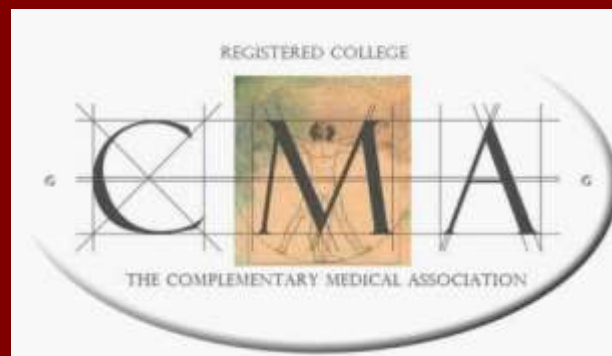


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*"We look forward to supporting
your holistic training journey"*



WWW.CENTREWELLBEING.CO.UK

**HOLISTIC
THERAPIES &
TRAINING
CENTRE**

**DONCASTER, SOUTH
YORKSHIRE**