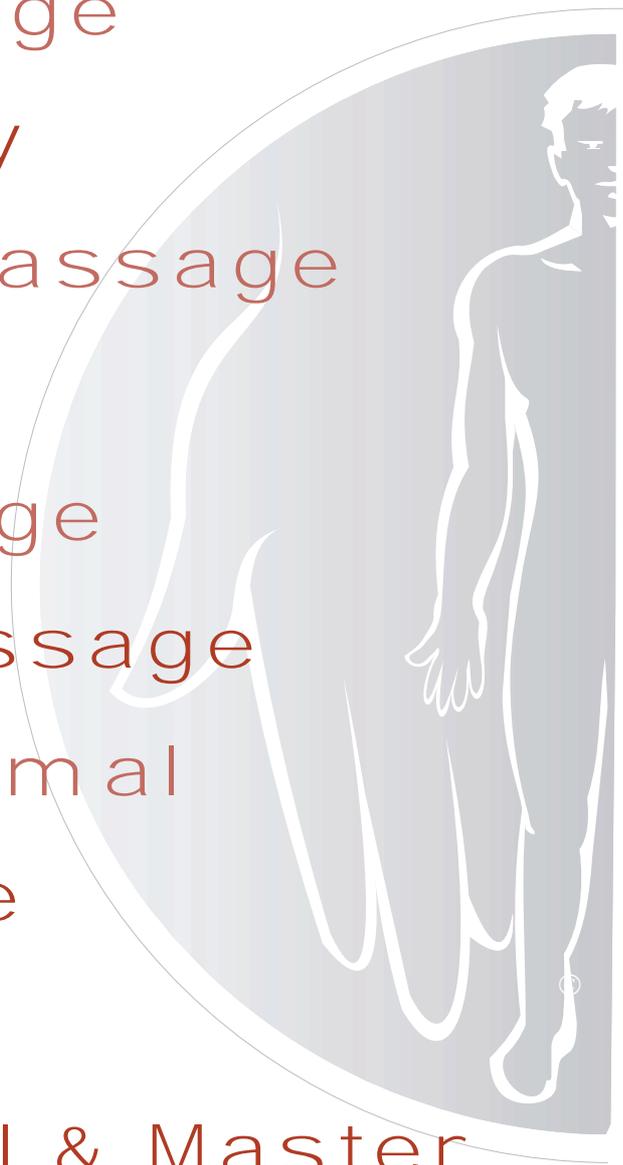


BODY BASICS

"Massage To A Higher Level" ©

Prospectus for Professional Courses

- Anatomy & Physiology
- Holistic Massage
- Aromatherapy
- Indian Head Massage
- Reflexology
- Sports Massage
- Ayurvedic Massage
- Chavutti Thirumal
- Baby Massage
- Baby Yoga
- Reiki: Level I, II & Master
- Workshops



www.BodyBasicsOnline.co.uk

42 The Broadway Stratford London E15 4QS UK

Tel: 020 8522 1414 Mobile: 07956 55 96 88

✓ **WELCOME TO BODY BASICS ...**

Body Basics was founded in 1994 as a small establishment and has grown to become one of London's finest schools teaching a wide range of complementary diploma courses and workshops. It has a mission to spread authentic types and styles of massage to a wide an audience as possible with an aim to providing benefits of hands - on therapy to all members of society.



Body Basics is registered and affiliated with the International Therapy Examination Council (I.T.E.C.), Vocational Training Charitable Trust (VTCT), the Association of Physical & Natural Therapists (A.P.N.T), Federation of Holistic Therapists (FHT), Embody and the Guild of Infant & Child Massage (G.I.C.M). It is also affiliated to the British Complementary Medical Association (B.C.M.A.) and General Council for Massage Therapy (GCMT).



✓ **THE FIRST BASIC STEP ...**

Your enquiry into Body Therapy is your first step into a field that has enormous potential, both in providing benefits to others as well as developing your own career. The following pages give you details of our courses, as well as providing information on the philosophy on which Body Basics has been formed.

✓ **OUR GUIDING FACTOR & PHILOSOPHY ...**

To provide a training environment where the emphasis is on self development and change in attitude towards learning. Lectures are thus structured in a way so as to make learning enjoyable and fun and by keeping the number of students per course to a minimum so as to provide personal attention to each individual.

With this aim in mind, we have fully equipped premises which are used only for teaching Therapeutic Body Work - nothing else!

Our belief is that Complementary Therapies have an important role to play in the well-being of individuals. They are a useful tool that can work well alongside conventional medicine. Training thus emphasises the development of a holistic perspective, and benefits of treatments not just for the "physical", but also for the "mind and spirit".

✓ **WHY BODY BASICS & OUR EXAM RESULTS ...**

We have developed a reputation which amounts to excellence. By providing what we set out to do, we aim to exceed this goal. The school has run very many successful Diploma Courses, workshops and lectures in the past. By joining us, we hope that you can become part of this success.

Body Basics holds an enviable student exam track record of near 100% pass rate for all its diploma courses since it started back in 1994.

"Massage To A Higher Level" ©

✓ **PRINCIPAL: BHAVESH T. JOSHI BSc. OSTEOPATHY, Dip. TCM ACUP.**

Bhavesh began a career in Osteopathy in 1989, at the British School of Osteopathy. Upon qualification, he established several clinics in East London, and began to teach regularly on various complementary courses before setting-up Body Basics in 1995.

He held the post of Senior Lecturer (Applied Anatomy) and Clinical Supervisor at the London School of Osteopathy (1995 – 2000) and has also worked for the British School of Osteopathy as a “Demonstrator in Anatomy” lecturing at the Royal College of Surgeons.

During its accreditation stage with the General Osteopathic Council (GOsC), Bhavesh took on the role of Clinical Director at the College of Osteopaths (July 2000). He also lectured at the College in Integrated Biomechanics as well as tutoring in the school out patient clinic as a Senior Clinician.

Bhavesh is also qualified in Traditional Chinese Acupuncture (Dip. TCM Acup.) and has trained extensively with masters and teachers in India in the arts of Ayurvedic Medicine (Dip. Ayurveda, India), Ayurvedic Massage and authentic Marma Massage.

Students benefit from his personal tuition on most courses.

✓ **IMPORTANT COURSE INFORMATION**

For up to date information on Terms & Conditions, please visit our website.

• **Fees & Payments**

Due to limited number of spaces and oversubscription, a 50% deposit is required to secure a place on a course on enrolment.

Where a discounted fee is available, students are required that full payments are made before the end date otherwise the full fee structure will apply.

All fees have to be paid in FULL 1 week before the start date of the course.

• **Refunds**

Please note that fees paid are strictly NON REFUNDABLE & NON TRANSFERABLE. Where an application is declined, or a course cancelled a FULL refund of monies paid will be made.

• **Essential Equipment**

Certain courses will require students to have access to a couch / essential oils for use whilst away from the school. Students are requested to consider the cost of these items whilst applying for the course.

Fully adjustable hydraulic treatment couches, oils and couch paper are provided during all practical sessions for classes held at the school.

• **Course Notes**

Comprehensive course notes and written material are given to all students attending courses and workshops. These remain the copyright of Body Basics.

This course by Body Basics in Anatomy, Physiology & Massage has been developed to teach any aspiring individual in the fundamentals of therapeutic massage and bodywork. It forms the foundation for many physical therapy courses, both at a diploma level as well as higher.



COURSE CONTENT & WHAT YOU WILL LEARN

1. Anatomy & Physiology

A good knowledge of anatomy and physiology forms the stable foundations for progressing in bodywork. It provides essential knowledge for individuals to carry out treatment with confidence and safety. The following are a list of topics which are covered in this course:

- Cells & Tissues
- Skin
- Skeletal System
- Muscular System
- Cardiovascular System
- Lymphatic System
- Respiratory System
- Digestive System
- Neurological System
- Endocrine System
- Urinary System
- Reproductive System

A full course file with over 200 pages is provided to all students attending this course.

2. Holistic Massage

- Identification and location of body surface landmarks - including muscles and bones.
- The basics of therapeutic body massage and guide on how to develop a massage routine for each individual client.
- Development of a holistic approach - treating the "Mind, Body & Spirit"
- The proper application of massage technique and use of body posture.
- The benefits of massage and its contraindications.
- How to carry out a consultation and important aspects of the client case history
- Client care and hygiene procedures
- Introduction to other complementary therapies
- Holistic Massage Case Studies

By the end of the course each student will produce a massage portfolio which will include write ups and treatment of 5 individual clients who have been massaged a minimum of 4 times each. This should include client comments for before, during and after the treatment for each session. Students will be guided through this process during the course. The final work will be presented to the ITEC examiner for assessment and approval.

3. Professional Conduct & Business Awareness

- Professionalism and ethics
- Setting up in business
- Marketing your business
- Laws relating to business
- Developing a rapport with other health professionals

"Massage To A Higher Level" ©

EXAMINATIONS

- *Anatomy & Physiology (multiple choice paper)*
- *Holistic Massage (multiple choice paper)*
- *Professional Business & Conduct (multiple choice paper)*
- *Practical Examination – involving a full body massage assessed by a visiting external ITEC examiner*

THE EXAMINATION BODY – ITEC

ITEC (International Therapy & Examination Council) was founded in 1973 to set and maintain high standards in the practice of body therapy by establishing authoritative courses leading to formal examinations. It is an independent professional examination board whose qualifications are recognised nationally and internationally.

ITEC is recognized and regulated by the Qualifications and Curriculum Authority (QCA), and the Department of Education and Employment

*Successful completion of this diploma course will provide you with the title of “**Massage Therapist**”*



Practitioner insurance is available upon successful completion of this course.

PROGRESSION

Upon qualification students may want to consider completing studying:

- *Aromatherapy Massage Diploma*
- *Reflexology Diploma*
- *Sports Massage Diploma*
- *Indian Head Massage Diploma*
- *Baby Massage – Instructors Diploma*
- *Ayurvedic Massage*
- *Thai Yoga Massage Diploma*
- *Deep Tissue Massage Diploma*
- *Lymphatic Drainage Massage Diploma*

COURSE BOOKS

Essential

“An Introductory Guide to Anatomy & Physiology” – Louise Tucker (pub. Holistic Therapy Books)

“An Introductory Guide to Massage” – Louise Tucker (pub. Holistic Therapy Books)

Highly Recommended

“Trail Guide to the Body” – Andrew Biel (pub. Books of Discovery)

COURSE ENTRY REQUIREMENTS

Individuals need to be 18 years of age at the time of sitting the exam, although it is preferred that students have greater life experience before embarking on this course.

5 GCSE's or equivalent are recommended, but this is not essential and students will be accepted on individual merit. Admission is solely at the discretion of the Principal.

Potential students are advised that this diploma is run as an intensive course and this should be borne in mind when enrolling.

HOW TO ENROL

Please complete the online application form or enclosed application form together with the required deposit. Our administration section will contact you to confirm your acceptance on the course.



This distance learning Anatomy & Physiology course is designed for those who want to study in their own time and at their own pace.

The course will cover all aspects of the VTCT Anatomy & Physiology syllabus and will allow students to move onto other courses such as Holistic massage upon successful completion. The course is supplemented with a full course file and reading material containing directed learning and exercises. This will take you through to completion of a useful and nationally accredited diploma (level 3).



COURSE CONTENT & WHAT YOU WILL LEARN

- Cells & Tissues
- Anatomy & Physiology of Skin and Hair
- Skeleton and Joints
- Muscles and Nervous System
- Blood and Lymphatic Systems
- Respiratory & Olfactory Systems
- Digestive System
- Endocrine System
- Nervous System
- Urinary & Reproductive System

EXAMINATIONS

At the end of each module there will be short questions and tasks which will be completed at home and submitted to the school via e-mail or post.

Included with the course is also a VTCT Health & Safety module which is accompanied with self study tasks.

There will also be a final multiple choice exam of 25 questions in Anatomy & Physiology as well as Health & Safety which will need to be completed by attending the school.

PROGRESSION

Upon qualification students may want to consider completing studying:

- Holistic Massage
- Aromatherapy Massage Diploma
- Reflexology Diploma
- Sports Massage Diploma
- Indian Head Massage Diploma
- Baby Massage – Instructors Diploma
- Ayurvedic Massage
- Thai Yoga Massage Diploma
- Deep Tissue Massage Diploma
- Lymphatic Drainage Massage Diploma

THE EXAMINATION BODY - VTCT

The Vocational Training Charitable Trust (VTCT) is an awarding body offering vocational qualifications in Complementary Therapy and Bodywork. VTCT is recognized and regulated by the Qualifications and Curriculum Authority (QCA), and the Department of Education and Employment. VTCT is an independent examining body that offers impartiality and objectivity in its examinations. VTCT is recognised by governing bodies and insurance companies for professional liability insurance.



COURSE BOOKS

Essential

"Anatomy and Physiology for Holistic Therapists" – Francesca Gould (pub. Nelson Thornes)

Highly Recommended

"Trail Guide to the Body" – Andrew Biel (pub. Books of Discovery)

COURSE ENTRY REQUIREMENTS

Individuals need to be 16 years of age at the time of sitting the exam, although it is preferred that students have greater life experience before embarking on this course.

5 GCSE's or equivalent are recommended, but this is not essential and students will be accepted on individual merit. Admission is solely at the discretion of the Principal.

Potential students are advised that this diploma is run as an intensive course and this should be borne in mind when enrolling.

HOW TO ENROL

Please complete the online application form or enclosed application form together with the required deposit. Our administration section will contact you to confirm your acceptance on the course.

This course is a level up from the diploma course in Anatomy, Physiology & Massage. It introduces the therapist to a variety of essential oils as well as their properties and uses. The course teaches students how to choose and combine essential oils as well as how to produce a treatment that is tailor made for the client. The essential oils work at different levels of mind and body and treatments which incorporate their specific use leads to a therapy which is truly holistic in nature.



COURSE CONTENT & WHAT YOU WILL LEARN

1. Aromatherapy Theory

- *Philosophy of aromatherapy*
- *History of aromatherapy*
- *Chemistry of essential oils*
- *Classification of aromatherapy oils*
- *Methods of production and extraction of essential oils*
- *Properties of essential oils and their contraindications*
- *Selection of essential oils based on the client presentation*
- *Client consultation and planning a treatment*

2. Aromatherapy Massage Practical

- *Selection of essential oils to treat the "Mind, Body & Spirit"*
- *Recognition of essential oils and the plants they are derived from*
- *Aromatherapy massage routine tailored to suit the individual and tailor oils for given conditions like Hypertension, ME, Arthritis, Asthma etc*
- *Massage Case Studies*
By the end of the course each student will produce a massage portfolio which will include write up and treatment of 10 individual clients who have been massaged a minimum of 4 times each. Students will be guided through this process during the course. The final work will be presented to the ITEC examiner for approval.
- *Aromatherapy Massage Case Studies*
By the end of the course each student will produce a massage portfolio which will include write up and treatment of 10 individual clients who have been massaged a minimum of 4 times each. This should include client comments for before, during and after the treatment for each session incorporating details about the choice of oils and blends. Students will be guided through this process during the course. The final work will be presented to the ITEC examiner for assessment and approval.

EXAMINATIONS

- *Aromatherapy Massage (multiple choice paper)*
- *Practical Examination – involving a full consultation and aromatherapy body massage. The exam is assessed by a visiting external ITEC examiner*

THE EXAMINATION BODY – ITEC

ITEC (International Therapy & Examination Council) was founded in 1973 to set and maintain high standards in the practice of body therapy by establishing authoritative courses leading to formal examinations. It is an independent professional examination board whose qualifications are recognised nationally and internationally.

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Successful completion of this diploma course will provide you with the title of “**Aromatherapist**”.

Practitioner insurance is available upon successful completion of this course.

PROGRESSION

Upon qualification students may want to consider completing studying:

- Reflexology Diploma
- Sports Massage Diploma
- Indian Head Massage Diploma
- Baby Massage – Instructors Diploma
- Ayurvedic Massage
- Thai Yoga Massage Diploma
- Deep Tissue Massage Diploma
- Lymphatic Drainage Massage Diploma

COURSE BOOKS

Essential

“An Introductory Guide to Aromatherapy ” – Louise Tucker (pub. Holistic Therapy Books)

“An Introductory Guide to Massage” – Louise Tucker (pub. Holistic Therapy Books)

“An Introductory Guide to Anatomy & Physiology” – Louise Tucker (pub. Holistic Therapy Books)

Highly Recommended

“Trail Guide to the Body” – Andrew Biel (pub. Books of Discovery)

COURSE ENTRY REQUIREMENTS

Students need to hold a diploma in Anatomy Physiology & Massage. Higher qualifications will be considered and parts of the exam can be made exempt through accredited prior learning (APL).

Potential students are advised that this diploma is run as an intensive course and this should be borne in mind when enrolling.

HOW TO ENROL

Please complete the enclosed application form together with the required deposit. Our administration section will contact you to confirm your acceptance on the course.

This diploma course in Sports Injuries & Massage provides an excellent opportunity for anybody wishing to further their knowledge and skills by learning how to evaluate and treat a wide range of common injuries utilising previously learnt massage techniques.



Although the course title suggest sports injuries, a wide range of everyday injuries can also be considered for treatment following completion of this diploma.

The course forms a very good platform for any individual who wants to work and progress in the sports industry.

On successful completion of the this course you will be able to join the **Sports Massage Association (SMA)** which is becoming the leading body to represent Sports Massage in the UK.



COURSE CONTENT & WHAT YOU WILL LEARN

- Regional Anatomy - study of constituent parts of a given body region.
- Origin, Insertion & Action of over 50 muscles.
- Injuries - study of common injuries to tissues of the body
- Evaluation of injuries to muscles, tendons, ligaments, bursa and bone.
- Treatment - this will build on prior massage as well as teach new techniques such as:
 - ✓ **Muscle Energy Technique (MET)**
 - ✓ **Soft Tissue Release Technique (SRT)**
 - ✓ **Neuromuscular Technique (NMT) & Trigger Points**
 - ✓ **Joint Articulation**
 - ✓ **Stretching**
- Use of ice (Cryotherapy) in acute injuries - its rationale & method of application.
- A look at different types of exercises and stretching routines.
- Pre, Post and Maintenance sports massage routines.

EXAMINATIONS

- Sports Massage (multiple choice paper)
- Practical Examination – involving a full consultation and demonstration of sports treatment and massage. The exam is assessed by a visiting external ITEC examiner

PROGRESSION

Upon qualification students may want to consider completing studying:

- Aromatherapy Massage Diploma
- Reflexology Diploma
- Indian Head Massage Diploma
- Baby Massage – Instructors Diploma
- Ayurvedic Massage
- Thai Yoga Massage Diploma
- Deep Tissue Massage Diploma
- Lymphatic Drainage Massage Diploma

THE EXAMINATION BODY – ITEC

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Successful completion of this diploma course will provide you with the title of “Sports Massage Therapist”.

Practitioner insurance is available upon successful completion of this course.

COURSE BOOKS

Essential

“An Introductory Guide to Massage” – Louise Tucker (pub. Holistic Therapy Books)

“An Introductory Guide to Anatomy & Physiology” – Louise Tucker (pub. Holistic Therapy Books)

Highly Recommended

“Trail Guide to the Body” – Andrew Biel (pub. Books of Discovery)

COURSE ENTRY REQUIREMENTS

Students need to hold a diploma in Anatomy Physiology & Massage. Higher qualifications will be considered and parts of the exam can be made exempt through accredited prior learning (APL).

Potential students are advised that this diploma is run as an intensive course and this should be borne in mind when enrolling.

HOW TO ENROL

Please complete the online application form or enclosed application form together with the required deposit. Our administration section will contact you to confirm your acceptance on the course.

**INDIAN HEAD MASSAGE
INCOPORTATING TRADITIONAL AYURVEDIC MASSAGE
ITEC ACCREDITED DIPLOMA**



Indian Head Massage is a traditional therapy which focuses techniques around the head and shoulder region. The course teaches the more popular western version of Indian Head Massage which utilises techniques as taught in Holistic Massage. The sequence not only involves massaging the head, but also the mid and low back as well as the arms.



The treatment is conducted with the client seated and fully clothed making it perfect for taking massage into the office environment.

On completion, students will be able to offer 2 types of massages:

- *Western Indian Head Massage*
- *Traditional Ayurvedic Head Massage using oils and “Marma” (acupressure) points*

COURSE CONTENT & WHAT YOU WILL LEARN

- *History of Indian Head Massage*
- *Benefits of Indian Head Massage*
- *Indian Head Massage routine*
- *Use of different oils*
- *Contraindications to a Head Massage*
- *Anatomy of the Head & Neck*

EXAMINATIONS

- *Indian Head Massage (multiple choice paper)*
- *Practical Examination – involving an Indian Head Massage assessed by a visiting external ITEC examiner*

PROGRESSION

Upon qualification students may want to consider completing studying:

- *Aromatherapy Massage Diploma*
- *Reflexology Diploma*
- *Sports Massage Diploma*
- *Baby Massage – Instructors Diploma*
- *Ayurvedic Massage*
- *Thai Yoga Massage Diploma*
- *Deep Tissue Massage Diploma*
- *Lymphatic Drainage Massage Diploma*

THE EXAMINATION BODY – ITEC

ITEC (International Therapy & Examination Council) was founded in 1973 to set and maintain high standards in the practice of body therapy by establishing authoritative courses leading to formal examinations. It is an independent professional examination board whose qualifications are recognised nationally and internationally.

ITEC is recognized and regulated by the Qualifications and Curriculum Authority (QCA), and the Department of Education and Employment



Successful completion of this diploma course will provide you with the title of **“Indian Head Massage Therapist”**.

Practitioner insurance is available upon successful completion of this course.

COURSE BONUS: TRADITIONAL AYURVEDIC OIL HEAD MASSAGE

Learn the traditional form of Ayurvedic Head massage as practised in India. This is very different from the Western method which bases its movements on Holistic Massage techniques.

Participants are taught how to use oils as well as how to work on the Marma Points (vital points) in the head region and their effects.

This treatment can be offered as an additional therapy to Indian Head Massage or Holistic Massage

PROGRESSION

Upon qualification students may want to consider completing studying:

- Aromatherapy Massage Diploma
- Reflexology Diploma
- Sports Massage Diploma
- Indian Head Massage Diploma
- Baby Massage – Instructors Diploma
- Ayurvedic Massage
- Thai Yoga Massage Diploma
- Deep Tissue Massage Diploma
- Lymphatic Drainage Massage Diploma (includes face drainage techniques)

COURSE BOOKS

Essential

“An Introductory Guide to Massage” – Louise Tucker (pub. Holistic Therapy Books)

“An Introductory Guide to Anatomy & Physiology” – Louise Tucker (pub. Holistic Therapy Books)

Highly Recommended

“Trail Guide to the Body” – Andrew Biel (pub. Books of Discovery)

COURSE ENTRY REQUIREMENTS

Students need to hold a diploma in Anatomy Physiology & Massage. Higher qualifications will be considered and parts of the exam can be made exempt through accredited prior learning (APL).

Potential students are advised that this diploma is run as an intensive course and this should be borne in mind when enrolling.

HOW TO ENROL

Please complete the online application form or enclosed application form together with the required deposit. Our administration section will contact you to confirm your acceptance on the course.

Reflexology is a holistic and scientific art and an extremely effective form of healing. Because the feet represent a microcosm of the body, all its parts are laid out in a similar arrangement. This course will provide knowledge of specific pressure techniques that work on precise reflex points on feet and hands thereby providing grounding for treatments that work in a holistic yet objective manner.



COURSE CONTENT & WHAT YOU WILL LEARN

1. Reflexology Theory

- Philosophy of Reflexology
- Anatomy of the Hands and Feet, including bones and muscles
- Reflex zones of the Hands and Feet
- How Reflexology works
- Understanding correlation of Reflex points of the Hands and Feet
- Relationship of Reflex Points to body organs
- Contraindications to Reflexology
- Common disorders and ailments

2. Reflexology Practical

- How to examine the Feet and what to look for
- Foot hygiene and sterilisation
- Practical training in how to carry out a treatment of the hands and the feet
- How to take a good consultation and case history skills
- How to tailor treatments for the individual client
- Reflexology Case Studies

By the end of the course each student will produce a massage portfolio which will include write up and treatment of 10 individual clients who have been massaged a minimum of 4 times each. This should include client comments for before, during and after the treatment for each session as well as details about the choice of foot reflex points and findings. Students will be guided through this process during the course. The final work will be presented to the ITEC examiner for assessment and approval.

EXAMINATIONS

- Reflexology Theory (multiple choice paper)
- Practical Examination – involving a full consultation and treatment. The exam is assessed by a visiting external ITEC examiner

PROGRESSION

Upon qualification students may want to consider completing studying:

- Aromatherapy Massage Diploma
- Sports Massage Diploma
- Indian Head Massage Diploma
- Baby Massage – Instructors Diploma
- Ayurvedic Massage
- Thai Yoga Massage Diploma
- Deep Tissue Massage Diploma
- Lymphatic Drainage Massage Diploma

THE EXAMINATION BODY – ITEC

ITEC (International Therapy & Examination Council) was founded in 1973 to set and maintain high standards in the practice of body therapy by establishing authoritative courses leading to formal examinations. It is an independent professional examination board whose qualifications are recognised nationally and internationally.

ITEC is recognized and regulated by the Qualifications and Curriculum Authority (QCA), and the Department of Education and Employment



Successful completion of this diploma course will provide you with the title of “**Reflexologist**”, and the knowledge and techniques needed to give a complete treatment.

Practitioner insurance is available upon successful completion of this course.

COURSE BOOKS

Essential

“An Introductory Guide to Reflexology” – Louise Tucker (pub. Holistic Therapy Books)

“An Introductory Guide to Massage” – Louise Tucker (pub. Holistic Therapy Books)

“An Introductory Guide to Anatomy & Physiology” – Louise Tucker (pub. Holistic Therapy Books)

Highly Recommended

“Trail Guide to the Body” – Andrew Biel (pub. Books of Discovery)

COURSE ENTRY REQUIREMENTS

Students need to hold a diploma in Anatomy Physiology & Massage. Higher qualifications will be considered and parts of the exam can be made exempt through accredited prior learning (APL) process.

Potential students are advised that this diploma is run as an intensive course and this should be borne in mind when enrolling.

HOW TO ENROL

Please complete the online application form or enclosed application form together with the required deposit. Our administration section will contact you to confirm your acceptance on the course.

This Baby Massage Diploma course is designed to teach the theory and practice of how to use Baby Massage. It is a practical course and will demonstrate how to instruct parents in groups as well as individually on how to massage their baby safely.



This course is a level up from the diploma course in Anatomy, Physiology & Massage.

COURSE CONTENT & WHAT YOU WILL LEARN

- *Origins & History of Baby Massage*
- *The Importance of Touch*
- *The Benefits of Baby Massage*
- *Contraindications to Baby Massage*
- *How to carry out a Baby Massage Routine*
- *How to massage for Colic*
- *How to Teach Baby Massage to Groups and Individuals*
- *Baby massage and music*
- *Teaching different groups of parents*
- *Massage for Special Needs Babies*
- *Relaxation techniques for parents*
- *Understanding of colic/ babies crying / bonding and attachment theories.*

EXAMINATIONS

Theory Exam

Open book exam

- *25 multiple choice questions*
- *10 short answer questions*
- *6 essay questions on various aspects of the course*

Practical Examination

- *Ongoing assessment of teaching practice during course*
- *Completion of case studies based on teaching a course to a group of four parents (or more) and babies*
- *Completion of case study on private tuition of baby massage*

All work must be completed within four months of the course date.

PROGRESSION

Upon qualification students may want to consider completing studying:

- *Baby Yoga Diploma*
- *Massage, Yoga & Movement in Infancy & Preschool Years Diploma*
- *Pregnancy & Labour Massage*
- *Aromatherapy Massage Diploma*
- *Reflexology Diploma*
- *Lymphatic Drainage Massage Diploma*

THE APPROVING BODIES – GICM & FHT

The GICM (Guild of Infant & Child Massage) is a Professional Association for Teachers of Baby massage and Positive Touch. It offers its membership the opportunity to be part of an organisation dedicated to supporting the profession by providing a National and International register of professional members which will be available for the general public and other professional disciplines.

Previous study of Human Anatomy & Physiology (GCSE, equivalent or higher) is required to be able to join the GICM on successful completion of this diploma course.

The Federation of Holistic Therapists (FHT) is the oldest Professional Sports and Complementary therapy organisation in the UK. It has the largest membership of any multi-disciplinary therapy organisation in the UK with over 21,000 members and has been representing therapists for over 40 years. It is totally independent of any external commercial interests and is a true non-profit making organisation. It enforces high professional standards, requiring its members to abide by a strict Code of Ethics and Professional Practice.

Previous study of Human Anatomy & Physiology (GCSE, equivalent or higher) is **NOT** essential to be able to join the FHT on successful completion of this course.

Successful completion of this diploma course will provide you with the title of “**Baby & Infant Massage Instructor**”.

Practitioner insurance is available upon successful completion of this course.

COURSE BOOKS

Essential

The Baby Book - William Sears & Martha Sears, Little, Brown and Company (1993)
Touching: The Human Significance of Skin - Ashley Montagu

Highly Recommended

Baby Massage - Helen McGuinness

COURSE ENTRY REQUIREMENTS

Students need to hold a diploma in Anatomy Physiology & Massage. Higher qualifications will be considered and parts of the exam can be made exempt through accredited prior learning (APL).

Potential students are advised that this diploma is run as an intensive course and this should be borne in mind when enrolling.

HOW TO ENROL

Please complete the online application form or enclosed application form together with the required deposit. Our administration section will contact you to confirm your acceptance on the course.

Ayurveda is the traditional system of Indian medicine. It is possibly one of the most holistic forms of treatment. Ayurveda literally translates as the “Science of Life” and the course aims to introduce the ideas of Ayurveda as well as teach the methods of massage it employs in the treatment of a particular constitution of a person or the condition they are presenting with.



This course is a level up from the diploma course in Anatomy, Physiology & Massage.

COURSE CONTENT & WHAT YOU WILL LEARN

Topic covered include:

- History of Ayurveda – describe the mythology of how Ayurveda was given to man
- 5 Element Theory - Macro & Micro Universe – describe the theory that everything is made up of the 5 elements of Ether, Wind, Fire, Water & Earth
- Body Tissues and Channels (Srotas) – describe the theory of channels and body tissues according to Ayurvedic philosophy.
- Describe the 3 Humours of the Body (Dosha's) - Vata, Pitta & Kapha
- Body Constitution – introduce the concept of and recognition of different body constitutions and how to diagnose this within the clinical setting.
- Diseases of the 3 Doshas - Vata, Pitta & Kapha
- Marma Points, their anatomy and location and symptoms
- Various treatment methods of Marma including massage techniques and use of Aromatherapy Oils
- Ayurvedic Massage (Abhyanga)
- Marma Massage Sequence
- Contraindications to Marma Massage

EXAMINATIONS

Theory Exam

- Ayurveda Theory - short answer questions

Practical Examination

- Practical Examination – in class assessment
- Case studies – write up and treatment of 5 clients 3 times each

THE APPROVING BODY

The Federation of Holistic Therapists (FHT) is the oldest Professional Sports and Complementary therapy organisation in the UK. It has the largest membership of any multi-disciplinary therapy organisation in the UK with over 21,000 members and has been representing therapists for over 40 years.

It is totally independent of any external commercial interests and is a true non-profit making organisation. It enforces high professional standards, requiring its members to abide by a strict Code of Ethics and Professional Practice.

Successful completion of this diploma course will provide you with the title of “**Ayurvedic Massage Therapist**”.



Practitioner insurance is available upon successful completion of this course.

PROGRESSION

Upon qualification students may want to consider completing studying:

- *Thai Yoga Massage Diploma*
- *Chavutti Thirumal – Kalari Foot Massage*
- *Indian Head Massage Diploma*
- *Deep Tissue Massage Diploma*
- *Aromatherapy Massage Diploma*
- *Reflexology Diploma*
- *Sports Massage Diploma*
- *Baby Massage – Instructors Diploma*
- *Lymphatic Drainage Massage Diploma*

COURSE BOOKS

Essential

Ayurveda: The Science of Self-Healing
Dr Vasant Lad (Pub. Motilal Banaridass Publishers)

COURSE ENTRY REQUIREMENTS

Students need to hold a diploma in Anatomy Physiology & Massage. Higher qualifications will be considered and parts of the exam can be made exempt through accredited prior learning (APL).

Potential students are advised that this diploma is run as an intensive course and this should be borne in mind when enrolling.

HOW TO ENROL

Please complete the online application form or enclosed application form together with the required deposit. Our administration section will contact you to confirm your acceptance on the course.

Kalaripayatt is the traditional martial art of India. Along with its roots is the distinctive massage therapy for which Kerala has become famous for. This is a rare opportunity to study and practice traditional Kalari massage (using the hands) as well as the more famous version of using the feet - Chavatti Tirumal.



This course is a level up from the diploma course in Anatomy, Physiology & Massage.

COURSE CONTENT & WHAT YOU WILL LEARN

- Full traditional sequenced massage routine which lasts over an hour.
- Kalari Marma Massage (hands) - done with the client in different Yoga postures so that the spine is made to twist in various positions whilst the massage is done. This is a traditional and often “secret” type of massage which is rarely taught fully to westerners. This technique is performed using the hands of the practitioner as the applicator for carrying out the massage.
- Chavatti Tirumal: In this massage, a rope is used for keeping balance whilst deeper pressure is applied to the clients body through the controlled use and movements of the practitioners feet. Exact lines are followed so that all the Marma Points (“Vital Points”) are covered.
- Stretching and preparing the body before carrying out the massage by the practitioner
- Use of different herbal Ayurvedic oils which can be employed to carry out this massage

EXAMINATIONS

Practical Examination

- In class assessment
- Practical Examination lasting one hour.
- Completion of 5 case studies involving 3 massages each.
All case studies must be completed within four months of the exam date.

THE APPROVING BODY

The Federation of Holistic Therapists (FHT) is the oldest Professional Sports and Complementary therapy organisation in the UK. It has the largest membership of any multi-disciplinary therapy organisation in the UK with over 21,000 members and has been representing therapists for over 40 years.

It is totally independent of any external commercial interests and is a true non-profit making organisation. It enforces high professional standards, requiring its members to abide by a strict Code of Ethics and Professional Practice.



Successful completion of this diploma course will provide you with the title of “Chavatti Thirumal Therapist / Kalari Massage Therapist”.

Practitioner insurance is available upon successful completion of this course.

PROGRESSION

Upon qualification students may want to consider completing studying:

- *Ayurvedic Massage Diploma*
- *Thai Yoga Massage Diploma*
- *Indian Head Massage Diploma*
- *Deep Tissue Massage Diploma*
- *Aromatherapy Massage Diploma*
- *Reflexology Diploma*
- *Sports Massage Diploma*
- *Baby Massage – Instructors Diploma*
- *Lymphatic Drainage Massage Diploma*

COURSE BOOKS

Highly Recommended

“When the Body Becomes All Eyes” – Phillip B. Zarrilli (Oxford India Paperbacks)

“Trail Guide to the Body” – Andrew Biel (pub. Books of Discovery)

COURSE ENTRY REQUIREMENTS

Students need to hold a diploma in Anatomy Physiology & Massage. Higher qualifications will be considered and parts of the exam can be made exempt through accredited prior learning (APL).

Potential students are advised that this diploma is run as an intensive course and this should be borne in mind when enrolling.

The lines of the massage are important in this treatment. So that the flow of the massage is not disrupted, students are required to wear a thong when they are being massaged.

HOW TO ENROL

Please complete the online application form or enclosed application form together with the required deposit. Our administration section will contact you to confirm your acceptance on the course.

REIKI

Reiki is a natural and safe healing energy used in compliment to body massage (or other treatments) and also as a Complimentary Therapy in it's own right and has become very popular in the west in the last few years.



Reiki, meaning Universal Life Energy, has ancient origins in China (over 5000 years, however, it was resurrected in the late 1800's by Dr. Usui of Japan who gained this knowledge through vision and years of meditation.

COURSE CONTENT & WHAT YOU WILL LEARN

Level 1 (2 Day Course):

This course includes:

- Reiki definition and history
- Spiritual Principles & Chakra meditation
- Grounding and Reiki attunements
- Self-healing Techniques
- Homecare advice and lots of practice.

Following Reiki I the client typically experiences a 21 day "healing period" which could be considered a deep yet gentle detox of physical, emotional and spiritual bodies. On completion, students learn to heal themselves.

Level 2 (2 Day Course)

A very practical day workshop for those who have already completed and integrated Reiki I, normally at least 21 days after the completion of Reiki I.

On completion of this course students are able to do Reiki healing on themselves as well as others.

This course involves:

- Chakra Meditation
- Energy field (aura)
- Reiki Attunements
- Reiki Techniques for healing others
- Incorporating Reiki into other body treatments e.g massage
- Absent Healing and practise healing others
- Professional clinical treatment & Contraindications
- Case study preparation.

Successful completion of both Reiki I and Reiki II will prepare existing therapists, or student therapists, to offer Reiki as part of their current body treatments or as a stand alone Reiki treatment.

EXAMINATIONS

Practical Examination

- In class assessment
- Completion of 5 case studies involving 3 massages each.
All case studies must be completed within four months of the exam date.

THE APPROVING BODY

There is no lead association in the UK which provides credentials for this course, but practitioner insurance is available following successful completion.

*Successful completion of this diploma course will provide you with the title of “**Reiki Therapist**”.*

Practitioner insurance is available upon successful completion of this course.

PROGRESSION

Upon qualification students may want to consider completing studying:

- *Anatomy Physiology & Massage Diploma*

COURSE BOOKS

Highly Recommended

Essential Reiki: A complete Guide to Healing – Diane Stein (The Crossing Press)

COURSE ENTRY REQUIREMENTS

No formal qualifications are required except for an interest in self and body healing.

HOW TO ENROL

Please complete the online application form or enclosed application form together with the required deposit. Our administration section will contact you to confirm your acceptance on the course.

OTHER DIPLOMA COURSES

Body Basics runs a series of **Massage Mastery** © courses which are designed to leave practitioners **"Massaging with Confidence"** ©.

The following is a list of courses, but please check the current timetable for up to date information.

Deep Tissue Massage 1& 2: Massage Mastery Series © – FHT Accredited Diploma

Learn how to work at a deeper tissue level with modification of massage technique and appreciation of feel of different soft tissue structures of the body.

Some of the topics covered include:

- Palpation - how and what to feel.
- Surface anatomy of the torso and extremities
- Theory of Deep Tissue Massage
- Practice of Deep tissue Massage
- Practitioner Posture and Effective Massage
- How to "Save Your Hands" during massage treatments
- Refined Soft Tissue Techniques
- Deep Tissue 2 integrates the techniques and puts them into a flowing massage sequence.



Lymphatic Drainage: Massage Mastery Series © – FHT Accredited Diploma

This is a two day workshop which provides a systematic massage for effective lymphatic drainage.

The workshop will cover the anatomy of the lymphatic system as well as look at common pathology which can compromise this system such as Chronic Fatigue Syndrome.

Some of the topics covered in this workshop include:

- Anatomy of the Lymphatic System
- Strokes used in lymphatic Massage – direction, pressure & style
- "Zones" of lymphatic drainage
- Lymphatic massage sequence
- Relevant pathology e.g. Chronic Fatigue Syndrome, ME, Oedma etc.



Massage in Pregnancy & Labour: Massage Mastery Series © – FHT Accredited Diploma

This workshop is designed to give qualified massage therapists the knowledge, confidence and awareness to work with pregnant clients, provide massage for labour and for instructing couples on labour massage strokes. .

The course will also touch on massage after birth.

- A basic overview of anatomy and physiology in pregnancy
- Advice and guidance on contraindications
- Oils used during pregnancy.
- Different positions for massaging pregnant clients
- Massage techniques to help relieve common ailments experienced in pregnancy
- Advice on presenting labour massage to pregnant clients and their birthing partner



Opportunities on Completion

- Utilise the techniques in your daily practice
- Treat expectant mothers using massage techniques
- Count towards your Continual Professional Development (CPD)

"Massage To A Higher Level" ©

Massage, Yoga & Movement in Infancy & Preschool Years: Massage Mastery Series © – FHT Accredited Diploma

This is possibly the only course available in the UK to address the toddler age group. Developed through working with children and field experience, this one day course is designed to teach therapists how to teach parents to massage their own children. It is aimed at expanding the experience of Baby & Infant Massage Instructors and will prove a useful and rewarding tool in its application.

Some of the topics covered in this workshop include:

- *Overview of development from ages 1-4*
- *Working with Toddlers - viewing challenges with delivery of a massage*
- *Benefits of massage for toddlers*
- *Issues for parents*
- *Contraindications of Toddler Massage*
- *Toddler Massage Routine*
- *Use of play, movement and music for toddler massage*



Opportunities on Completion

- *Utilise the techniques in your daily practice*
- *Offer teaching of Toddler Massage as a separate therapy.*
- *Count towards you Continual Professional Development (CPD)*

Traditional Hot Compress Massage: Massage Mastery Series © – FHT Accredited Diploma

Hot Compress Massage is a traditional form of therapy which is used both in India and Thailand. It involves the use of hot compresses that contain a "herbal mixture" which is infused with hot oil. The hot compress is then used as a sequence in its own right or in conjunction with another therapy such as Deep Tissue Massage or Lymphatic Drainage Massage.

Some of the topics covered in this workshop include:

- *How to make a Hot Compress*
- *Materials used to make a Hot Compress*
- *Hot to steam the "Herbal" Compress mix*
- *Benefits of a Hot Compress Massage*
- *Hot Compress Massage Routine*
- *Contraindications to a Hot Compress Massage*



Opportunities on Completion

- *Utilise the Hot Compress Massage as a stand alone therapy*
- *Offer a totally new form of treatment possibly unseen in the West*
- *Count towards you Continual Professional Development (CPD)*

Chair Massage / Office Massage: Massage Mastery Series © – FHT Accredited Diploma

This workshop will teach you the basics of giving a highly effective no oils massage through client's clothes. This specially designed 15-20 minute Chair Massage can be performed on an ergonomically designed chair or table mounted unit.

These massage techniques ease tension and encourage circulation in key muscle groups while encouraging the entire system to become more alert. This treatment is particularly useful for treating clients in their working environment.

Some of the topics covered in this workshop include:

- An overview of anatomy
- On-Site Chair massage sequence
- Contra-indications
- Practitioner Posture
- Home care and aftercare advice



Opportunities on Completion

- Utilise the techniques in your daily practice
- Treat expectant mothers using massage techniques
- Count towards your Continual Professional Development (CPD)

Ayurvedic Face Lift Massage: Massage Mastery Series © – FHT Accredited Diploma

A very gentle massage technique which will leave your client feeling rejuvenated and cleansed. Learn various pressure points on the head and face that will relax and refresh your clients.

Super method of keeping away wrinkles. This massage relaxes the face muscles and stimulates the micro-circulation and the lymph flow, thereby promoting the regeneration of healthy, younger looking skin. It also activates the natural metabolism of the skin tissue and improves muscle tone, thereby improving the skin's natural capacity to retain moisture. The massage gives the skin a smooth texture and appearance, together with a healthy glow.

- Full sequence of traditional Ayurvedic face massage.
- Important Marma points on the face that relate to different Doshas and body constitution.
- How to work on these Marma points to alleviate relating symptoms.
- Learn to give an Ayurvedic face massage according to a client's body constitution.
- Using Ayurvedic oils according to Dosha type



Opportunities on Completion

- Integrate these techniques with your existing style of massage.
- Utilize these techniques on yourself on a daily basis.
- Very useful for practitioners of Indian Head Massage as this can very well be integrated with it to complete the whole sequence.
- Can be integrated with anti-aging and rejuvenation therapies.
- A very useful massage technique for beauty therapists.
- Count towards your Continual Professional Development (CPD).

PERSONAL INFORMATION

Name _____ Age _____ DOB: _____

Address _____

post code _____

Telephone _____ (home)
_____ (work)
_____ (mobile)
_____ (email)

Previous Experience & Therapies Studied:

Please note that upon acceptance you will be required to produce copies of previous examinations/diplomas achieved (if applicable). If you are unsure about qualification/ suitability, please call us.

How did you hear of BODY BASICS © (briefly)? _____

Please Enrol Me:

Course Name: _____

Course Start Date: _____

Medical History:

Please inform us of any medical condition which you suffer from and which may possibly hinder your participation in sessions. If none, please write "none":

If you suffer from any medical conditions **YOU ARE REQUIRED TO PRODUCE A LETTER** from a medical practitioner confirming your fitness to participate in this course.

Terms & Conditions

By signing and forwarding this form you confirm that you have read, understood and agree to Body Basics terms & conditions as per the website

I enclose a cheque for the sum of £ _____ made payable to "**Body Basics**"

A receipt will be forwarded for all payments made. Full refunds of paid deposits will be made in the event of course cancellations

Signed: _____ Print Name: _____ Date: _____

 **Body Basics, 42 The Broadway, Stratford, London E15 4QS**

"Massage To A Higher Level" ©

CONTACT US

How to reach us:



We are 5 minutes walk form Statford tube station and 2 minutes from the nearest national car park.

Connecting train lines:

Underground: Central Line and Jubilee Lines

Overground: Silver Link and DLR

Address:

Body Basics
42 The Broadway
Stratford
London E15 4QS
United Kingdom

Telephone:

School: 020 8522 1414

Direct with the Principal: 07956 55 96 88

LOCAL ACCOMODATION

The following are addresses of local accomodation which is available and where students have stayed previously:

Express (Holiday Inn)

196 Hight Street
Stratford
London E15 2PD
UK

Tel: +44 (0) 8702405708
Fax: +44 (0) 870 066 0245

Web: londoninnhotels.com
Email: stratford@londoninnhotels.com

Ibis London Stratford

1a Romford Road
Stratford
London E15 4LJ

Tel: +44 (0) 20 8536 3700
Fax : +44 ((0) 208/5195161
<http://www.ibishotel.com>

Forest View Hotel

227 Romford Road
Forest Gate
London E7 9HL
Tel: (UK) 020 8538 4844
Fax: (UK) 020 8538 8959