



[www.lstm.com](http://www.lstm.com)

# THE LONDON SCHOOL OF

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## Traditional Massage

LSTM offers the highest quality massage courses in a variety of Traditional Massage techniques from around the world

### Prospectus

- Holistic Diploma
- Anatomy & Physiology
- Swedish Body Massage
- Reflexology
- Aromatherapy
- Sports Therapy Massage
- Seated Acupressure
- Traditional Thai Massage
- Thai Foot Massage
- Thai Herbal Massage
- Thai Aroma Massage
- Indian Head massage
- Chavutti Thirumal
- Tuina
- Reiki I, II, & Master

We offer regular courses throughout the year at **The Therapy Centre** in **SE London, Neal's Yard Training Rooms**, Covent Garden, **Central London**, and the **Osteopathic Centre for Children, Central Manchester**. We also run **nationwide intensive courses** at satellite centres throughout the UK.

[www.lstm.com](http://www.lstm.com)

020 8460 1213  
0845 634 2172

[info@lstm.com](mailto:info@lstm.com)

# WELCOME TO THE LONDON SCHOOL OF TRADITIONAL MASSAGE

## Our Aims:

LSTM offers massage courses for complete beginners, through to advanced courses and continuing professional development (CPD) courses for experienced therapists.

It is our aim to offer authentic and traditional massage techniques from all parts of the world, alongside core subjects such as anatomy & physiology, and massage.

Whether this is your first step into Complementary therapies, or as an experienced therapist, we aim to support you with the most appropriate courses for your ongoing development.

Our tutors are all experts in their fields and experienced and qualified teachers.

## **Principal:**

### **Simon Gall Ba Hons MHFST ATL**

**Simon Gall**, a holistic therapist working in London and the South East, is the founder and Principal of The London School of Traditional Massage (LSTM). With over 15 years of education and experience in Holistic Health & Fitness. His holistic approach combines massage, exercise prescription, and nutrition, for the benefit of individual and corporate clients at his practice in Kent, and on site throughout London and the South East. Simon has trained as a yoga teacher, is a qualified Pilates instructor, Nutritional Therapist, and Sports Massage Therapist.

Simon began his training in Traditional Massage in Northern Thailand, and returns regularly to continue his training both in Thailand and throughout the world.

He initially founded the London School of Thai Massage, to promote Thai Massage in the UK, and has now expanded the curriculum, with the help of other tutors who are experts in their fields, to offer training in traditional massage techniques from around the world.

Simon is a qualified teacher of adults, and a member of the Association of Therapy Lecturers (ATL). He is also an active member of the Federation of Holistic Therapists (FHT) where he is a part of their National CPD Seminar Programme.

## **Vice Principal:**

### **Paula Lloyd MAR**

**Paula Lloyd** is a well qualified, practising Aromatherapist and Reflexologist, with a strong interest in Nutrition. Paula also studied Ayurvedic Medicine.

Paula has taught the practical elements of reflexology training for the last 7 years with ARC reflexology who have now combined with The London School of Traditional Massage (LSTM).

In 2002 Paula opened **The Therapy Centre** in Shortlands, which provides consulting rooms and therapies in a wide range of disciplines with dedicated space for classes, workshops and training in many areas of health and healing.

Students will be taught by Simon and/or Paula on most of the courses.

**We look forward to welcoming you to our school**

## Our Centres:

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Our centres are accredited, and our courses are recognised and or validated by one or all of the following; The Federation of Holistic Therapists (FHT), The Vocational Training Charitable Trust (VTCT), The Association of Reflexologists (AoR), The Awarding Body Consortium (ABC).

### London:

For the past years we have been running our massage courses from our SE London base at The Therapy Centre. The centre is next to Shortlands BR Station and is a 20 minute train journey from Central London (Blackfriars & Victoria). We also offer our courses in the lovely setting of Neal's Yard Training Room at popular Neal's Yard, Covent Garden, Central London.

### Manchester:

#### SE London:

#### The Therapy Centre

96 Martins Road,  
Shortlands,  
Kent.  
BR2 0EF.

#### Central London:

#### Neal's Yard Training Rooms

Neal's Yard,  
Covent Garden,  
London.  
WC2H 9DH

### Nationwide Satellite Centres:

#### The Osteopathic Centre for Children

Phoenix Mill  
Piercy Street  
Manchester  
M4 7HY

We also teach at satellite centres throughout the UK. Previous massage courses have been held in **Belfast, Edinburgh, Glasgow, Manchester, Bath, Bristol, Glastonbury, York, Birmingham, Loughborough, Peterborough...** to name a few.

For further information please visit our website [www.lstm.com](http://www.lstm.com), email us on [info@lstm.com](mailto:info@lstm.com) or call us at The Therapy Centre on **020 8460 1213**, or local rate **0845 634 2172**

#### Terms and conditions of enrolment:

1. A 50% deposit is required to book a place on a course. This deposit will be refunded in full if for any reason a place cannot be offered on the requested course. Otherwise it is non-refundable.
2. Full payment is required for taster days and 1-day courses.
3. Full payment is required 10 working days before the first day of the course. 2 & 3 stage payments are available for some courses by arrangement.
4. It is the responsibility of the candidate to ensure they have adequate insurance cover whilst practising outside of class.
5. The London School of Traditional Massage will not accept liability for any accident, loss, or damage to their property during the running of the course.
6. Course fees are not transferable or refundable. Deferment requests will be considered individually on medical grounds, and will incur an administrative charge of 25% of the course fee.
7. We guarantee a full refund, limited to any fees paid to LSTM, if a course is cancelled by us.

#### International Students - Fee Schedule

1. International (non EU) students enrolling onto the full time Level 3 Diploma in Holistic Therapies are required to pay a 50% deposit to book a place on a course.
2. The remaining fee is then split into 12 equal monthly payments to be paid at the start of each month.

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# Holistic Diploma

## VTCT Level 3 Diploma

The holistic therapy diploma is a combination of qualifications to enable the therapist to take a holistic approach to their client and choose the most appropriate treatment in each case from Reflexology, Swedish Body Massage, or Aromatherapy.

### **Course Content - What you will learn >>>**

The Diploma consists of the following VTCT Level 3 qualifications:

- Anatomy & Physiology
- Reflexology
- Swedish Body Massage
- Aromatherapy

### **Course Entry Requirements & Pre-requisites >>>**

See previous requirements for each therapy

### **Course Duration >>>**

This Diploma can be studied full time over one year , or part time by completing each of the subjects separately. It is also possible to upgrade your existing qualifications. For example a practising Swedish Massage therapist may only need to complete the Aromatherapy & Reflexology Diplomas to be able to gain the Holistic Diploma.

### **Assessment >>>**

The assessment is as for each subject.

### **The Examination Body - VTCT >>>**

The VTCT (Vocational Training Charitable Trust) has over 40 years experience as an awarding body, maintaining the highest standards in the practice of massage and holistic therapies. VTCT is approved by the Qualifications and Curriculum Authority (QCA) for inclusion in the National Qualifications Framework.

VTCT qualifications are recognised both nationally and internationally.

### **Further Study >>>**

With such a good foundation in Holistic Therapies it is now up to you where you specialise..

# Anatomy & Physiology

## VTCT Level 3 Diploma

\* Also available as a distance learning course

A sound knowledge of Anatomy & Physiology is essential for any aspiring therapist. This Level 3 Diploma will help to give the therapist the confidence to understand how the body works, and how to work with the body as a health practitioner.

### **Course Content - What you will learn >>>**

This course provides an overview of the human body, its systems, and their functions. The course is designed specifically for the therapist. The course is generally held over a period of three months with a multiple choice assessment at the end.

- Cells & Tissues
- Skin & Hair
- Skeleton & Joints
- Blood & Lymphatic Systems
- Muscular & Nervous Systems
- Digestive & Excretory Systems
- Respiratory & Olfactory Systems
- Endocrine & Reproductive Systems

### **Course Entry Requirements & Pre-requisites >>>**

There are no formal course pre-requisites or entry requirements, although an enthusiasm for further study is required as home study will be necessary.

### **Course Duration >>>**

This course is taught over 6 days or 12 evenings with home study required. The same syllabus and qualification is also offered as a distance learning course

### **Assessment >>>**

- Multiple choice paper.
- Portfolio Completion, compiled throughout the course as homework assignments.

### **The Examination Body - VTCT >>>**

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### **Further Study >>>**

This Anatomy & Physiology qualification is essential to practise professionally as a complementary therapist. Candidates who wish to study massage or any other forms of bodywork should study Swedish Body Massage in conjunction Anatomy & Physiology.

This course should also be taken as a necessary pre-requisite for Reflexology.

**Anatomy & Physiology forms part of the VTCT Level 3 Diploma in Holistic Therapies**

# Swedish Body Massage VTCT Level 3 Certificate

This Swedish Body Massage course is considered the foundation course for the holistic therapist. When studied with Anatomy & Physiology successful candidates will be able to join a recognised governing body, become fully insured, and practise professionally.

## **Course Content - What you will learn >>>**

- The basics of Swedish Therapeutic Body Massage, and guidance on how to develop a massage routine for each individual client.
- Development of a holistic approach - treating the 'mind, body and spirit'.
- The proper application of massage techniques and use of body posture.
- The benefits of massage and its contraindications.
- Identification and location of body surface landmarks - including muscles and bones.
- Professionalism, Ethics and Hygiene

## **Course Entry Requirements & Pre-requisites >>>**

The Anatomy & Physiology Level 3 Diploma is an essential pre-requisite to practising professionally as a “massage Therapist”

Candidates who wish to study for personal development and not to practise professionally may attend the course, but will be exempt from formal assessment and case studies.

## **Course Duration >>>**

The course is held over 6 days.

## **Assessment >>>**

- Practical Observation
- Portfolio Completion
- Case Study Completion—a minimum of 5 people treated 4 times each. Each case study must be written up and recorded (further explanation will be given during the course).

## **The Examination Body - VTCT >>>**

The VTCT (Vocational Training Charitable Trust) has over 40 years experience as an awarding body, maintaining the highest standards in the practice of massage and holistic therapies. VTCT is approved by the Qualifications and Curriculum Authority (QCA) for inclusion in the National Qualifications Framework.

VTCT qualifications are recognised both nationally and internationally.

## **Further Study >>>**

This course combined with the Level 3 Anatomy & Physiology will enable a candidate to practise professionally as a “Massage Therapist”.

Candidates can then further their study with any other form of massage or bodywork.

**Swedish Body Massage forms part of the VTCT Level 3 Diploma in Holistic Therapies**

# Reflexology

## VTCT Level 3 Diploma/ABC Level 3 Diploma

Reflexology is a complementary therapy that involves various techniques to massage reflex areas found in the feet and the hands. These reflex areas correspond to all the parts of the body, and are arranged in such a way as to form a map of the body, enabling the skilled practitioner to treat the whole body via these reflex areas.

### **Course Content - What you will learn >>>**

This course has been structured so that halfway through the ABC Diploma students will be assessed for the VTCT Diploma

- Theories & Philosophies of Reflexology
- History of Reflexology
- Preparing for and providing a reflexology treatment
- Consultation Skills and after-care advice
  
- Reflexology for Specific Health Conditions
- Nutrition
- Hand Reflexology
- Business Management
- AoR Code of Practice & Ethics

### **Course Entry Requirements & Pre-requisites >>>**

The Anatomy & Physiology Level 3 Diploma is an essential pre-requisite to practising professionally as a “Reflexologist”. It is recommended that candidates study Anatomy & Physiology at the same time as Reflexology.

Candidates who wish to study for personal development and not to practise professionally may attend the course, but will be exempt from formal assessment and case studies.

### **Course Duration >>>**

The course is held over a 9 month period.

### **Assessment >>>**

After approximately 5 months candidates will be assessed for the VTCT Level 3 Diploma in Reflexology. There is no final exam for this course. Assessment will be as follows:

- Practical Observation
- Portfolio Completion
- Case Study Completion—a minimum of 5 people treated 4 times each. Each case study must be written up and recorded (further explanation will be given during the course).

After 9 months training candidates will be assessed for the ABC Level 3 Diploma in Reflexology

- Practical Observation
- Portfolio Completion
- Written Theory Assessment (exam conditions)
- Case Study Completion—a minimum of 60 treatments with 6 people treated 6 times each. Each case study must be written up and recorded (further explanation will be given during the course).

# Reflexology Bridging Course To ABC Level 3 Diploma

## **ABC Level 3 Diploma Bridging Course >>>**

Previously qualified reflexologists can join this course to upgrade their qualification to the ABC Level 3 Diploma in Reflexology. Candidates will be assessed individually for APL (Accredited Prior Learning) in order to ascertain where they need to join the course

Enquiries should be made directly to the school by calling 0845 634 2172

## **The Examination Bodies - VTCT & ABC >>>**

The **VTCT** (Vocational Training Charitable Trust) has over 40 years experience as an awarding body, maintaining the highest standards in the practice of massage and holistic therapies. VTCT is approved by the Qualifications and Curriculum Authority (QCA) for inclusion in the National Qualifications Framework.

VTCT qualifications are recognised both nationally and internationally.

The **ABC** (Awarding Body Consortium) is also approved by the Qualifications and Curriculum Authority (QCA) for inclusion in the National Qualifications Framework, and more importantly their Level 3 Diploma in Reflexology is accepted by the AoR (Association of Reflexologists).

## **Further Study >>>**

Successful candidates will be able to continue their study of Reflexology with LSTM via our CPD (Continuing Professional Development) programme. These are short (often one day) courses in specialist subjects related to reflexology. Governing bodies will require their members to show proof of CPD to continue their membership.

**VTCT Reflexology forms part of the VTCT Level 3 Diploma in Holistic Therapies**

# Aromatherapy

## VTCT Level 3 Diploma

Aromatherapy is an holistic treatment of caring for the body with the use of essential oils which are chosen and blended by an aromatherapist and massaged into the skin. The aromatherapist may also make a blend to be inhaled directly or diffused to scent an entire room. Aromatherapy is used for the relief of pain, care for the skin, alleviate tension and fatigue and invigorate the entire body. Essential oils can affect the mood, alleviate fatigue, reduce anxiety and promote relaxation. When inhaled, they work on the brain and nervous system through stimulation of the olfactory nerves.

The essential oils are aromatic essences extracted from plants, flowers, trees, fruits, bark, grasses and seeds with distinctive therapeutic, psychological, and physiological properties, which improve and prevent illness. There are about 150 essential oils. Most of these oils have antiseptic properties; some are antiviral, anti-inflammatory, pain-relieving, antidepressant and expectorant. Other properties of the essential oils which are taken advantage of in aromatherapy are their stimulation, relaxation, digestion improvement, and diuretic properties. To get the maximum benefit from essential oils, it should be made from natural, pure raw materials.

Aromatherapy is one of the fastest growing fields in alternative medicine. It is widely used at home, clinics and hospitals for a variety of applications such as pain relief for women in labor pain, relieving pain caused by the side effects of the chemotherapy undergone by the cancer patients, and rehabilitation of cardiac patients.

### **Course Content - What you will learn >>>**

- The theory, uses and outcomes of Aromatherapy
- Apply Aromatherapy for a client in a safe and effective manner
- Blending of oils specific to a clients needs

### **Course Entry Requirements & Pre-requisites >>>**

Candidates must hold a recognised qualification in Anatomy & Physiology and Massage before commencing this course.

### **Course Duration >>>**

This course is held over 6 days

### **Assessment >>>**

- Practical Observation
- Portfolio Completion
- Case Study Completion

### **The Examination Body - VTCT >>>**

The VTCT (Vocational Training Charitable Trust) has over 40 years experience as an awarding body, maintaining the highest standards in the practice of massage and holistic therapies. VTCT is approved by the Qualifications and Curriculum Authority (QCA) for inclusion in the National Qualifications Framework.

VTCT qualifications are recognised both nationally and internationally.

### **Further Study >>>**

**Aromatherapy forms part of the VTCT Level 3 Diploma in Holistic Therapies**

# Sports Therapy Massage

## VTCT Level 3 Diploma

The main purpose of sports massage therapy is to help alleviate the stress and tension, which builds up in the body's soft tissues during physical activity.

Where minor injuries and lesions occur, due to overexertion and/or overuse, massage can break them down quickly and effectively. The massage will help to drain away fatigue, to relieve swelling, to reduce muscle tension, to promote flexibility, to prevent injuries and, in the case of sports people, prepare for peak performance. Sports massage can help prevent those niggling injuries that so often get in the way of performance and achievement, whether a person is an athlete, a once a week jogger or just physically active.

Sports massage is not restricted to sports injuries. It will enable you to treat everyday injuries and aches and pains, many of which have nothing to do with sport. Not only will you be able to offer more effective and specialised treatments to your existing massage clients, but with the ever growing number of people taking part in sport, combined with the increasing competitiveness and intensity of physical exercise, the demand for sports massage is also increasing and becoming more and more recognised as a specialised skill, which may aid physical recovery and enhance performance.

### **Course Content - What you will learn >>>**

- Apply massage that specifically relates to sporting pursuits
- Provide preventative, pre-event, post-event, and corrective massage
- Understand the way in which joints and muscles are used during physical activity
- Provide massage to counter stresses caused by physical activity
- Advise clients on how to improve movement and minimise stresses
- Understand different types of injury and how to minimise them
- Devise specific treatment plans

### **Course Entry Requirements & Pre-requisites >>>**

Candidates must hold a recognised qualification in Anatomy & Physiology and Massage before commencing this course.

### **Course Duration >>>**

This course is held over 6 days

### **Assessment >>>**

- Practical Observation
- Portfolio Completion
- Case Study Completion—a minimum of 5 people treated 4 times each. Each case study must be written up and recorded (further explanation will be given during the course).

### **The Examination Body - VTCT >>>**

The VTCT (Vocational Training Charitable Trust) has over 40 years experience as an awarding body, maintaining the highest standards in the practice of massage and holistic therapies. VTCT is approved by the Qualifications and Curriculum Authority (QCA) for inclusion in the National Qualifications Framework.

This qualification is recognised by the Sports Massage Association (SMA)

VTCT qualifications are recognised both nationally and internationally.

### **Further Study >>>**

A further course in sports massage is being designed for 2007 to enable candidates to upgrade SMA membership to Level 4.

# Seated Acupressure Massage

On-Site Massage, or Seated Acupressure Massage (SAM), is a combination of ancient East Asian massage techniques and more modern Western techniques. The massage has been devised specifically for dealing with the stresses and strains of the modern workplace, and to fit in with the modern working environment. The massage lasts for up to 40 minutes covering the back, neck, shoulders, arms, hands, and head. The massage requires no oils and is performed over the clothes in a specially designed chair.

## **Course Content - What you will learn >>>**

- History & Development of SAM
- Theoretical basis of Meridian Therapies
- The location and points of the 8 meridians used in SAM
- SAM sequence/kata of 40 minutes including additional Thai techniques
- Client screening and practical aspects of workplace massage

## **Course Entry Requirements & Pre-requisites >>>**

The course is taught without the need for specific anatomical knowledge, however to practise professionally in the UK, as a member of a recognised governing body, it is essential to have a recognised qualification in Anatomy & Physiology and Massage. Candidates who wish to study for personal development and not to practise professionally may attend the course, but will be exempt from formal assessment and case studies.

## **Course Duration >>>**

This is a 2 day course with a follow up assessment day

## **Assessment >>>**

- Written Theory Assessment (exam conditions)
- Practical Observation
- Case Study Completion—(further explanation will be given during the course).

## **The Examination Body >>>**

As there are no National Occupational Standards for Seated Acupressure Massage, the course is assessed internally to accepted National Standards of Assessment. The FHT (Federation of Holistic Therapists) recognise our qualifications, along with many other governing bodies.

## **Further Study >>>**

This is an ideal massage for therapists to gain corporate work or event/exhibition work. Further related study in Meridian therapies would be the Tui Na course. Or if you enjoy some of the Thai techniques incorporated by LSTM then Thai Massage is for you.

# Traditional Thai Massage

## Level I

Traditional Thai Massage is a unique form of body therapy dating back thousands of years that incorporates yoga, acupressure and reflexology along with its own techniques of gentle rocking, deep stretching and compression. The movements assist the restructuring of your musculo-skeletal framework with great benefits for athletes, dancers and other people who want their body to achieve maximum performance. Thai Massage is performed on a mat on the floor rather than a raised table.

### **Course Content - What you will learn >>>**

The Level I course focuses mainly on the Southern style of Thai Massage and By completion candidates will be able to complete a full body Thai Massage in all 5 positions for up to 2 hours.

- Perform an entire Thai massage in the front, side, back, inverted and sitting position.
- Initiate energy movement through the body, along Sen (energy) lines.
- Use fingers, thumbs, palms, elbows, knees and feet effectively as part of Thai massage.
- Compare and contrast other therapies with Thai massage.
- Open the Hara with focused abdominal work to perform a powerful healing massage.
- Perform Thai Massage with sensitivity and awareness.

### **Course Entry Requirements & Pre-requisites >>>**

The course is taught in the traditional fashion and without the need for specific anatomical knowledge, however to practise professionally in the UK, as a member of a recognised governing body, it is essential to have a recognised qualification in Anatomy & Physiology and Massage.

Candidates who wish to study for personal development and not to practise professionally may attend the course, but will be exempt from formal assessment and case studies.

### **Course Duration >>>**

This is a 30 hour course with a follow up assessment day.

### **Assessment >>>**

- Written Theory Assessment (exam conditions)
- Practical Observation
- Case Study Completion—a minimum of 10 treatments with 5 people treated twice each. Each case study must be written up and recorded (further explanation will be given during the course).

### **The Examination Body >>>**

As there are no National Occupational Standards for Traditional Thai Massage, the course is assessed internally to accepted National Standards of Assessment. The FHT (Federation of Holistic Therapists) recognise our qualifications, along with many other governing bodies.

### **Further Study >>>**

Thai Massage Level II, Thai Foot Massage, Chavutti Thirumal

# Traditional Thai Massage

## Level II

### **Course Content - What you will learn >>>**

The Level II course builds on the techniques learnt in Level I so that the candidate has many more techniques to choose from to tailor the massage more specifically to the individual. The focus is on Northern techniques and incorporates the tutors study from many schools in Thailand

- Perform advanced Thai massage techniques in the front, side, back, inverted and sitting position.
- Initiate energy movement through the body, along Sen (energy) lines, with the intention of alleviating bodily diseases or ailments.
- Use fingers, thumbs, palms, elbows, knees and feet effectively as part of Thai massage.
- Locate and name the Sip Sen of Thai Massage, along with their characteristics.
- Tailor a Traditional Thai Massage depending on the clients presenting conditions.
- Make and use traditional herbal compresses within a Thai Massage.

### **Course Entry Requirements & Pre-requisites >>>**

Candidates must have a recognised qualification in Anatomy & Physiology and Massage, along with 6 months (recommended) practice at Level I.

### **Course Duration >>>**

This is a 5 day course with a follow up assessment day

### **Assessment >>>**

- Written Theory Assessment (exam conditions)
- Practical Observation
- Case Study Completion—a minimum of 10 treatments with 5 people treated twice each. Each case study must be written up and recorded (further explanation will be given during the course).

### **The Examination Body >>>**

As there are no National Occupational Standards for Traditional Thai Massage, the course is assessed internally to accepted National Standards of Assessment. The FHT (Federation of Holistic Therapists) recognise our qualifications, along with many other governing bodies.

### **Further Study >>>**

Chavutti Thirumal, Tui Na, and many more traditional massage techniques from around the world.

# Thai Foot Massage

Thai Foot Massage is a massage of the lower legs and feet that originated in Thailand about 2000 years ago. It has become an integral part of traditional Thai massage and has elements of Shiatsu, Reflexology, Chinese massage and Yoga incorporated into the massage itself. Thai Foot Massage involves hands on stretching and massage of the feet and lower legs, along with the use of a massage stick to stimulate the reflex points.

## **Course Content - What you will learn >>>**

Candidates will learn to perform an authentic Thai Foot Massage as you would receive in Thailand. With practice a candidate will be able to perform the sequence in one hour. The course covers the following:

### Theory

- The History & Development of Thai Foot Massage.
- Guidelines on Contraindications/Cautions.

### Practical

- The Opening Sequence—Warming The Foot
- Using The Stick—Working The Points
- Working The Leg Lines—Wrap and Repeat
- Working the Wraps
- Stretching The Feet
- The Closing Sequence—Awakening The Feet and Legs

## **Course Entry Requirements & Pre-requisites >>>**

No previous qualification is required. The course is taught in the traditional fashion and without the need for specific anatomical knowledge, however to practise professionally in the UK, as a member of a recognised governing body, it is also essential to have a recognised qualification in Anatomy & Physiology and Massage.

## **Course Duration >>>**

This is a one day course

## **Assessment >>>**

Assessment is ongoing throughout the day

## **The Examination Body >>>**

As there are no National Occupational Standards for Thai Foot Massage, the course is assessed internally to accepted National Standards of Assessment.

The FHT (Federation of Holistic Therapists) recognise our qualifications, along with many other governing bodies.

## **Further Study >>>**

Thai Massage Level I & II. Traditional Thai Massage and Thai Foot Massage compliment each other beautifully. Thai Massage balances the elements of the mind and body, while Thai Foot Massage stimulates the internal organs, giving the receiver an holistic treatment.

# Thai Herbal Massage

Thai Herbal compresses are traditionally used as a part of Thai Massage. Ground fresh or dried herbs are wrapped in a muslin cloth, and then steamed to release the potent qualities of the herbs. These hot herbal compresses, known as **prakhop**, are then systematically pressed over the body

## **Course Content - What you will learn >>>**

### Theory

- The History & Development of Thai Massage
- The Safe use of Herbs in Massage
- Energy Line (Sen) Theory

### Practical

- How to perform a Thai Herbal massage

## **Course Entry Requirements & Pre-requisites >>>**

No previous qualification is required. The course is taught in the traditional fashion and without the need for specific anatomical knowledge, however to practise professionally in the UK, as a member of a recognised governing body, it is also essential to have a recognised qualification in Anatomy & Physiology and Massage.

## **Course Duration >>>**

This is a one day course

## **Assessment >>>**

Assessment is ongoing throughout the day

## **The Examination Body >>>**

As there are no National Occupational Standards for Thai Foot Massage, the course is assessed internally to accepted National Standards of Assessment. The FHT (Federation of Holistic Therapists) recognise our qualifications, along with many other governing bodies.

## **Further Study >>>**

This treatment can be incorporated into a traditional Thai Massage and so Thai Massage Level I & II would be appropriate training. The course has also been designed so that it can be incorporated into other treatments as an add-on or stand alone treatment. If studied with the Thai Aroma Massage course you will be able to devise your own signature Thai treatment.

# Thai Aroma Massage

Although not traditionally performed on a couch or plinth. Certain Thai Massage techniques lend themselves very well to working in this way. So much so that Thai Aroma Massage is now commonplace in Thailand. Combine these powerful traditional techniques with pre-blended aromatherapy oils and you have a superb fusion where East meets West. This course is perfect as a stand alone course for those who want a Thai flavour to compliment their training, or in conjunction with the Thai Herbal Compress Massage enabling you to design your own Thai signature treatments.

## **Course Content - What you will learn >>>**

### Theory

- The History & Development of Thai Massage
- The Safe use of Herbs in Massage
- Energy Line (Sen) Theory

### Practical

- How to perform a Thai Aroma massage

## **Course Entry Requirements & Pre-requisites >>>**

Candidates must hold a recognised qualification in Anatomy & Physiology and Massage before commencing this course.

## **Course Duration >>>**

This is a one day course

## **Assessment >>>**

Assessment is ongoing throughout the day

## **The Examination Body >>>**

As there are no National Occupational Standards for Thai Foot Massage, the course is assessed internally to accepted National Standards of Assessment. The FHT (Federation of Holistic Therapists) recognise our qualifications, along with many other governing bodies.

## **Further Study >>>**

This treatment can be incorporated into a traditional Thai Massage and so Thai Massage Level I & II would be appropriate training. The course has also been designed so that it can be incorporated into other treatments as an add-on or stand alone treatment. If studied with the Thai Herbal Massage course you will be able to devise your own signature Thai treatment.

# Indian Head Massage

Massage is probably the oldest therapy known to man, and has been practised in the Far and Middle East for at least 5,000 years. The beneficial effects have been acknowledged for generations, and in these countries massage is a part of everyday activity, performed within the family from a very young age. The traditional art of Indian Head Massage is based on the ancient system of medicine known as Ayurveda, which has been practised in India for thousands of years.

Although it is relatively easy to learn the basics of Indian Head Massage, this form of massage should not be taken lightly, it is both subtle and deep leaving the client feeling deeply relaxed, rejuvenated and deeply affected. This wonderful relaxing treatment is given whilst sitting in a chair. The Massage is carried out fully clothed and includes massage of the upper back, neck, shoulders, upper arms, scalp, hair and face.

## **Course Content - What you will learn >>>**

### Theory

- The History & Development of Indian Head Massage.
- Guidelines on the Contraindications/Cautions & Benefits.

### Practical

- Upper back, neck, shoulders, & arms— to relieve & relax.
- Scalp & hair— to stimulate the senses & clear the mind.
- Face— to clear channels & soothe & tone facial muscles.

## **Course Entry Requirements & Pre-requisites >>>**

No previous qualification is required. However to practise professionally in the UK, as a member of a recognised governing body, it is also essential to have a recognised qualification in Anatomy & Physiology and Massage.

Candidates who wish to study for personal development and not to practise professionally may attend the course, but will be exempt from formal assessment and case studies.

## **Course Duration >>>**

2 days including the assessment day.

Day 1—The training day—covers all aspects of the practical techniques of Indian Head Massage.

Day 2—The assessment day

## **Assessment >>>**

- Practical Assessment
- Oral Questions
- Case Study Completion—a minimum of 9 treatments. Each treatment must be written up and recorded (further explanation will be given during the course).

## **The Examination Body >>>**

As there are no National Occupational Standards for Indian Head Massage, the course is assessed internally to accepted National Standards of Assessment. The FHT (Federation of Holistic Therapists) recognise our qualifications, along with many other governing bodies.

# Chavutti Thirumal

Chavutti Thirumal, from Kerala Southern India, is part of the tradition of Kathakali, the classical dance of the region, Kalaripayattu, the Keralite martial art, and Ayurveda the Traditional Indian Medicine.

Sometimes known as Keralite Foot Massage, this is a massage that is not done to the feet, but instead by the feet. Chavutti Thirumal involves massaging the body with the feet of the masseur, whilst the masseur uses a rope descending from the ceiling for balance. The massage is performed mainly with the instep of the foot, but the heel and toes are also used, and the hands can also be used as an alternative.

The massage is an integral part of the Kalari training and students would undergo an Uzhichil (massage) course lasting for up to 15 days. This course of massage allows the masseur to gently increase the duration and depth of massage building to the 7th day of a 15 day course and then decreasing again. Shorter variations on the 15 day course can also be performed.

Chavutti Thirumal reaches far into the physical body as well as the energy body, and makes the body agile and supple whilst balancing the flow of energy or prana.

The massage is a delicate balancing act with the rope and requires balance, co-ordination and dexterity to perform it well.

## **Course Content - What you will learn >>>**

This course will teach students how to perform a full traditional massage with both their hands and feet.

## **Course Entry Requirements & Pre-requisites >>>**

The course is taught without the need for specific anatomical knowledge, however to practise professionally in the UK, as a member of a recognised governing body, it is essential to have a recognised qualification in Anatomy & Physiology and Massage.

Candidates who wish to study for personal development and not to practise professionally may attend the course, but will be exempt from formal assessment and case studies.

## **Course Duration >>>**

This is a 5 day course with a follow up assessment day

## **Assessment >>>**

- Written Theory Assessment (exam conditions)
- Practical Observation
- Case Study Completion—a minimum of 12 treatments with 4 people treated three times each. Each case study must be written up and recorded (further explanation will be given during the course).

## **The Examination Body >>>**

As there are no National Occupational Standards for Chavutti Thirumal, the course is assessed internally to accepted National Standards of Assessment.

The FHT (Federation of Holistic Therapists) recognise our qualifications, along with many other governing bodies.

## **Further Study >>>**

Other Ayurvedic treatments such as Indian Head Massage, but also Thai Massage which shares similar energy lines.

# Tuina

**Tui** means “**push**” and **Na** means “**grasp**”. Tuina has been practised in China for more than 4000 years. It is a deeply penetrating massage therapy provided within the Traditional Chinese Medical (TCM) system. In China Tuina is the equivalent of physiotherapy and sports therapy. Tuina works both on the muscles and joints as well as stimulating acupoints to rebalance Qi (pronounced CHEE, in English it means life energy) throughout the meridians.

Tuina uses the arms, hands, fingers, elbows and knees as tools for treating diseases and illnesses. Tuina is also used to protect and maintain health and help to build up body immunity, so that disease can be stopped in its beginning, acting as a preventative measure without any side effects.

**"Injury or disease cause blockages in the channels of the body. Blockages cause pain. Tuina works to unblock these channels."**

## **Course Content - What you will learn >>>**

- Understand the background and development of Tuina.
- Undertake a general diagnosis.
- Understand important local anatomy.
- Use 8 traditional Tuina massage techniques.
- Undertake a full body massage.

## **Course Entry Requirements & Pre-requisites >>>**

The course is taught without the need for specific anatomical knowledge, however to practise professionally in the UK, as a member of a recognised governing body, it is essential to have a recognised qualification in Anatomy & Physiology and Massage. Candidates who wish to study for personal development and not to practise professionally may attend the course, but will be exempt from formal assessment and case studies.

## **Course Duration >>>**

This is a 30 hour course.

## **Assessment >>>**

- Written Theory Assessment (exam conditions)
- Practical Observation
- Case Study Completion—(further explanation will be given during the course).

## **The Examination Body >>>**

As there are no National Occupational Standards for Tuina, the course is assessed internally to accepted National Standards of Assessment.

The FHT (Federation of Holistic Therapists) recognise our qualifications, along with many other governing bodies.

## **Further Study >>>**

For students who feel they would like to continue further study of Tuina and Traditional Chinese Medicine (TCM) Level I is intended to be the first module towards a full Traditional Chinese Medicine course.

# Reiki Level I, II, & Master

Reiki, meaning "universal life force", is a dynamic hands-on healing modality for self healing and the healing of others. The practitioner is "attuned" to the reiki energy and trained in how to act as a channel to convey these energies to themselves or their clients. Reiki is primarily a therapy for the physical body, however Reiki also has profound and lasting effects on emotional and spiritual well-being.

## Course Content - What you will learn

### Reiki I - Self Healing

- Introduction to Reiki
- History & Development of Reiki
- How Reiki works
- Self Healing technique
- Attunement to Reiki
- Chakras in Reiki
- Maintenance and protection of our energy field (aura)
- Ongoing support

### Reiki II - Healing Others

- Consolidation and sharing of Reiki I - Self healing
- Attunement to Reiki Level II
- Healing technique for all living things
- Distance healing
- Customer care / consultation / cautions
- Professional ethics / insurance
- Getting started as a practitioner

## Course Entry Requirements & Pre-requisites

There are no formal entry requirements.

Reiki I is open to everyone from complete beginner to those interested in a refresher or with experience of other healing modalities.

Reiki II is open to anyone who has completed Reiki I and would like increase their depth of knowledge and practice and offer reiki to other people

If you have completed Reiki I with another school you will need to provide a copy of your certificate and speak to the tutor

## Course Duration

### Reiki I

- 2 days

### Reiki II

- 2 days

## Assessment

Assessment is ongoing throughout the course

Reiki II requires the completion of 3 case studies

## The Examination Body

As there are no National Occupational Standards for Thai Foot Massage, the course is assessed internally to accepted National Standards of Assessment. The FHT (Federation of Holistic Therapists) recognise our qualifications, along with many other governing bodies.

## Further Study

Reiki III and Reiki Master training is also available on an individual basis to suit the student - please discuss further with the course tutor.