



Take time
out to
develop
yourself

health studies

From Aromatherapy to Qigong and Reflexology to Yoga, you'll discover a healthier way of life at Morley!



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The following courses in complementary medicine and other health and beauty studies will enable you to find out how to improve well-being and counteract the many aspects of ill health and ageing. Become an expert on your own body and its needs, achieve improved health and fitness levels, and increase your knowledge of a calmer and more balanced lifestyle.

Whether you wish to practise a therapy for the first time, train as a professional therapist or continue your professional therapy training we have one of the most exciting and innovative course offers in the UK with over 120 courses in more than 30 subjects for you to choose from. If you are contemplating taking a complementary therapy or beauty therapy qualification and have no prior experience you might like to try a workshop or introductory course first. A wide range of movement therapy classes suitable for all ages and stages of life are offered in T'ai Chi Ch'uan, Qigong and Yoga.

OCNLR This symbol signifies that you can receive nationally recognised qualifications for your achievements. There is an additional fee for OCNLR registration.

City & Guilds

Flexible programmes leading to vocational qualifications, are offered during the day or evenings/weekends. This excludes the Diploma in Beauty Therapy and the Diploma in Sports Massage. Contact Julia Wood for advice and information.

Advice & Information

Section Heads:

Complementary Health & Beauty:

Julia Wood
020 7450 1854

Health & Human Science:

Carole Preen
020 7450 1978

Administrator:

Matt Stevenson
020 7450 1861
or email healthstudies@morleycollege.ac.uk

Julia Wood, is available on 020 7450 1854 every Monday between 2:00pm – 4:00pm (and at other times by appointment) to offer advice about all complementary health and beauty courses. For advice on courses marked OCNLR (Anatomy & Physiology, Biochemistry, Herbal Medicine and Nutrition) please contact Carole Preen on 020 7450 1978.

'One of Morley's key strengths is that without exception our lecturers are practising therapists who have a wealth of hands-on experience which is being continuously added to. This ensures a lively and stimulating learning environment where the emphasis is on practical skill development coupled with strong theoretical knowledge. In addition to being practising therapists, many of the tutors are examiners and have specialised adult teaching qualifications. We really do take professional training standards very seriously here at Morley and are proactive in ensuring we offer the most up-to-date qualifications.'

Julia Wood,
Head of Complementary Health Studies



Mark Beaton,
Level 3 Diploma in Professional Body Massage

‘Put simply, studying at Morley College has changed my life. It’s taken me out of the shadows and enabled me to develop a career in massage – a discipline for which I’ve developed a great passion.’

I began training on the Level 3 Diploma in Professional Body Massage in 2008, after several years in which I’d suffered from crippling depression. I enrolled on a massage course principally as part of an effort to help me regain my social skills.

It’s certainly transformed my life in that area, but if you’d told me how successfully I would have adapted to my studies I would never have believed you. Part of my lack of confidence had been down to the fact that I left school at fourteen without qualifications and didn’t believe in my ability to complete things. My experience at Morley has changed all that.

I find that the more I study, the more energy I develop to expand my learning. It’s a combination of my fascination for

the subject and the superb quality of the tutors’ teaching that has allowed me to progress to a stage that I could never have foreseen. The teachers are so knowledgeable, and have a brilliant but simple way of laying out what we have to learn. Morley’s an ideal venue too – the classrooms are a good size with all the equipment you need.

Now I’m establishing my own private practice, and am working professionally at venues like Neal’s Yard Covent Garden and the Soho Gym. In the process of learning these new skills, I’m surprised and relieved to say that I’ve discovered myself again. I’m happy and confident in myself, with a hunger to continue learning.’

Alexander Technique	Code	Start	End	Days	Times	Weeks	Fees
Alexander Technique Workshop The Alexander Technique changes the habitual reactions that can cause unnecessary tension. It is a skill for life learned one to one. These group courses provide an introduction. Tutor: Kate Kelly	HAT001A	Autumn 20 Nov 10	20 Nov 10	Sat	2:00pm – 5:00pm	1	£38
	HAT002A	Spring 12 Feb 11	12 Feb 11	Sat	10:00am – 1:00pm	1	£38
	HAT003A	Summer 7 May 11	7 May 11	Sat	10:00am – 1:00pm	1	£38
	HAT004A	Summer 2 Jul 11	2 Jul 11	Sat	2:00pm – 5:00pm	1	£38
Anatomy & Physiology	Code	Start	End	Days	Times	Weeks	Fees
NEW Introduction to Human Science OCNLR A level 2 introduction to the fundamentals of biology and chemistry. An ideal starting point in the study of science, success leads to a qualification which is nationally recognised as equivalent to GCSE Grade C and above. Students must have achieved a minimum of level 2 English prior to enrolling. Exam fees are not included in the cost of this course.	HAP029A ★ OCNLR	Autumn 16 Sep 10	16 Jun 11	Thurs	10:00am – 12:30pm	30	£375 £263 (c)
C&G Level 3 Diploma in Anatomy, Physiology & Pathology A vocational level 3 qualification for learners to develop their interest in Anatomy, Physiology & Pathology, or those considering further study in complementary medicine, health studies or exercise. The syllabus covers all of the body systems together with Advanced Pathology. This is a core unit required for C&G professional diplomas in Aromatherapy, Body Massage and Reflexology. It may be used by learners who wish to train in any or all of these three disciplines over more than one academic year. Please contact the health department for further details and an application form. Tutors: Helen Barton, Trevor England	HAP024A ★ City & Guilds	Autumn 13 Sep 10	23 May 11	Please see course outline for days and times		28	£520 £394 (c)
NEW Postural Alignment for Professionals Practical advanced anatomy for fitness instructors, yoga and pilates teachers and complementary therapists. Learn cutting edge postural techniques, explore the theory of alignment, analysis, re-education of functional movement and rehabilitation. An ideal progression course from level 3 anatomy & physiology. Tutor: June Buckley	HMA030A	Autumn 14 Sep 10	7 Dec 10	Tues	12:30pm – 3:30pm	12	£195 £147 (c)

Anatomy & Physiology	Code	Start	End	Days	Times	Weeks	Fees
Foundation in Anatomy & Physiology OCNLR An advanced level 3 course covering units on genetics, digestion, movement, circulation, respiration, nerves and hormones. Completion of all units is required to achieve 18 credits. Some background in science and a minimum of level 2 English are essential. Exam fees are not included in the cost of this course. Tutors: Sophie Dauvois, Jill Rowley	HAP030A ★ OCNLR	Autumn 16 Sep 10	30 Jun 11	Thurs	1:00pm – 4:00pm	34	£450 £270 (c)
	HAP031A ★ OCNLR	Autumn 16 Sep 10	30 Jun 11	Thurs	6:00pm – 9:00pm	34	£450
Aromatherapy							
Aromatherapy Workshop An enjoyable, fun workshop learning about everyday aromatherapy. Tutor: Milagros Leonicio	HAR001A	Spring 29 Jan 11	29 Jan 11	Sat	10:00am – 4:00pm	1	£48
	Aromatherapy Product Making Make a range of simple aromatherapy products such as bath bombs, face cream and lip balm. Ideal for Christmas presents! Tutor: Carole Preen	HAR014A	Autumn 4 Dec 10	5 Dec 10	Sat/ Sun	10:00am – 4:00pm	1
Aromatherapy Introduction An introductory course that teaches the safe use of some essential oils and massage techniques to use with family and friends. There are some additional charges for materials used. Tutor: Milagros Leonicio	HAR002A	Summer 4 May 11	29 Jun 11	Weds	6:00pm – 9:00pm	8	£120
C&G Level 3 Diploma in Professional Aromatherapy A prestigious qualification for students who wish to become professional aromatherapy practitioners. This advanced Level 3 Diploma is mapped to the National Occupational Standards and Core Curriculum for Aromatherapy. Successful candidates will be able to register with an appropriate regulatory body as well as join the Aromatherapy and Allied Practitioners Association as a full member. The course covers all aspects of setting up and working as an Aromatherapist, including Aromatherapy and Reflective Practice, Anatomy Physiology and Pathology, Business Practice and Principles and Practice of Complementary and Alternative Therapies plus a guided visit to Kew Gardens. Students attend 3 x 3 hour lessons per week. Day classes are held on Monday morning and all day Tuesday and evening/weekend classes are available on Tuesday, Wednesday or Friday and some Saturdays. Please contact the health department on 020 7450 1854 for further details and an application form. Tutor: Carole Preen	HAR010A ★ City & Guilds	Autumn 13 Sep 10	5 Jul 11	Please see course outline for days and times		34	£990 £820 (c)
	C&G Level 3 Diploma in Professional Aromatherapy For holders of the C&G Diploma in Body Massage or Reflexology who wish to become professional aromatherapy practitioners. Students attend 1 x 3 hour lesson per week, either on a Tuesday afternoon or evening. Please contact the health department on 020 7450 1854 for further details and an application form. Tutor: Carole Preen	HAR015A ★ City & Guilds	Autumn 14 Sep 10	5 Jul 11	Please see course outline for days and times		34
C&G Level 3 Diploma in Professional Aromatherapy For holders of the C&G Certificate in Anatomy, Physiology & Pathology. Students attend the equivalent of 2 x 3 hour lessons per week. Day classes are held all day on Tuesday and evening/weekend classes are held on Tuesday and some Saturdays. Please contact the health department on 020 7450 1854 for further details and an application form. Tutor: Carole Preen	HAR016A ★ City & Guilds	Autumn 14 Sep 10	5 Jul 11	Please see course outline for days and times		34	£780 £648 (c)

Beauty Therapy	Code	Start	End	Days	Times	Weeks	Fees
Beauty for Beginners: Makeup for Complete Beginners Never worn makeup before? Learn how to apply it to suit your style. Tutor: Jennifer Mccullough	HBT001A	Autumn 5 Nov 10	19 Nov 10	Fri	6:00pm – 9:00pm	3	£50
Beauty for Beginners: Skin Care – Face Values Keep your skin clean and clear by understanding techniques such as steaming, facials and massage. Tutor: Jennifer Mccullough	HBT004A	Autumn 26 Nov 10	10 Dec 10	Fri	6:00pm – 9:00pm	3	£50
Beauty for Beginners: Makeup Techniques Advice on selecting makeup to suit various skin types, which tools to use and basic application techniques. Tutor: Jennifer Mccullough	HBT002A	Spring 4 Mar 11	18 Mar 11	Fri	6:00pm – 9:00pm	3	£50
Beauty for Beginners: Eye Makeup Covering the basic rules of making up the eyes, eyebrows and lashes. Tutor: Jennifer Mccullough	HBT006A	Spring 25 Mar 11	8 Apr 11	Fri	6:00pm – 9:00pm	3	£50
Beauty for Beginners: Nail Care Covering the basic techniques of manicure, shaping the nail and applying enamel. Tutor: Jennifer Mccullough	HBT008A	Summer 6 May 11	20 May 11	Fri	6:00pm – 9:00pm	3	£50
Beauty for Beginners: Makeup Techniques Advice on selecting makeup to suit various skin types, which tools to use and basic application techniques. Tutor: Jennifer Mccullough	HBT003A	Summer 10 Jun 11	24 Jun 11	Fri	6:00pm – 9:00pm	3	£50
Beauty for Beginners: Eye Makeup Covering the basic rules of making up the eyes, eyebrows and lashes. Tutor: Jennifer Mccullough	HBT007A	Summer 1 Jul 11	15 Jul 11	Fri	6:00pm – 9:00pm	3	£50
Fashion Style Makeup Learn about the various options in make up artistry, eg. fashion, beauty, celebrity and period make up. Please consult the course outline for essential items. Tutor: Karen Beadle	HBT010A	Autumn 15 Sep 10	10 Nov 10	Weds	10:00am – 4:00pm	8	£190 £120 (c)
Photographic & Catwalk Makeup This course will offer you a basic knowledge of make up for working on shows and with photographers. It is designed to help students feel confident and have some practical experience. It's the perfect place to start if you are interested in the professional beauty and makeup industry in general. Tutor: Karen Beadle	HBT009A	Summer 3 May 11	24 May 11	Tues	6:30pm – 9:30pm	4	£60
City & Guilds: Diploma in Beauty Therapy Level 2 Train to practice beauty therapy professionally. Please contact the Health Studies Department for a course outline and application form. Tutors: Charmaine Scott-Obene, Jennifer Mccullough	HBT012A ★ City & Guilds	Autumn 13 Sep 10	20 Jun 11	Mon	10:00am – 5:00pm	30	£865 £515 (c)
Biochemistry	Code	Start	End	Days	Times	Weeks	Fees
Foundation in Biochemistry OCNLR An advanced level 3 course covering units on the biochemistry of cells, water, pH, mineral cycles, genetics and nutrition. Completion of all units is required to achieve 18 credits. Some background in science and a minimum of level 2 English are essential. Exam fees are not included in the cost of this course. Tutor: Olufemi Shode	HBC007A OCNLR	Autumn 14 Sep 10	28 Jun 11	Tues	6:00pm – 9:00pm	34	£450
CPD Workshops for Therapists	Code	Start	End	Days	Times	Weeks	Fees
Advanced Massage and Trigger Point Therapy This is a two day continuing professional development course for qualified massage therapists and/or aromatherapists to learn advanced techniques in order to take your skills to the next level. We use remedial massage and Trigger Point Therapy to target individual muscles for specific complaints, ideal if you are working on musculo skeletal injuries and disorders in your practice. Tutor: Carole Preen	HPD001A	Autumn 25 Sep 10	26 Sep 10	Sat/ Sun	10:00am – 5:00pm	1	£130

CPD Workshops for Therapists	Code	Start	End	Days	Times	Weeks	Fees
<p>Advanced Massage: the limbs</p> <p>An advanced workshop for qualified bodywork therapists. Learn how to treat the limbs using a blend of Swedish, Shiatsu, Thai and Oriental massage.</p> <p>Tutor: Philip Kee</p>	HPD014A	Autumn 3 Oct 10	3 Oct 10	Sun	10:00am – 5:00pm	1	£65
<p>Reflexology for Infertility</p> <p>A course for qualified reflexologists who wish to expand their knowledge on the definition, causes and treatment (both medical and CAM) which are available for infertility.</p> <p>Tutor: Julie Quinn</p>	HPD003A	Autumn 8 Oct 10	8 Oct 10	Fri	10:00am – 5:00pm	1	£65
<p>Hand Reflexology</p> <p>A one day workshop for professional reflexologists to learn how to identify specific reflexes on the hand and perform the full Reflexology hand routine.</p> <p>Tutor: Julia Wood</p>	HPD002A	Autumn 12 Nov 10	12 Nov 10	Fri	10:00am – 5:00pm	1	£65
<p>Maternity Reflexology</p> <p>A 2 day course for qualified reflexologists, taught by a midwife and reflexologist. The course is accredited by the International Examinations Board and recognised by the IFR, assessment includes completion of case studies, an essay and a short written assessment.</p> <p>Tutor: Ann Ellis</p>	HPD005A	Autumn 13 Nov 10	7 May 11	Sat	10:00am – 5:00pm	2	£180
<p>Hot Stone Therapy</p> <p>Postgraduate qualification in hot and cold stone massage for qualified massage therapists and aromatherapists. Once qualified, you will be able to offer this therapy as a stand alone treatment or incorporate it into your existing therapy.</p> <p>Tutor: Trevor England</p>	HPD012A	Autumn 28 Nov 10	27 Mar 11	Sun	10:00am – 5:00pm	3	£165
<p>Working in Cancer & Palliative Care</p> <p>A course for qualified complementary therapists with a focus on reflexology to learn how to adapt their treatments appropriately to support the individual clients suffering from cancer.</p> <p>Tutor: Renée Tanner</p>	HPD004A	Autumn 3 Dec 10	3 Dec 10	Fri	10:00am – 5:00pm	1	£65
<p>Indian Head Massage</p> <p>An introduction for aromatherapists or massage therapists to some of the traditional techniques and philosophies of Indian Head Massage which can be incorporated into your current treatment. Also useful for therapists who are considering taking the full ITEC qualification.</p> <p>Tutor: Helen Mead</p>	HPD017A	Spring 23 Jan 11	23 Jan 11	Sun	10:00am – 5:00pm	1	£65
<p>Advanced Massage: the torso</p> <p>An advanced workshop for qualified bodywork therapists. Learn how to treat the front and back of the torso using a blend of Swedish, Shiatsu, Thai and Oriental massage.</p> <p>Tutor: Philip Kee</p>	HPD015A	Spring 30 Jan 11	30 Jan 11	Sun	10:00am – 5:00pm	1	£65
<p>Onsite Chair Massage</p> <p>An introduction for aromatherapists or massage therapists to some of the techniques of seated, clothed massage which may be incorporated into existing treatments.</p> <p>Tutor: Guillian Perra</p>	HPD018A	Spring 30 Jan 11	30 Jan 11	Sun	10:00am – 5:00pm	1	£65
<p>Creative Visualisation</p> <p>Explore this method of releasing the mind to enable both relaxation and progress, for personal use and use within the therapeutic environment.</p> <p>Tutor: Hina Patel</p>	HPD019A	Spring 5 Mar 11	5 Mar 11	Sat	10:00am – 5:00pm	1	£65
<p>Pregnancy Massage</p> <p>A workshop for qualified bodywork therapists which helps you develop your own treatment to take account of the changes that occur to the female body during pregnancy and to treat pregnant women safely.</p> <p>Tutor: Carole Preen</p>	HPD008A	Summer 21 May 11	21 May 11	Sat	10:00am – 5:00pm	1	£65
<p>Advanced Massage: for head, neck and shoulders</p> <p>An advanced workshop for qualified bodywork therapists. Learn how to treat the head, neck and shoulders using a blend of Swedish, Shiatsu, Thai and Oriental massage.</p> <p>Tutor: Philip Kee</p>	HPD016A	Summer 22 May 11	22 May 11	Sun	10:00am – 5:00pm	1	£65

CPD Workshops for Therapists	Code	Start	End	Days	Times	Weeks	Fees
Spinal Reflexology A workshop for qualified reflexologists which explores how to incorporate specific treatment of the individual vertebrae on the spine reflex within a full reflexology treatment. Tutor: Julia Wood	HPD011A	Summer 10 Jun 11	10 Jun 11	Fri	10:00am – 5:00pm	1	£65
Crystal Healing NEW Introduction to Crystal Healing Aimed at anyone interested in finding out about how crystals influence the human energy field in order to create harmony and health. An ideal opportunity to explore this therapy prior to professional training.	HCH005A	Summer 7 Jun 11	28 Jun 11	Tues	6:00pm – 9:00pm	4	£98
Facial Therapy Facial Therapy Workshop The 57 muscles of the face and neck flatten and elongate as we age, dragging down the facial skin causing wrinkling and sagging. This 'user friendly' system of isometric exercises smoothes out wrinkles and tones and re-contours the facial muscles resulting in a more youthful appearance. In this class you will receive complete tuition in a comprehensive well researched system of facial exercise which is designed to be highly effective whilst taking only a few minutes to practise daily. Tutor: Lyn Rodwell	HFP002A	Autumn 20 Nov 10	20 Nov 10	Sat	10:00am – 1:00pm	1	£38
	HFP004A	Spring 12 Mar 11	12 Mar 11	Sat	10:00am – 1:00pm	1	£38
	HFP005A	Summer 2 Jul 11	2 Jul 11	Sat	10:00am – 1:00pm	1	£38
Health & Beauty NEW Introduction to Complementary Health & Beauty An introductory course at Level 1 for those who would like to progress into a career in the complementary health or beauty industries. You will learn about working in these industries as well as some basic beauty, aromatherapy and massage techniques together with an introduction to human anatomy and physiology. This would be a suitable course to take before applying for a Level 2 Diploma in Beauty Therapy or Human Science. Please contact the department for a course outline and details of how to apply.	HBT014A ★	Spring 17 Feb 11	15 Jul 11	Thurs/ Fri	10:00am – 12:30pm	17	£250 £175 (c)
Herbal Medicine Herbal Medicine: Introduction A lively and informative course teaching you how to make your own herbal medicines. Tutor: Mara Baughman	HHB002A	Autumn 17 Sep 10	22 Oct 10	Fri	6:30pm – 9:00pm	6	£75
Herbal Medicine Foundation Units 1–3 OCNLR Topics include traditional theories, medicinal plant identification, making remedies and contraindications. Exam fees are not included in the cost of this course. Tutor: Mara Baughman	HHB003A OCNLR	Spring 14 Jan 11	17 Jun 11	Fri	1:00pm – 4:00pm	18	£270 £190 (c)
Homeopathy NEW Care for your Children with Homeopathic Remedies This course gives parents, grandparents and carers confidence to use the twelve homeopathic tissue salts to support their child's health. You will leave with simple tests to help you decide which remedy to use when and checklists for common uses. Tutor: Philippa O'Neill	HBS001A	Autumn 12 Nov 10	12 Nov 10	Fri	10:00am – 2:30pm	1	£38
NEW Homeopathy for pregnancy and birth During pregnancy, parents can do a great deal to support the growth of their child and to prepare for the birth itself. This course focuses on the parents' needs as well as advising on what role a homeopathic practitioner can play in the whole process. Tutor: Philippa O'Neill	HBS002A	Spring 11 Mar 11	11 Mar 11	Fri	10:00am – 2:30pm	1	£38
NEW First Aid Homeopathy for yourself, family and friends First Aid Homeopathy matches symptoms to remedies. Participants will make up and take away four homeopathic remedies, as well as guidance on a basic kit they can build themselves. Tutor: Philippa O'Neill	HBS003A	Spring 6 Feb 11	6 Feb 11	Sun	10:00am – 4:00pm	1	£55

Homeopathy	Code	Start	End	Days	Times	Weeks	Fees
<p>NEW Bach flower essences for emotional well-being</p> <p>In the 1930s, Dr Bach created a set of thirty eight flower essences. This time his method was not homeopathic but a distinct approach that has now been replicated all over the world. The gesture of each plant is a way of understanding the scope of each remedy. You will discover which plants grow in Vauxhall and Waterloo.</p> <p>Tutor: Philippa O'Neill</p>	HBS004A	Summer 15 May 11	15 May 11	Sun	10:00am – 4:00pm	1	£55
Hypnotherapy	Code	Start	End	Days	Times	Weeks	Fees
<p>NLP: an introduction</p> <p>Take control of your life, achieve personal change and develop effective interpersonal communication. NLP can help with phobias, giving up smoking, nail biting and stress management.</p> <p>Tutor: Hina Patel</p>	HNP001A	Autumn 2 Oct 10	2 Oct 10	Sat	10:00am – 5:00pm	1	£48
	HNP002A	Spring 22 Jan 11	22 Jan 11	Sat	10:00am – 5:00pm	1	£48
	HNP003A	Summer 25 Jun 11	25 Jun 11	Sat	10:00am – 5:00pm	1	£48
<p>Dealing with Difficult People</p> <p>How to use NLP to bring about change in a difficult relationship.</p> <p>Tutor: Hina Patel</p>	HNP004A	Autumn 6 Nov 10	6 Nov 10	Sat	10:00am – 5:00pm	1	£48
<p>Introduction to Cognitive Behavioural Therapy</p> <p>Boost your self esteem and confidence levels by learning some basic CBT techniques.</p> <p>Tutor: Hina Patel</p>	HCB001A	Summer 14 May 11	14 May 11	Sat	10:00am – 5:00pm	1	£48
<p>NEW Introduction to Hypnotherapy</p> <p>An introduction to the history of hypnosis, hypnotic phenomena and how to apply basic techniques. This course is suitable for those wishing to use hypnotherapy for their own personal development and to assist with their studies, as well as students wishing to progress to a professional diploma qualification. A full Hypnotherapy Diploma is being planned as a progression route in the following academic year.</p>	HNP005A ★	Autumn 14 Sep 10	7 Dec 10	Tues	6:00pm – 9:00pm	12	£290
	HNP006A ★	Spring 11 Jan 11	5 Apr 11	Tues	6:00pm – 9:00pm	12	£290
Massage	Code	Start	End	Days	Times	Weeks	Fees
<p>Anytime Anywhere Massage</p> <p>Ease stresses and tensions in the shoulders, neck and arms. A seated massage performed over clothing. Bring a towel and cream to use on the hands.</p>	HMA001A	Autumn 16 Oct 10	16 Oct 10	Sat	2:00pm – 5:00pm	1	£38
	HMA002A	Spring 15 Jan 11	15 Jan 11	Sat	2:00pm – 5:00pm	1	£38
	HMA003A	Summer 7 May 11	7 May 11	Sat	2:00pm – 5:00pm	1	£38
<p>Indian Head Massage: Introduction</p> <p>This workshop is an introduction to Indian Head Massage for students with little or no knowledge or experience of massage. It is easy to learn and is a relaxing massage to give a loved one, family member, friend or colleague. The person receiving the massage sits on a chair and is fully clothed.</p> <p>Tutor: Toks Coker</p>	HMA004A	Autumn 25 Sep 10	25 Sep 10	Sat	10:00am – 1:00pm	1	£38
	HMA006A	Spring 19 Feb 11	19 Feb 11	Sat	10:00am – 1:00pm	1	£38
<p>Massage Workshop for Friends</p> <p>Enrol with a friend on this fun and informative course to learn massage techniques and practise skills together. Both students must enrol at the same time, fee stated is per person. Bring two large towels and some grapeseed or sweet almond oil.</p> <p>Tutor: Ron Nauth</p>	HMA008A	Autumn 27 Nov 10	27 Nov 10	Sat	11:00am – 5:00pm	1	£48
	HMA010A	Spring 5 Mar 11	5 Mar 11	Sat	11:00am – 5:00pm	1	£48
	HMA011A	Summer 11 Jun 11	11 Jun 11	Sat	11:00am – 5:00pm	1	£38
<p>Massage Introduction</p> <p>A practical introduction to the fundamentals of therapeutic massage, learn the basic massage movements and a short routine to use with family and friends. Using the application of oils, you will be able to gain an insight into how massage can alleviate stress and promote relaxation and healing through touch. An excellent introduction for those wishing to develop a new skill or follow on to accredited courses. If you have a medical condition for which massage is not appropriate or contraindicated please contact the department before enrolling for advice.</p> <p>Tutor: Ron Nauth</p>	HMA039A	Spring 9 Feb 11	6 Apr 11	Weds	6:00pm – 9:00pm	8	£120
	HMA044A	Summer 4 May 11	29 Jun 11	Weds	6:00pm – 9:00pm	8	£120

Massage	Code	Start	End	Days	Times	Weeks	Fees
<p>C&G Level 3 Diploma in Professional Body Massage Therapy</p> <p>A prestigious qualification for students who wish to become professional massage therapists. This advanced Level 3 Diploma is mapped to the National Occupational Standards and Core Curriculum for Massage. Successful candidates will be able to register with an appropriate regulatory body as well as join the Aromatherapy and Allied Practitioners Association as a full member. The course covers all aspects of setting up and working as a Massage Therapist, including Body Massage and Reflective Practice, Anatomy, Physiology and Pathology, Business Practice and Principles and Practice of Complementary and Alternative Therapies. Students attend 3 x 3 hour lessons per week. Day classes are held on Monday and Tuesday and evening/weekend classes are held on Monday, Wednesday or Friday and some Saturdays. Please contact the health department on 020 7450 1854 for further details and an application form.</p> <p>Tutor: Ron Nauth</p>	<p>HMA031A ★</p> <p>City & Guilds</p>	<p>Autumn</p> <p>13 Sep 10</p>	4 Jul 11		Please see course outline for days and times	34	£990 £820 (c)
<p>C&G Level 3 Diploma in Professional Body Massage Therapy</p> <p>For holders of the C&G Diploma in Aromatherapy or Reflexology who wish to become professional massage therapists. Students attend 1 x 3 hour lesson per week on either Monday morning, afternoon or evening. Please contact the health department on 020 7450 1854 for further details and an application form.</p> <p>Tutor: Ron Nauth</p>	<p>HMA040A ★</p> <p>City & Guilds</p>	<p>Autumn</p> <p>13 Sep 10</p>	4 Jul 11		Please see course outline for days and times	34	£630 £520 (c)
<p>C&G Level 3 Diploma in Professional Body Massage Therapy</p> <p>For holders of the C&G Certificate in Anatomy, Physiology & Pathology who wish to train as professional massage therapists. Students attend the equivalent of 2 x 3 hour lessons per week. Day classes are held on Monday and Tuesday and evening/weekend classes are held on Monday and some Saturdays. Please contact the health department on 020 7450 1854 for further details and an application form.</p> <p>Tutor: Ron Nauth</p>	<p>HMA041A ★</p> <p>City & Guilds</p>	<p>Autumn</p> <p>13 Sep 10</p>	4 Jul 11		Please see course outline for days and times	34	£780 £648 (c)
<p>ITEC Diploma in Indian Head Massage</p> <p>A continuing professional development course for qualified complementary therapists who wish to practice Indian Head Massage professionally: a modern therapy able to meet the demands of the 21st Century body; though descended from one of the world's most ancient medicine systems Ayurveda. Learn from the roots of the subject up and evolve yourself! In order to enrol you should hold a full Level 3 qualification in massage, aromatherapy or reflexology.</p> <p>Tutor: Helen Mead</p>	<p>HMA023A ★</p>	<p>Autumn</p> <p>16 Sep 10</p>	9 Dec 10	Thurs	6:00pm – 9:00pm	12	£330
	<p>HMA024A ★</p>	<p>Summer</p> <p>5 May 11</p>	28 Jul 11	Thurs	6:00pm – 9:00pm	12	£330
<p>ITEC Diploma in On-site Massage</p> <p>A continuing professional development course for qualified complementary therapists who wish to practice on-site Massage professionally. This treatment is a blend of shiatsu and Swedish massage techniques, given through clothing with the client seated on a specially designed chair, particularly effective for stressed corporate clients. Please contact the Health Studies Department for a course outline and application form. In order to enrol you should hold a full level 3 qualification in massage, aromatherapy or reflexology.</p> <p>Tutors: Guiliana Perra, Paul Drinkwater</p>	<p>HMA025A ★</p>	<p>Autumn</p> <p>15 Sep 10</p>	8 Dec 10	Weds	6:00pm – 9:00pm	12	£330
	<p>HMA026A ★</p>	<p>Summer</p> <p>4 May 11</p>	27 Jul 11	Weds	6:00pm – 9:00pm	12	£330
<p>City & Guilds Diploma in Sports Massage</p> <p>A continuing professional development course for qualified massage therapists who wish to practice sports massage professionally. Please contact the Health Studies department for a course outline and application form.</p> <p>Tutor: Ron Nauth</p>	<p>HMA027A ★</p> <p>City & Guilds</p>	<p>Autumn</p> <p>15 Sep 10</p>	2 Feb 11	Weds	6:00pm – 9:00pm	17	£445
	<p>HMA028A ★</p> <p>City & Guilds</p>	<p>Spring</p> <p>9 Feb 11</p>	6 Jul 11	Weds	2:00pm – 5:00pm	17	£445

Massage	Code	Start	End	Days	Times	Weeks	Fees
<p>NEW Professional Diploma in Thai Massage</p> <p>Train to practice traditional Thai Massage professionally, this qualification recognised by IPTI is only available to qualified complementary therapists or those who have a Level 3 Anatomy & Physiology diploma. The treatment is given without oil, through loose fitting clothing, with the client on a floor mat, so a degree of flexibility and fitness is essential. Please contact the Health Studies department for a course outline and application form.</p> <p>Tutor: Paul Drinkwater</p>	HMA042A ★	Autumn 15 Sep 10	26 Jan 11	Weds	10:00am – 5:00pm	15	£475 300 (c)
<p>NEW Professional Diploma in Chinese (Tui Na) Massage</p> <p>Train to practice Tui Na professionally, this qualification recognised by IPTI is only available to qualified complementary therapists or those who have a Level 3 Anatomy & Physiology diploma. The treatment is given without oil, through loose fitting clothing, with the client on a massage table or seated on a chair. Please contact the Health Studies department for a course outline and application form.</p> <p>Tutor: Paul Drinkwater</p>	HMA043A ★	Spring 2 Mar 11	6 Jul 11	Weds	10:00am – 5:00pm	15	£475 £300 (c)
Meditation	Code	Start	End	Days	Times	Weeks	Fees
<p>Acem Meditation</p> <p>Developed by psychologists and medical doctors this therapeutic energy technique encourages deep relaxation and personal growth. It gives you renewed energy, better concentration and stress reduction.</p> <p>Tutor: Geir Waernes</p>	HME002A	Autumn 27 Nov 10	28 Nov 10	Sat/ Sun	10:00am – 4:00pm	1	£60
	HME003A	Spring 26 Mar 11	27 Mar 11	Sat/ Sun	10:00am – 4:00pm	1	£60
<p>Meditation and Relaxation</p> <p>Condition and channel the mind in positive directions to realise its full potential. Relax through simple yoga, stretching exercises, concentration, visualisation and meditation techniques.</p> <p>Tutor: Om Dewan</p>	HME004A	Autumn 13 Sep 10	22 Nov 10	Mon	7:30pm – 9:00pm	10	£75
<p>Meditation and Relaxation</p> <p>Explore simple and effective ways to relax the body, quieten the mind and promote tranquility.</p> <p>Tutor: Donna Malcomson</p>	HME005A	Spring 10 Jan 11	21 Mar 11	Mon	7:30pm – 9:00pm	10	£75
<p>Meditation and Relaxation</p> <p>Condition and channel the mind in positive directions to realise its full potential. Relax through simple yoga, stretching exercises, concentration, visualisation and meditation techniques.</p> <p>Tutor: Om Dewan</p>	HME006A	Summer 9 May 11	18 Jul 11	Mon	7:30pm – 9:00pm	10	£75
Memory	Code	Start	End	Days	Times	Weeks	Fees
<p>Improve your Memory</p> <p>Improve your confidence, creativity and ability to use your senses by learning to use one of the simplest, most powerful techniques there is to enhance your powers of memory. You will be able to apply these methods both to formal learning and to the recall of everyday information, foreign languages, names, faces, numbers and facts.</p> <p>Tutor: Bennett Maxwell</p>	HMP003A	Autumn 10 Oct 10	10 Oct 10	Sun	10:00am – 4:00pm	1	£48
	HMP005A	Spring 30 Jan 11	30 Jan 11	Sun	10:00am – 4:00pm	1	£48
	HMP006A	Summer 3 Jul 11	3 Jul 11	Sun	10:00am – 4:00pm	1	£48
Neuroskeletal Re-alignment Therapy	Code	Start	End	Days	Times	Weeks	Fees
<p>CPD Neuroskeletal Re-alignment Therapy Diploma</p> <p>An advanced course for qualified practicing aromatherapists or massage therapists. NSRT is a non-manipulative light touch technique used in the treatment of musculo-skeletal and neurological trauma, pain and pathologies. Training includes advanced massage.</p>	HMA029A ★	Autumn 9 Oct 10	3 Jul 11	Sat/ Sun	10:00am – 5:00pm	8	£562

Nutrition	Code	Start	End	Days	Times	Weeks	Fees
Nutrition Workshop Adjust imbalances in your diet, improve digestion and absorption, counter stress, boost your energy, spring clean the body, reduce the risk of disease and stay slim. Tutor: Sheila Donnelly	HNU008A	Spring 2 Apr 11	2 Apr 11	Sat	10:00am – 5:00pm	1	£48
Healthy Nutrition: Introduction Learn about key aspects of health, nutrition, exercise and stress to help prevent fatigue, mood swings and aches and pains becoming part of your everyday life. Tutor: Chrissie Gallagher-Mundy	HNU001A	Autumn 16 Sep 10	21 Oct 10	Thurs	6:30pm – 8:30pm	6	£78
NEW Nutrition for All Effective nutrition is vital for all life stages, explore the fundamentals of a balanced diet for all ages. Immunity, age-related conditions and food intolerances will be considered as well as guidance on the use of supplements. This 10 week course is suitable for anyone interested in nutrition, no prior knowledge or experience is necessary. Tutor: Sheila Donnelly	HNU025A	Autumn 14 Sep 10	23 Nov 10	Tues	10:30am – 1:00pm	10	£140 £84 (c)
	HNU026A	Spring 11 Jan 11	22 Mar 11	Tues	10:30am – 1:00pm	10	£140 £84 (c)
	HNU027A	Summer 3 May 11	12 Jul 11	Tues	10:30am – 1:00pm	10	£140 £84 (c)
Nutritional Studies OCNLR An advanced course covering units on nutritional requirements, nutrients and supplements, detoxification and fitness when studied over three terms. Completion of all units is required to achieve 18 credits. Some background in science and a minimum of level 2 English are essential. Exam fees are not included in the cost of this course. Tutors: Chrissie Gallagher-Mundy, Terence McCoy	HNU028A OCNLR	Autumn 15 Sep 10	29 Jun 11	Weds	1:00pm – 4:00pm	34	£450 £270 (c)
	HNU029A OCNLR	Autumn 15 Sep 10	29 Jun 11	Weds	6:00pm – 9:00pm	34	£450
Qigong	Code	Start	End	Days	Times	Weeks	Fees
Qigong Qigong is a Chinese discipline using gentle exercises for relaxation, concentrating and calming the mind, relieving mental and physical tension and restoring vital energy. Tutor: Laura Ichajapanich	HQG001A	Autumn 15 Sep 10	8 Dec 10	Weds	7:00pm – 9:30pm	12	£110
	HQG002A	Spring 12 Jan 11	6 Apr 11	Weds	7:30pm – 9:30pm	12	£110
	HQG003A	Summer 4 May 11	13 Jul 11	Weds	7:30pm – 9:30pm	10	£90
Reflexology	Code	Start	End	Days	Times	Weeks	Fees
Reflexology Workshop An introduction to treating the whole body through the feet. There will be some practical work so please ensure your feet are free from infection. Tutor: Milagros Leonicio	HRE001A	Spring 12 Feb 11	12 Feb 11	Sat	10:00am – 4:00pm	1	£48
	HRE006A	Spring 12 Jan 11	9 Mar 11	Weds	6:00pm – 9:00pm	8	£120
C&G Level 3 Diploma in Professional Reflexology A prestigious qualification for students who wish to become professional reflexologists. This advanced Level 3 Diploma is mapped to the National Occupational Standards and Core Curriculum for Reflexology. Successful candidates will be able to register with an appropriate regulatory body as well as join the International Federation of Reflexologists as a full member. The syllabus covers all aspects of setting up and working as a reflexologist, including Reflexology and Reflective Practice, Anatomy Physiology and Pathology, Business Practice and Principles and Practice of Complementary and Alternative Therapies. Students attend 3 x 3 hour lessons per week. Day classes are held on Tuesday all day and Thursday afternoon, evening/weekend classes are held on Wednesday or Friday, Thursday and some Saturdays. Please contact the health department on 020 7450 1854 for further details and an application form. Tutors: Julia Wood, Julie Quinn	HRE011A ★ City & Guilds	Autumn 14 Sep 10	7 Jul 11	Please see course outline for days and times		34	£990 £820 (c)

Reflexology	Code	Start	End	Days	Times	Weeks	Fees
C&G Level 3 Diploma in Professional Reflexology For holders of the C&G Diploma in Body Massage or Aromatherapy who wish to train as professional reflexologists. Students attend 1 x 3 hour lesson per week on either Thursday afternoon or evening. Please contact the health department on 020 7450 1854 for further details and an application form. Tutors: Julia Wood, Julie Quinn	HRE015A ★ City & Guilds	Autumn 16 Sep 10	7 Jul 11		Please see course outline for days and times	34	£630 £520 (c)
C&G Level 3 Diploma in Professional Reflexology For holders of the C&G Certificate in Anatomy, Physiology & Pathology who wish to train as professional reflexologists. Students attend the equivalent of 2 x 3 hour lessons per week. Day classes are held on Tuesday morning and Thursday afternoon, evening/weekend classes are held on Thursday and some Saturdays. Please contact the health department on 020 7450 1854 for further details and an application form. Tutors: Julia Wood, Julie Quinn	HRE016A ★ City & Guilds	Autumn 14 Sep 10	7 Jul 11		Please see course outline for days and times	34	£780 £648 (c)
Reiki	Code	Start	End	Days	Times	Weeks	Fees
Reiki 1 Certificate The 1st level of training in the Usui System. Be a channel for Reiki for self-healing and helping those close to you.	HRK004A	Autumn 17 Sep 10	15 Oct 10	Fri	6:00pm – 9:00pm	5	£95
	HRK005A	Spring 14 Jan 11	11 Feb 11	Fri	6:00pm – 9:00pm	5	£95
Reiki 2 Certificate This is the practitioner level that on completion allows professional practice. Participants will become attuned to Reiki II healing energy to further enhance their healing ability. You must have completed Reiki 1st Level before starting this course and you will be asked to produce a certificate at the first session.	HRK006A	Summer 6 May 11	10 Jun 11	Fri	6:00pm – 9:00pm	5	£145
Shiatsu	Code	Start	End	Days	Times	Weeks	Fees
Shiatsu Certificate Training to practice Shiatsu professionally takes place over three years. This course is the first year and comprises 22 days held on Saturdays and Sundays. Successful completion of this course leads to the two year professional diploma. Please contact the Health Studies department for the course outline and application form. Tutor: Ki Kai Centre	HSH004A	Autumn 26 Sep 10	16 Jul 11	Sat/ Sun	10:00am – 5:00pm	22	£900 £680 (c)
Professional Diploma in Shiatsu & Oriental Medicine Train to practice shiatsu professionally, this course comprises 22 lessons held at weekends and is for both 2nd and 3rd year students. The final exam is recognised and ratified by the Shiatsu Society. Please contact the Health Studies department for the course outline, application form and interview dates. Tutor: Ki Kai Centre	HSH005A	Autumn 2 Oct 10	9 Jul 11	Sat	10:00am – 5:00pm	22	£900 £680 (c)
T'ai Chi Ch'uan	Code	Start	End	Days	Times	Weeks	Fees
T'ai Chi Ch'uan Beginners This course teaches the fundamentals of T'ai Chi Ch'uan (Yang style) the ancient Chinese system of Chinese exercise for the mind, body and spirit. The beginners course (3 terms) teaches all the principles of movement necessary to perform the first third postures of the Tai Chi Ch'uan form. Tutor: Paul Underwood	HTC001A	Autumn 16 Sep 10	9 Dec 10	Thurs	6:30pm – 8:00pm	12	£80
	HTC002A	Spring 13 Jan 11	7 Apr 11	Thurs	6:30pm – 8:00pm	12	£80
	HTC003A	Summer 5 May 11	14 Jul 11	Thurs	6:30pm – 8:00pm	10	£70
T'ai Chi Ch'uan Intermediate/Advanced The gentle, relaxed T'ai Chi forms develop strength, suppleness and inner calm, emphasising the benefits to health, meditation practice and philosophy. Tutor: Paul Underwood	HTC004A	Autumn 16 Sep 10	9 Dec 10	Thurs	8:00pm – 9:30pm	12	£80
	HTC005A	Spring 13 Jan 11	7 Apr 11	Thurs	8:00pm – 9:30pm	12	£80
	HTC006A	Summer 5 May 11	14 Jul 11	Thurs	8:00pm – 9:30pm	10	£70
T'ai Chi Ch'uan All Comers Unwind by learning this soft/internal martial art. T'ai Chi moves enhance the flow of energy or 'qi' around the body. This discipline requires regular practice in order to improve focus, awareness, coordination and posture. Tutor: Laura Ichajapanich	HTC007A	Autumn 15 Sep 10	8 Dec 10	Weds	4:00pm – 6:00pm	12	£110 £55 (c)
	HTC008A	Spring 12 Jan 11	6 Apr 11	Weds	4:00pm – 6:00pm	12	£110 £55 (c)
	HTC009A	Summer 4 May 11	13 Jul 11	Weds	4:00pm – 6:00pm	10	£95 £45 (c)

Yoga (Hatha)	Code	Start	End	Days	Times	Weeks	Fees
Hatha Yoga: Beginners A structured introduction to the principles and practice of Yoga. This course will give you the knowledge and confidence to participate fully in yoga classes and to bring yoga into your life in simple ways. Tutor: Leo Alexander	HYG001A	Autumn 13 Sep 10	6 Dec 10	Mon	6:30pm – 8:00pm	12	£90
	HYG002A	Spring 10 Jan 11	4 Apr 11	Mon	6:30pm – 8:00pm	12	£90
	HYG003A	Summer 9 May 11	18 Jul 11	Mon	6:30pm – 8:00pm	10	£75
Hatha Yoga: Intermediate A structured course for learners with an established commitment to Yoga covering a broad range of techniques and concepts at an intermediate level, focusing particularly on asana, pranayama, meditation, and the Yogic tradition of critical thinking. Tutor: Leo Alexander	HYG004A	Autumn 14 Sep 10	7 Dec 10	Tues	6:30pm – 8:30pm	12	£110
	HYG005A	Spring 11 Jan 11	5 Apr 11	Tues	6:30pm – 8:30pm	12	£110
	HYG006A	Summer 10 May 11	19 Jul 11	Tues	6:30pm – 8:30pm	10	£95
NEW Hatha Yoga: Advanced An advanced course enabling learners to apply psycho-physical yoga techniques in order to develop and change in relation to personal goals. It is not necessary to have full mobility to participate in this course, but it is important to have an established practice in some form of mind/bodywork. Please read the course outline before enrolling. Tutor: Leo Alexander	HYG035A	Autumn 17 Sep 10	10 Dec 10	Fri	7:30pm – 9:30pm	12	£120
	HYG036A	Spring 14 Jan 11	8 Apr 11	Fri	7:30pm – 9:30pm	12	£120
	HYG037A	Summer 6 May 11	15 Jul 11	Fri	7:30pm – 9:30pm	10	£100
Hatha Yoga: All Comers Beginners will be able to establish a firm foundation for ongoing yoga practice while those with more experience will find an enjoyable, rewarding and stimulating course. Tutor: Terry Tobias	HYG007A	Autumn 17 Sep 10	10 Dec 10	Fri	2:00pm – 4:00pm	12	£105 £60 (c)
	HYG008A	Spring 14 Jan 11	8 Apr 11	Fri	2:00pm – 4:00pm	12	£105 £60 (c)
	HYG009A	Summer 6 May 11	15 Jul 11	Fri	2:00pm – 4:00pm	10	£95 £50 (c)
Yoga (Kundalini)	Code	Start	End	Days	Times	Weeks	Fees
Kundalini Yoga: A Journey through the Chakras The Chakra system is a map of the human psyche, its functions, drives and potential. In this intensive course we will learn the techniques of yoga and meditation to explore the psycho-spiritual symbolism of the chakras. For more information contact: leo@integrallyoga.org.uk Tutor: Leo Alexander	HYG032A	Autumn 23 Oct 10	6 Nov 10	Sat	1:00pm – 5:00pm	2	£60
Fundamentals of Kundalini Yoga Kundalini Yoga is an ancient system of personal development which addresses the goals of the total self: body, mind, and spirit. This course presents an insight into the techniques and concepts which make it such an enduringly effective path. Tutor: Leo Alexander	HYG033A	Spring 12 Mar 11	19 Mar 11	Sat	1:00pm – 5:00pm	2	£60
Yoga (Therapeutic)	Code	Start	End	Days	Times	Weeks	Fees
Postural Dynamics A gentle and systematic approach to movement, inspired by yoga and the Feldenkrais Method. Suitable for all abilities and ages. Targeted, precise and effective. Useful for targeting injuries and unhelpful postural habits. Tutor: Donna Malcomson	HPS001A	Autumn 13 Sep 10	6 Dec 10	Mon	2:00pm – 3:30pm	12	£75 £50 (c)
	HPS002A	Spring 10 Jan 11	4 Apr 11	Mon	2:00pm – 3:30pm	12	£75 £50 (c)
	HPS003A	Summer 9 May 11	18 Jul 11	Mon	2:00pm – 3:30pm	10	£65 £45 (c)
Therapeutic Yoga: Beginners A gentle and systematic approach to Yoga. It treats classical poses not as ends in themselves, but deconstructs them and provides an opportunity to build awareness, mobility and strength. Helps tackle injuries and postural problems. Tutor: Donna Malcomson	HYG011A	Autumn 13 Sep 10	6 Dec 10	Mon	6:00pm – 7:30pm	12	£85
	HYG012A	Spring 10 Jan 11	4 Apr 11	Mon	6:00pm – 7:30pm	12	£85
	HYG013A	Summer 9 May 11	18 Jul 11	Mon	6:00pm – 7:30pm	10	£70
Therapeutic Yoga: All Levels This course is ideal for beginners and seasoned yogis alike. The students will get all the tools they need to develop their own practice at a level that is suitable for each individual regardless of age, ability and injury. Joy Anderson	HYG014A	Autumn 14 Sep 10	7 Dec 10	Tues	6:00pm – 7:30pm	12	£85
	HYG015A	Spring 11 Jan 11	5 Apr 11	Tues	6:00pm – 7:30pm	12	£85
	HYG016A	Summer 3 May 11	12 Jul 11	Tues	6:00pm – 7:30pm	10	£70

Yoga (Therapeutic)	Code	Start	End	Days	Times	Weeks	Fees
NEW Pregnancy Yoga A safe, gentle and integrated form of yoga, carefully adapted for women to practise from 14 weeks of pregnancy onwards. Yoga brings a sense of well being and helps develop physical strength and suppleness; encouraging you to relax and focus, as well as easing many of the common discomforts that might arise during pregnancy. Adjustments and modifications are individually tailored so that no previous experience of yoga is necessary. Tutor: Kathleen Beegan	HYG039A	Autumn 15 Sep 10	8 Dec 10	Weds	9:45am – 11:15am	12	£90 £60 (c)
	HYG040A	Spring 12 Jan 11	6 Apr 11	Weds	9:45am – 11:15am	12	£90 £60 (c)
	HYG041A	Summer 4 May 11	13 Jul 11	Weds	9:45am – 11:15am	10	£75 £50 (c)
Therapeutic Yoga: All Levels A gentle and systematic approach to Yoga. It treats classical poses not as ends in themselves, but deconstructs them and provides an opportunity to build awareness, mobility and strength. Helps tackle injuries and postural problems. Tutor: Donna Malcomson	HYG017A	Autumn 15 Sep 10	8 Dec 10	Weds	12:30pm – 1:30pm	12	£55 £35 (c)
	HYG018A	Spring 12 Jan 11	6 Apr 11	Weds	12:30pm – 1:30pm	12	£55 £35 (c)
	HYG019A	Summer 4 May 11	13 Jul 11	Weds	12:30pm – 1:30pm	10	£45 £30 (c)
NEW Postural Dynamics A gentle and systematic approach to movement, inspired by yoga and the Feldenkrais Method. Suitable for all abilities and ages. Targeted, precise and effective. Useful for targeting injuries and unhelpful postural habits. Tutor: Donna Malcomson	HPS004A	Autumn 15 Sep 10	8 Dec 10	Weds	2:00pm – 3:30pm	12	£75 £50 (c)
	HPS005A	Spring 12 Jan 11	6 Apr 11	Weds	2:00pm – 3:30pm	12	£75 £50 (c)
	HPS006A	Summer 4 May 11	13 Jul 11	Weds	2:00pm – 3:30pm	10	£65 £45 (c)
Therapeutic Yoga: Beginners A gentle and systematic approach to Yoga. It treats classical poses not as ends in themselves, but deconstructs them and provides an opportunity to build awareness, mobility and strength. Helps tackle injuries and postural problems. Tutor: Donna Malcomson	HYG026A	Autumn 16 Sep 10	9 Dec 10	Thurs	9:30am – 11:00am	12	£75 £50 (c)
	HYG027A	Spring 13 Jan 11	7 Apr 11	Thurs	9:30am – 11:00am	12	£75 £50 (c)
	HYG028A	Summer 5 May 11	14 Jul 11	Thurs	9:30am – 11:00am	10	£50 £45 (c)
Therapeutic Yoga: Intermediate Open to all who wish to practice Yoga at this level. Tutor: Donna Malcomson	HYG029A	Autumn 16 Sep 10	9 Dec 10	Thurs	11:00am – 12:30pm	12	£75 £50 (c)
	HYG030A	Spring 13 Jan 11	7 Apr 11	Thurs	11:00am – 12:30pm	12	£75 £50 (c)
	HYG031A	Summer 5 May 11	14 Jul 11	Thurs	11:00am – 12:30pm	10	£50 £45 (c)
The Feldenkrais Method A gentle and systematic approach to movement. Suitable for all abilities and ages. Useful for those who wish to improve their performance (dancers, musicians, artists), those wishing to overcome pain or limitations in movement, and those who want to improve their general well-being and personal development. Tutor: Donna Malcomson	HYG034A	Summer 9 Jul 11	16 Jul 11	Sat	10:00am – 1:00pm	2	£38
Yoga (Teacher Training)							
Yoga Professional Training Introductory Day An introductory and mandatory session for the BTEC Yoga Teacher Training course HYT02A. Tutors: Rosamunde Jordan, Marilyn Freedman	HYT001A	Autumn 26 Sep 10	26 Sep 10	Sun	11:00am – 4:00pm	1	£52 £42 (c)
Yoga Teacher Training Foundation A foundation year in developing personal practice, working with the philosophy and teaching of Vanda Scaravelli. Successful students will progress onto a two year professional yoga teaching qualification (currently accredited by BTEC). Tutors: Rosamunde Jordan, Marilyn Freedman	HYT002A ★	Autumn 9 Oct 10	3 Jul 11	Sat/ Sun	10:00am – 5:00pm	8	£530 £426 (c)
Yoga Teacher Training Diploma Year 1 of a two year BTEC accredited diploma course, working with the philosophy and teaching of Vanda Scaravelli. Successful completion of the foundation year is a pre-requisite for joining this course. Tutors: Rosamunde Jordan, Marilyn Freedman	HYT003A ★	Autumn 9 Oct 10	3 Jul 11	Sat/ Sun	10:00am – 5:00pm	8	£590 £486 (c)