

AMINYA NATURAL THERAPIES ACADEMY

Est 1998 Accredited Training
RTO 40815



Prospectus 2019

- Clinical Aromatherapy
- Aromatic Medicine
- Ayurveda Aromatherapy
- Ayurveda Lifestyle
- Reflexology
- Remedial Massage
- Kinesiology

Providing students with an established and proved standard of excellence and national recognition in preparation for a successful career in health and wellness



Campuses Australia Wide

Head Office
PH: (07) 5450-5077
www.aminyaacademy.com.au

Thank you

Thank you for your enquiry

You have taken the first step towards achieving an exciting and rewarding career.

This prospectus covers our training programs.

We would be delighted to have you join our Graduates who have successfully completed courses and embarked on rewarding careers.

Campuses located at:

Head Office: Suite 7, 922 David Low Way, Marcoola, Sunshine Coast, QLD 4564. Phone: 07 5450 5077

Adelaide: 212 Mount Barker Road, Aldgate SA 5154. Phone: 0430 033 451

Cairns: 3/53 Anderson Street, Manunda QLD 4870. Phone: 07 4031 7738

NSW South: 364 Toolijooa Road, Gerringong NSW 2534. Phone 0417 672 719

Sunshine Coast: 922 David Low Way, Marcoola, Sunshine Coast, QLD 4564. Phone 07 5450 5323

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Welcome

Denise Lynds / Managing Director

Denise has been managing director of Aminya since 2004 and has had 26 years of nursing experience in Australia and overseas. Denise is a member of the IAAMA and a qualified experienced registered teacher with the association. Denise and her staff have been able to successfully incorporate aromatherapy, reflexology and massage with traditional medical treatments developing such programs in over 150 health facilities, helping bridge the gap between allopathic medicine and natural therapies. Denise was part of the team that developed the Advanced diploma of aromatic medicine, now being delivered as a **skill set** at Aminya.

Denise is based on the Sunshine Coast, manages Head Office and is Principal of Sunshine Coast campus.

About Us

The academy was established in 1998 to provide an international standard for education in Aromatherapy and Reflexology. It now has its head office at the Sunshine Coast, Queensland and from these humble beginnings has now emerged as a centre of excellence in natural health education.

In 2008, our scope of training extended to include Certificate IV in massage therapy practice and the Diploma of remedial massage. In 2011, added to scope was the Advanced diploma of aromatic medicine along with Certificate IV in ayurveda aromatherapy and Diploma of ayurveda aromatherapy. In 2014, the Diploma of kinesiology was added - *now providing an extensive and diverse range of natural therapy training.*

In 2016, the Advanced diploma of aromatic medicine was replaced with a ***skill set*** as per Government requirements.

We are happy to introduce in 2019 the Diploma of Ayurvedic Lifestyle Consultation.

Our teachers are experienced and leaders in their field of natural health with a wealth of combined knowledge.

Our facilities cater for small groups and are modern and well equipped.

All courses/qualification are nationally recognised and fully accredited with all leading professional bodies: see below

Why choose Aminya Academy?

- Established 1998
- Own your own course, no hidden fees
- Leaders in our field
- First college in Australia (indeed the world) to offer Advanced diploma of aromatic medicine
- Enrol at any time, no set intake dates
- Pay as you go. No upfront fees
- Lecturers experienced in the field with a wealth of knowledge. Most are practitioners
- Regular newsletter via mailchimp
- We care about you and endeavour to respond to your enquiries as soon as possible

70 % of all Aminya graduates have developed successful careers in the field of natural therapies that they chose.

Continued offers of education after graduation for CPE points etc.

Ongoing support to all students

Professional Training

Aromatherapy as a career:

Programs

Diploma of clinical aromatherapy HLT52315

Aromatic therapies skill set HLTSS00046

Aromatherapy uses aromatic essential oils distilled and extracted from various plants to enhance well-being. This truly holistic therapy is used to stimulate, balance and harmonise the physical, mental and emotional states. Aromatherapists blend therapeutic essential oils specifically for each individual and suggest methods of usage to stimulate the desired responses. Today, more and more people are returning to traditional therapies such as aromatherapy to enhance and improve the quality of their lives.

Aromatherapists work in a variety of business environments including private practice, mobile visiting practice, natural health clinics, beauty therapy clinics, health clubs, hospitals, aged care facilities and hospices.

These courses offer a rewarding career for people from a great variety of backgrounds, many who are embarking on a career change or those that wish to add an aromatherapy qualification to their existing skills.

Our goals for our aromatherapy training program:

- Bridge the gap between fields of orthodox medicine complementary modalities and aromatherapy
- Educate students to a high level of knowledge and expertise in all essential areas of aromatherapy
- Enables students to train as professional, competent, caring and empathetic practitioners, skilled in the effective and safe practical application of aromatherapy for a range of occupations

Students of Aminya are eligible to apply for membership to:

- IAAMA (International Aromatherapy & Aromatic Medicine Association)
- ANTA (The Australian Natural Therapies Association)
- SNTR (Society of Natural Therapist and Researchers Association)
- ATMS (Australian Traditional Medicine Society)
- Massage & Myotherapy Australia

Outline of Qualification for Diploma of Clinical Aromatherapy

HLT52315 – Diploma of Clinical Aromatherapy	
CODE	TITLE
CHCCOM006	Establish and manage client relationships
CHCDIV001	Work with diverse people
CHCLEG003	Manage legal and ethical compliance
CHCPRP003	Reflect on and improve own professional practice
CHCPRP005	Engage with health professionals and the health system
HLTAAP003	Analyse and respond to client health information
HLTAAP002	Confirm physical health status
HLTAID003	Provide first aid
HLTINF004	Manage the prevention and control of infection
HLTARO001	Develop aromatherapy practice
HLTARO002	Source and prepare aromatherapy products
HLTARO003	Perform aromatherapy health assessments
HLTARO004	Provide therapeutic aromatherapy treatments
HLTARO005	Provide aromatherapy massage treatments
HLTARO006	Adapt aromatherapy treatments to specific needs
HLTARO007	Monitor and evaluate aromatherapy treatments
HLTWHS004	Manage work health and safety
BSBSMB404	Undertake small business planning
BSBSMB405	Monitor and manage small business operations
HLTMSG001	Develop massage practice
HLTHPS010	Interpret and use information about nutrition and diet

This qualification provides competence in aromatherapy practice. Practitioners at this level may be self-employed as independent practitioners or may work within a larger health service. The qualification covers the provision of aromatherapy to clients with specific needs such as palliative and aged care, women and children. Practitioners at this level may supervise other Aromatherapists and may formulate for individual outcomes.

Diploma of Clinical Aromatherapy HLT52315

Course Name	Supervised nominal Hours	Unsupervised nominal hours	Total nominal hours	Cost
Engage with health professionals and the health system CHCPRP005	16	40	56	\$440.00
Aromatherapy foundations & practice HLTARO001	16	20	36	\$400.00
Materia Aromatica I HLTARO002	0	30	30	\$250.00
treatments HLTARO005 & HLTARO007	32	38	70	\$440.00
Basic Massage HLTMSG001	32	18	50	\$440.00
First Aid (outsourced)	0	0	0	
Clinic orientation includes Infection control & WHS CHCCOM006, CHCDIV001, CHCLEG003, HLTWHS004 & HLTINF004	40	30	70	\$1,000.00
Clinical practice (Clinic 1)	100	0	100	\$350.00
Anatomy & Physiology (A & P) HLTAAP003	8	92	100	\$880.00
Manage a Practice BSBSMB404, BSBSMB405, & CHCPRP003	32	58	90	\$800.00
Chemistry & Pharmacokinetics of essential oils HLTARO002	16	20	36	\$400.00
Blending Principles HLTARO002, HLTARO003 & HLTARO004	16	26	42	\$400.00
Foundations of product making & Advanced Product Making HLTARO002 & HLTARO006	32	20	52	\$800.00
Anatomy, Physiology & Pathophysiology HLTAAP003	16	44	60	\$440.00
Assess and treatment strategies for various stages of life HLTARO007 (2 days women and child + 1 day aged)	24	60	84	\$440.00
Develop Aromatherapy treatment for conditions HLTARO003, HLTARO004 & HLTARO007	16	0	16	\$440.00
Subtle Aroma HLTARO001 & HLTARO003	0	40	40	\$250.00
Interpret and use information about nutrition and diet (Basic Dietary Advice) HLTHPS010	16	56	72	\$440.00
Materia Aromatica II HLTARO003	16	10	26	\$350.00
Lymphatic Drainage	32	38	70	\$440.00
Clinical Management (Clinic 2) *	100	0	100	\$550.00
Total	560	640	1200	\$9,950.00

Effective from 1 January 2019

*Includes Dispensary & Clinic Practical \$350

Outline of Qualification for Aromatic Therapies Skill Set

HLTSS00046 – Aromatic Therapies Skill Set	
The key clients for this qualification are: <ul style="list-style-type: none">• Current holders of the Diploma of Aromatherapy• Current holders of the Diploma of Clinical Aromatherapy	
CODE	TITLE
HLTARO008	Prepare and dispense aromatic formulations
HLTARO009	Select and advise on aromatic therapies
CHCPOL003	Research and apply evidence to practice

This qualification provides competence in aromatic medicine. Practitioners at this level are self-employed as independent practitioners and have the ability to prescribe for absorption by internal interfaces. Practitioners at this level may be involved in undertaking research activities. It covers the provision of aromatic medicine to clients with specific needs such as palliative, aged and women and children. An Aromatherapist at this level operates within legislative and regulatory requirements and may work in the following environments:

- A massage clinic
- Aged care facility
- Health service
- Spa facility
- Palliative care facility or hospital

Aromatic Therapies Skill Set HLTSS00046

Course Name	Supervised nominal Hours	Unsupervised nominal hours	Total nominal hours	Cost
Advanced Aromatic Formulating	32	100	132	\$900.00
Naturopathy Overview (including Iridology)	32	0	32	\$700.00
Western Herbal Overview	32	30	62	\$850.00
Advanced Clinical & Dispensary Practice	40	30	70	\$1,000.00
Research and apply evidence to Practice	100	50	150	\$400.00
Aromatic Medicine Clinic	32	0	32	\$850.00
 Total	 268	 210	 478	 \$4,700.00

Effective from 1 January 2019

Professional Training

Ayurveda as a career:

Programs

Diploma of Ayurvedic Lifestyle Consultation HLT52615

These qualifications are run in partnership with Life in Balance Ayurveda Pty Ltd. For more information visit www.yourlifeinbalance.com.au

Intelligence is your birthright. Your body is a miracle and every one of the trillions of cells working together in your body is intelligent. They all know exactly how to function, which nutrients to use and how to cooperate with one another.

Classical Ayurveda is a form of healthcare that makes common sense and reconnects us with that internal intelligence. The principles of Ayurveda work with the human being individually, holistically and has a deep understanding that it is easier to prevent illness than cure disease.

The Diploma covers Classical Ayurvedic philosophy and theory and the full Ayurvedic framework. The student will also study practical and clinic practices right from the very first few weeks of the course. In class every day we cook lunch together, this will give you a practical understanding of importance of diet in Ayurveda and how it changes with the season.

The student will also be trained in therapeutic yoga - using poses to assist with presented symptoms, making of Ayurvedic oils, decoctions, ghritams and powdered herbs. As well as detailed case taking and several classical Ayurvedic therapies to ensure vocational competence at completion.

As one of the most comprehensive courses of Ayurveda available in Australia, every unit is taught face-to-face and hands on, to give our students the best experience possible.

Our goals for our Diploma of Ayurvedic Lifestyle Consultation:

- Educate highly trained, knowledgeable and very competent Ayurvedic Lifestyle Consultants who can apply this complementary medicine with great confidence and compassion
- Enable students to train as professional, competent, caring and empathetic consultants, skilled in the effective and safe practical applications of Ayurveda to all ages and demographics.

This qualification provides a deep level of understanding of Classical Ayurveda.

This course prepares the student to apply the Ayurvedic Framework as an Ayurvedic Lifestyle Consultant and the flexibility to provide advice to themselves, their families and community, within a clinic or their own clinical practice. Practitioners at this level can provide Ayurvedic healthcare advice to help prevent disease and maintain health and wellness.

Outline of Qualification for Diploma of Ayurvedic Lifestyle Consultation

HLT52615 – Diploma of Ayurvedic Lifestyle Consultation	
CODE	TITLE
BSBSMB403	Market the small business
BSBSMB404	Undertake small business planning
HLTMSG001	Develop massage practice
HLTHPS010	Interpret and use information about nutrition and diet
HLTMSG004	Provide massage treatments
HLTMSG002	Assess client massage needs
CHCCOM006	Establish and manage client relationships
CHCDIV001	Work with diverse people
CHCLEG003	Manage legal and ethical compliance
CHCPRP003	Reflect on and improve own professional practice
HLTAAP002	Confirm physical health status
HLTAID003	Provide first aid
HLTAYV001	Develop Ayurvedic practice
HLTAYV002	Make Ayurvedic lifestyle assessments
HLTAYV003	Provide Ayurvedic bodywork therapies
HLTAYV004	Provide Ayurvedic lifestyle advice
HLTAYV005	Provide advice on Ayurvedic nutrition
HLTINF004	Manage the prevention and control of infection
HLTWHS004	Manage work health and safety

Diploma of Ayurvedic Lifestyle Consultation HLT52615

Course Name	Supervised nominal Hours	Unsupervised nominal hours	Total nominal hours	Cost
Clinic orientation includes Infection control & WHS CHCCOM006, CHCDIV001, CHCLEG003, HLTWHS004 & HLTINF004	40	30	70	\$1,000.00
Anatomy & Physiology (A & P) HLTAAP002	25	75	100	\$ 880.00
Manage a Practice BSBSMB404, BSBSMB405, & CHCPRP003	32	58	90	\$800.00
Clinical practice (Clinic 1)	100	0	100	\$350.00
Clinical Management (Clinic 2)	100	0	100	\$350.00
Address the needs of people with chronic disease CHCCCS001	16	14	30	\$440.00
Interpret and use information about nutrition and diet (Basic Dietary Advice) HLTHPS010	16	56	72	\$440.00
Provide First Aid HLTAID003 (outsourced)	0		0	
Ayurvedic framework, massage practice and consultation process: HLTMSG001, HLTMSG004, HLTMSG002, HLTAYV001, HLTAYV002, HLTAYV003, HLTAYV004, HLTAYV005 : Outline below:				
Introduction & Foundation of Ayurveda				
History & Philosophy of Ayurveda				
Individual Body Types & Constitution				
Identify specific body types and how to restore balance				
Ayurvedic Nutrition and how it differs to Western Nutrition				
Daily Practices - self care				
Health cleanses to eliminate toxins and Rejuvenation Therapy - Rebalance the				
Provide Ayurvedic Lifestyle Consultation, understanding Ayurvedic Psychology, learning physical diagnosis including hand, tongue, eye diagnosis as well as Ayurvedic pulse diagnosis. Learning the ability to understand the cause to find the cure				
Ayurvedic Pharmacology - Herbs, preparing decoctions, grithams and oils				
Classical Ayurvedic Therapies: Full body Abhyanga Massage & Marma Point Therapy				
Classical Ayurvedic Therapies: Shiro-Abhyanga, Kati Basti, Uro Basti, Nasya, Ayurvedic Facial Uptan, Shirodhara				
Daily Ayurvedic Cooking Classes - Use food as medicine, as per the season	416	222	638	\$ 9,240.00
Total	745	455	1200	\$13,500.00

Professional Training

Ayurveda Aromatherapy as a career:

Programs

Diploma of Ayurveda aromatherapy 10622NAT

Certificate IV in Ayurveda aromatherapy treatments 10623NAT

These qualifications are run in partnership with Subtle Energies. For more information visit www.subtleenergies.com.au

Ayurveda aromatherapy is the combination of the two healing sciences, ayurveda and aromatherapy, where ancient tactile ayurveda therapies are implemented based on the principles with the use of the rare and unique ayurveda aromatherapy essential and base oils.

Use of aromatics is noted in the ancient Ayurveda texts to promote mental equilibrium. However, over time, the Ayurveda physicians have mainly used herbal oil decoctions and infusions (which are not known of in the aromatherapy world) and not the essential oils themselves.

Farida Irani bridged the gap between these two sciences in the early 1990's and pioneered the concept of Ayurveda aromatherapy by combining the different aspects of both sciences, effectively enhancing and reviving the ancient aromatic style of Ayurveda with the use of rare essential and base oils (most of which are not known in the western world. To just a few examples, mogra, gulheena, kewda, ashwagandha, brahmi, jatamansi, tulasi, saffron, limbu etc), creating a unique and more beneficial holistic therapy.

The principles of Ayurveda were introduced to help enhance the use of the common oils being used and also enhance the diagnostic skills for the aromatherapy or spa practitioner, where they could understand body types and potency of the oils, using them accordingly in their normal practice or via the signature Subtle Energies' Ayurveda Aromatherapy tactile body works.

Our goals for our ayurveda aromatherapy:

- Integrate aromatherapy and Ayurveda
- Educate students to a high level of knowledge and expertise in various methods of Ayurveda aromatherapy
- Enable students to train as professional, competent, caring and empathetic therapists, skilled in the effective and safe practical applications of Ayurveda aromatherapy

Professional Training

Reflexology as a career:

Programs

Diploma of Reflexology HLT52515

Reflexology is the art and science that uses the principle that there are reflex areas in the feet, hands and ears that correspond to all the organs, glands and other body parts. Reflexology uses the thumb and fingers to work these reflex areas. It is a fast-growing therapy that is rapidly gaining acceptance not only by the general public, but also within the orthodox medical field.

Reflexologists work in a variety of business environments including private practice, mobile visiting practice, natural health clinics, beauty therapy clinics, health clubs, hospitals, hospices and nursing homes.

These courses also offer a new and rewarding career for people who have come to a cross-road in their working lives and may be considering a new path to follow.

Our goals for our reflexology training program:

To provide reflexology training programs that

- Bridge the gap between fields of orthodox medicine, complementary modalities and reflexology
- Educate students to a high level of knowledge and expertise in all essential areas of reflexology
- Enable students to train as professional, competent, caring and empathetic reflexologists, skilled in the effective and safe practical application of reflexology for a range of occupations

Students of Aminya are eligible to apply for membership to Reflexology Association of Australia (RAoA) and Society of Natural Therapist and Researchers Inc. (SNTR).

Outline of Qualification for Diploma of Reflexology

HLT52515 – Diploma of Reflexology	
CODE	TITLE
CHCCOM006	Establish and manage client relationships
CHCDIV001	Work with diverse people
CHCLEG003	Manage legal and ethical compliance
CHCPRP003	Reflect on and improve own professional practice
CHCPRP005	Engage with health professionals and the health system
HLTAAP003	Analyse and respond to client health information
HLTAID003	Provide first aid
HLTINF004	Manage the prevention and control of infection
HLTREF001	Develop reflexology practice
HLTREF002	Provide reflexology for relaxation
HLTREF003	Perform reflexology health assessments
HLTREF004	Provide therapeutic reflexology treatments
HLTREF005	Adapt reflexology treatments to meet specific needs
HLTREF006	Monitor and evaluate reflexology treatments
HLTWHS004	Manage work health and safety
BSBSMB404	Undertake small business planning
BSBSMB405	Monitor and manage small business operations
HLTMSG001	Develop massage practice
HLTMSG004	Provide massage treatments
HLTHPS010	Interpret and use information about nutrition and diet
CHCCCS001	Address the needs of people with chronic disease

This qualification provides competency in reflexology practice and covers the general **provision of reflexology treatment for clients with specific needs such as palliative and aged care**. Practitioners at this level may be self-employed as independent practitioners or work in a larger health service and may supervise other reflexologists.

Diploma of Reflexology HLT52515

Course Name	Supervised nominal Hours	Unsupervised nominal hours	Total nominal hours	Cost
Engage with health professionals and the health system CHCPRP005	16	40	56	\$440.00
Basic Massage HLTMSG001	32	18	50	\$440.00
Clinic orientation includes Infection control & WHS and 10 essential oils and 3 carrier mediums CHCCOM006, CHCDIV001, CHCLEG003, HLTWHS004 & HLTINF004	40	30	70	\$1,100.00
Anatomy & Physiology (A & P) HLTAAP003	8	92	100	\$880.00
Manage a Practice BSBSMB404, BSBSMB405, & CHCPRP003	32	58	90	\$800.00
Anatomy, Physiology & Pathophysiology HLTAAP003	16	44	60	\$440.00
Provide aromatherapy massage treatments HLTARO005 & HLTARO007	32	38	70	\$440.00
Clinical practice (Clinic 1)	100	0	100	\$350.00
Interpret and use information about nutrition and diet (Basic Dietary Advice) HLTHPS010	16	56	72	\$440.00
Clinical Management (Clinic 2)	100	0	100	\$350.00
Address the needs of people with chronic disease CHCCCS001	16	26	42	\$440.00
Reflexology 1 - <i>Apply Reflexology fundamentals</i>	32	46	78	\$440.00
Reflexology 2 - <i>Advanced Reflexology & Foot conditions</i>	32	46	78	\$440.00
Reflexology 3 - <i>Perform Hand, Ear & Foot Joint Mobilisation</i>	32	46	78	\$440.00
Reflexology 4 - <i>Universal Techniques of Reflexology</i>	32	46	78	\$440.00
Reflexology 5 - <i>Oriental Reflexology Techniques</i>	32	46	78	\$440.00
First Aid (outsourced)	0	0	0	
Total	568	632	1200	\$8,320.00

Effective 1 January 2019

Professional Training

Remedial massage as a career:

Programs

Certificate IV in massage therapy practice HLT42015

Diploma of remedial massage HLT52015

Massage uses knowledge and skills to assess and treat the soft tissues of the body to preserve health and alleviate pain and dysfunction. Medical practitioners have come to recognise the potential of massage therapy, especially those diseases of civilisation in which stress has been implicated as a major factor. Traditional health care systems throughout the world recognise that massage can play an important part in preventing and treating illness. As the popularity of massage increases more opportunities are being identified for its use – from easing the discomfort of childbirth to providing emotional support for the aged and their near relatives.

Massage therapists work in a variety of work environments including private practice, mobile visiting practice, natural health clinics, beauty therapy clinics, health clubs and gyms, hospitals, aged care facilities and hospices.

These courses also offer a new and rewarding career for people who have come to a cross-road in their working lives and may be considering a new path to follow, or those wanting to enhance their current career.

Our goals for our remedial massage training programs:

To provide remedial massage training programs that

- Bridge the gap between fields of orthodox medicine, complementary modalities and massage
- Educate students to a high level of knowledge and expertise in various methods of remedial massage
- Enable students to train as professional, competent, caring and empathetic therapists, skilled in the effective and safe practical application of massage techniques for a range of occupations

Students of Aminya are eligible to apply for membership to ANTA (Australian Natural Therapists Association), AAMT (Australian Association of Massage Therapists), Society of Natural Therapist and Researchers Inc. (SNTR) and the Australian Traditional Medicine Society (ATMS).

Outline of Qualification for Certificate IV in Massage Therapy Practice

HLT42015 – Certificate IV in Massage Therapy	
CODE	TITLE
CHCCOM006	Establish and manage client relationships
CHCDIV001	Work with diverse people
CHCLEG003	Manage legal and ethical compliance
HLTAAP002	Confirm physical health status
HLTAID003	Provide first aid
HLTINF004	Manage the prevention and control of infection
HLTMSG001	Develop massage practice
HLTMSG002	Assess client massage needs
HLTMSG004	Provide massage treatments
HLTWHS004	Manage work health and safety
BSBSMB404	Undertake small business planning
BSBSMB405	Monitor and manage small business operations
HLTREF002	Provide reflexology for relaxation

This qualification covers basic level massage therapy. It is ideal for people working within a clinic or in their own clinic, aged care, health service, spa, palliative care or hospital

Certificate IV in Massage Therapy HLT42015

Course Name	Supervised nominal Hours	Unsupervised nominal hours	Total nominal hours	Cost
Develop massage practice and provide massage treatments (Basic Massage \$440 & Structural Alignment 1 \$440) HLTMSG001 and HLTMSG004	48	52	100	\$880.00
Clinic orientation includes Infection control & WHS and 10 essential oils and 3 carrier CHCCOM006, CHCDIV001, CHCLEG003, HLTWHS004 & HLTINF004	48	30	78	\$1,100.00
Anatomy & Physiology (A & P) HLTAAP002	8	92	100	\$880.00
Monitor and manage small business operations (MAP) BSBSMB405	16	30	46	\$400.00
Clinical practice (Clinic 1)	100	0	100	\$350.00
Provide reflexology for relaxation HLTREF002	32	30	62	\$440.00
First Aid (outsourced)	0	0	0	
Total	252	234	486	\$4,050.00

Outline of Qualification for Diploma of Remedial Massage

HLT52015 - Diploma of Remedial Massage	
CODE	TITLE
CHCCOM006	Establish and manage client relationships
CHCDIV001	Work with diverse people
CHCLEG003	Manage legal and ethical compliance
CHCPRP003	Reflect on and improve own professional practice
CHCPRP005	Engage with health professionals and the health system
HLTAAP003	Analyse and respond to client health information
HLTAID003	Provide first aid
HLTINF004	Manage the prevention and control of infection
HLTMSG001	Develop massage practice
HLTMSG002	Assess client massage needs
HLTMSG003	Perform remedial massage musculoskeletal assessments
HLTMSG004	Provide massage treatments
HLTMSG005	Provide remedial massage treatments
HLTMSG006	Adapt remedial massage practice to meet specific needs
HLTMSG008	Monitor and evaluate remedial massage treatments
HLTWHS004	Manage work health and safety
BSBSMB404	Undertake small business planning
BSBSMB405	Monitor and manage small business operations
HLTREF002	Provide reflexology for relaxation
HLTARO005	Provide aromatherapy massage treatments
HLTHPS010	Interpret and use information about nutrition and diet

This qualification provides the skills required for competence in remedial massage practice. Practitioners at this level may be self-employed as independent practitioners or make work within a larger health service. It covers the provision of remedial massage treatment to clients with specific needs such as injury management, rehabilitation, palliative and aged care, women and children. Practitioners at this level may supervise other massage therapists.

Diploma of Remedial Massage HLT52015				
Course Name	Supervised nominal Hours	Unsupervised nominal hours	Total nominal hours	Cost
Engage with health professionals and the health system CHCPRP005	16	40	56	\$440.00
Develop massage practice and provide massage treatments (Basic Massage \$440 & Structural Alignment 1 \$440) HLTMSG001 and HLTMSG004	48	52	100	\$880.00
Clinic orientation includes Infection control & WHS and 10 essential oils and 3 carrier CHCCOM006, CHCDIV001, CHCLEG003, HLTWHS004 & HLTINF004	48	30	78	\$1,100.00
Anatomy & Physiology (\$880) and Musculo skeletal (\$440) HLTAAP003 & HLTMSG003	24	128	152	\$ 1,320.00
Manage a Practice BSBSMB404, BSBSMB405, & CHCPRP003	32	58	90	\$800.00
Clinical practice (Clinic 1)	100	0	100	\$350.00
Provide reflexology for relaxation HLTREF002	32	38	70	\$440.00
Provide aromatherapy massage treatments HLTARO005 & HLTARO007	32	38	70	\$440.00
Interpret and use information about nutrition and diet (Basic Dietary Advice) HLTHPS010	16	56	72	\$440.00
Clinical Management (Clinic 2)	100		100	\$350.00
Lymphatic Drainage Massage HLTMSG006	32	46	78	\$440.00
Cross Fibre / Trigger Point	16	46	70	\$440.00
Provide Remedial Massage treatment for athletes HLTMSG006	32	38	70	\$800.00
Structural Alignment 2	16	26	42	\$440.00
Anatomy, Physiology & Pathophysiology HLTAAP003	16	44	60	\$440.00
First Aid (outsourced)	0	0	0	
Total	560	640	1208	\$9,120.00

Effective 1 January 2019

Professional Training

Kinesiology as a career:

Programs

Diploma of kinesiology HLT52415

This qualification is delivered in partnership with Elizabeth Hughes. For more information, visit www.yourbodyhastheanswer.com

Kinesiology uses manual muscle testing to assess and correct imbalances in the body.

Kinesiology is the perfect blend of ancient Eastern medicine and modern Western science.

The kinesiology course we offer is completely holistic and includes:

- Physical treatments such as massage and holding points
- Emotional and mental support such as flower essences and affirmations
- Chemical and nutritional corrections such as food sensitivity testing and hormone energy balancing
- Energy clearing including acupressure holding points and chakra and aura balancing

Graduates predominately work as self-employed Kinesiologists in private practice, natural health clinics, health clubs and gyms, pharmacies and health food stores, mobile visiting practices, nursing homes and aged care facilities. The majority of our graduates have successful clinics from their homes, allowing them the perfect work/life balance. As a self-employed Kinesiologist you will be able to book your clients in the hours that suit your lifestyle.

The goal of our kinesiology training program is to:

- Educate students to a high level of expertise in the knowledge and expertise in all essential areas of kinesiology
- Enable students to train as professional, competent, caring and empathetic Kinesiologists, skilled in the effective and safe application of kinesiology for a range of occupations

If you want a career that is rewarding, increasing in its demand for services and offers good financial returns then apply today for our kinesiology diploma course.

Outline of Qualification for Diploma of Kinesiology

HLT52415 – Diploma of Kinesiology	
CODE	TITLE
CHCCOM006	Establish and manage client relationships
CHCDIV001	Work with diverse people
CHCLEG003	Manage legal and ethical compliance
CHCPRP003	Reflect on and improve professional practice
HLTAAP003	Analyse and respond to client health information
HLTWHS004	Manage work health and safety
HLTAID003	Provide first aid (outsourced)
HLTHPS010	Interpret and use information about nutrition and diet
HLTKIN001	Develop Kinesiology practice
HLTKIN002	Conduct indicator muscle monitoring
HLTKIN003	Perform kinesiology assessments
HLTKIN004	Provide kinesiology balances
HLTKIN005	Monitor and evaluate client progress
BSBSMB405	Monitor and manage small business operations
BSBSMB404	Undertake small business planning
CHCCCS001	Address the needs of people with chronic disease
CHCPOL003	Research and apply evidence to practice
HLTINF004	Manage the control of infection
SIRXPDK003	Advise on health and nutritional products and services

Kinesiology encompasses holistic disciplines which use the gentle art of muscle monitoring to assess information about a person's well-being. It combines Western techniques and Eastern wisdom to promote physical, emotional, mental and spiritual health. As a practitioner you will be able to assess and correct imbalances in the body to release the stresses that can cause disease, physical dysfunction, emotional trauma, learning problems, personal failure, broken relationships etc using various methods.

Diploma of Kinesiology HLT52415				
Course Name	Supervised nominal Hours	Unsupervised nominal hours	Total nominal hours	Cost
Engage with health professionals and the health system CHCPRP005	16	40	56	\$440.00
Clinic orientation includes Infection control & WHS CHCCOM006, CHCDIV001, CHCLEG003, HLTWHS004 & HLTINF004	40	30	70	\$1,000.00
Anatomy & Physiology (A & P) HLTAAP003	8	92	100	\$ 880.00
Manage a Practice BSBSMB404, BSBSMB405, & CHCPRP003	32	58	90	\$800.00
Anatomy, Physiology & Pathophysiology HLTAAP003	16	44	60	\$385.00
Clinical practice (Clinic 1)	100	0	100	\$350.00
Clinical Management (Clinic 2)	100		100	\$350.00
Address the needs of people with chronic disease CHCCCS001	16	14	30	\$440.00
Interpret and use information about nutrition and diet (Basic Dietary Advice) HLTHPS010	8	64	72	\$545.00
Introduction to Kinesiology	6	24	30	\$799.00
Goal balancing and corrections	6	24	30	\$799.00
Five elements	6	24	30	\$799.00
Emotions & finger modes	6	24	30	\$799.00
Oriental diagnosis	25	35	60	\$1,650.00
Chemical body	35	35	70	\$2,310.00
Structural body	25	34	59	\$1,650.00
Emotional body	25	40	65	\$1,650.00
Energy body	20	35	55	\$1,320.00
Holistic balance	45	30	75	\$3,300.00
First aid (outsourced)	18		18	
Total	553	647	1200	\$20,266.00

Effective 1 January 2019

Professional Training

Unit Training Program:

- **Diploma of clinical aromatherapy HLT52315**
- **Aromatic therapies skill set HLTSS00046**
- **Diploma of ayurvedic lifestyle consultation HLT52615**
- **Certificate IV in ayurveda aromatherapy treatments 10622NAT**
- **Diploma of ayurveda aromatherapy 10623NAT**
- **Diploma of reflexology HLT52515**
- **Certificate IV in massage therapy practice HLT42015**
- **Diploma of remedial massage HLT52015**
- **Diploma of kinesiology HLT52415**

Aminya Natural Therapies Academy believes that learning should be as pleasant and as stress-free as possible. We therefore are proud to offer our following training programs in flexible and inter-related units which will enable you to progress at your own pace.

All courses are offered on campus. Your closes campus can be found on our website

www.aminyaacademy.com.au

Each unit is clearly presented, easy to follow and is kept abreast with current industry knowledge and skills.

Aminya Natural Therapies Academy also offers Post Graduate as well as bridging programs, through recognition of prior learning where applicable, so that the training program may be individualised to suit your particular circumstances. The advantage of this arrangement is that you can commence training at any time. It also gives those who are already working as therapists in the health field the opportunity to up-grade their skills by choosing those units which are of particular interest to them to enable an upgrading of qualifications.

Duration of the training programs:

While the recommended duration for the completion of the diploma program is eighteen months, it is appreciated that this will vary according to circumstances. Each unit has a recommended nominal number of hours for completion, which allows for study of the subject material as well as time to undertake all tasks necessary to complete the unit. This nominal number of hours is to serve as a guide as some students will require extra time depending on their lifestyle, family, work and other commitments.

All assignments should be completed and returned for marking and assessment within the recommended time-frame. Any extension of time should be requested in writing.

Aminya Definitions

Recognition of Prior Learning (RPL) Policy

Pre- or co-requisites are listed in the competencies which are available on request. It is the policy of Aminya to recognise prior learning. Should you wish to claim recognition of prior learning for any unit, evidence of achievement of competence in that unit is required and should be attached to the application form. The fee for assessing and granting RPL is 25% of its value. We capped the RPL fee at \$500 and this is required prior to the RPL being assessed and granted.

Course Admission Policy

All applicants will be required to complete and return the enrolment form provided along with the enrolment fee. An interview (personal where practical, otherwise by telephone) will then be arranged prior to confirming your enrolment.

Once we have received your completed enrolment form and fee you are then ready to embark upon your exciting journey in your chosen field.

Right to Refuse Enrolment

Aminya reserves the right to refuse enrolment to persons displaying a level of maturity which suggests they will be unable to cope with academic and social demands of the course, behaviour which suggests they could be disruptive or harmful to themselves or others, or displaying academic and communication ability and skill levels which suggests they are unable to meet the study requirements of the course in which you are enrolling.

Access and Equity Policy

Aminya has an Access and Equity Policy and it forms an integral part of the student handbook which you receive on enrolment.

Special Needs

In our endeavour to ensure that all students benefit fully from Aminya's training programs it is vital that any special needs such as physical, literacy, numeracy limitations are recognised and accommodated. Assistance for such should be requested with the initial application. Students requiring assistance with language, numeracy and literacy can complete pages 2 and 3 of the interview form in order for Aminya personnel to assess needs and possible referral to a Language, Literacy and Numeracy consultant. For further details on these policies, please contact Aminya.

Awards

The diploma and all certificate courses in aromatherapy, reflexology, massage, ayurveda lifestyle, ayurveda aromatherapy and kinesiology are government accredited.

The **diploma of clinical aromatherapy** on successful completion of all units and prerequisites, graduates are eligible to apply for membership to the International Aromatherapy and Aromatic Medicine Association (IAAMA).

The **diploma of reflexology** on successful completion of all units and prerequisites, graduates are eligible to apply for membership to the Reflexology Association of Australia (Qld) and the International Federation of Reflexologists.

The **diploma of remedial massage** entitles the graduate to be a member of the Australian Natural Therapists Association (ANTA), Australian Traditional Medicine Society (ATMS), Massage & Myotherapy Australia and Association of Massage Therapists Ltd (AMT). You are able to write receipts for rebates from most Health funds. You have to apply directly to the Association for your provider number.

The **diploma of kinesiology** entitles the graduate to be a member of Australian Traditional; Medicine Society (ATMS) and International Institute for Complementary Therapists (IICT).

Course Materials

The following course materials will be supplied:

- Comprehensive notes and handouts
- Comprehensive library material
- Essential oil samples
- Base carrier samples
- Herb samples

The course fee does not include meals or accommodation for the classroom sessions.

Student Support

Students will receive a student handbook on enrolment which provides a comprehensive guide relative to your training with Aminya.

Regular individual feedback to students is provided throughout the course:

- By evaluation sheets and personal interview on campus
- By phone or email

Students enrolling in the diploma of aromatherapy will be eligible to become a student member of the International Aromatherapy and Aromatic Medicine Association (IAAMA), which will also include access to their online journal, "Simply Essential".

Students enrolling in the diploma of reflexology will be eligible to become a student member of the Reflexology Association of Australia (Qld) which will also include subscription to their official journal, "Footprints".

We encourage students to give us feedback on individual units to help assess and progressively improve the training programs.

Assessment

Your assignments and assessments will provide the basis for continuous monitoring of your progress and any need for further support and guidance as required.

Aminya Policies

All costings are in Australian dollars.

Initial enrolment fee (covers all courses enrolled in) is \$220.00

It is not included in the course fees and is non-refundable

GST does not apply if you are enrolled in a qualification. All fees quoted are not required to include GST

Refund Policy

The enrolment fee is non-refundable. A registration fee of 25% on each unit is required to secure a place in that unit and credited towards the cost of the entire unit. This registration fee is non-refundable but may be held in credit for further study, however, if study is not commenced within a 12-month period the registration fee is non-refundable.

No full refund of any course fees is available when cancellation is made less than 10 working days prior to the commencement of a training program. However, participants will be provided with an option to transfer to an alternate course where practical.

Disclaimer

Aminya commits and will make every endeavour to adhere to the syllabus in this handbook but reserves the right to alter the course. Any students affected by such change will be advised as soon as possible.

Conditions

Dates may be subject to change if necessary. Enrolments will be accepted only on enrolment form. Cancellations will be refunded only as per disclaimer and will be less administration fee of 20%.

Full fee must be paid prior to completion of qualification.

For further information on policies, please see Aminya student handbook which you read on enrolment or contact Campus principal / Head office.

Other Information

Payment Options

Students enrolled in a qualification are offered a payment plan. This is interest free and enables you to pay off your total course fee at an agreed weekly amount. For further details, please contact your campus principal.

Student Clinic

Aminya has student clinics. They are vital components to our certificate and diploma courses, offering students the opportunity to assess and treat common conditions thus gaining confidence, professionalism and experience. Clinics are supervised by qualified therapists and are open to the public. Please check with relevant campus for details.

Course Unit Overview

Address the Needs of People with Disease

Incorporate the physiological and psychological changes which occur in the frail and elderly in treating through aromatherapy and reflexology. Identify practical benefits of the use of aromatic plant oils in people with a chronic illness. Identify and apply reflexology and aromatherapy treatments which may complement people who have a chronic illness. Conduct a professional consultation in preparation for a person with a chronic illness. Develop a holistic treatment plan.

Advanced Aromatic Formulating

This unit provides the skills and an extensive level of knowledge of essential oils, including those suitable for ingestive purposes and also to provide specialised aromatic medicine care for less common conditions/disease states in accordance with the age, gender and mental health needs of the client. These must be undertaken within relevant legal and regulatory requirements, such as Therapeutic Goods Administration and state/territory drugs and poisons acts and regulations.

Teaches the skills and knowledge an aromatherapist requires to identify organic and aromatic plant oil chemistry and apply it to treatments. It requires advanced knowledge of the properties and chemistry of a range of aromatic plant oils and skill in application of this knowledge for a range of purposes, conditions and treatments. Knowledge will be gained in the application of relevant legislation, workplace policies and procedures in regard to health and hygiene.

Advanced Clinical & Dispensary Practice

Learning how to manage a dispensary in a supervisory capacity (but is still conducted with a qualified assessor overseeing procedures).

Anatomy and Physiology

This unit describes a detailed level of knowledge of anatomy and physiology required to confirm physical health status. It also describes the application of in-depth level of knowledge of anatomy and physiology required to analyse available health information in relation to specific services to be provided.

Anatomy, Physiology & Pathophysiology

This unit describes the application of in depth level of knowledge of anatomy and physiology required to analyse available health information in relation to specific services provided. History and information of various modalities including Western modern, traditional Chinese and Ayurveda medicine will be covered. Body systems will be reviewed and taught, including nervous, cardiovascular, respiratory, lymphatic, immune and integumentary among others.

Apply Literature Research Findings to Clinical Practice

This unit of competency describes the skills and knowledge required to source and evaluate information and apply findings to clinical practice. High level knowledge of the specialised modality and its effect on a wide range of complex health conditions is required.

Aromatherapy Foundations and Practice

This unit describes the skills and knowledge required to work effectively within an aromatherapy framework. It describes the skills and knowledge required to prepare a client for an aromatherapy treatment and negotiate a treatment management plan with them over the course of treatment required.

Assess and treatment strategies for various stages of life

This unit describes the skills and knowledge required to monitor and evaluate aromatherapy treatments, for an individual client. Monitoring and treating pregnancy, infancy, adolescents, aged care and including both genders. This unit applies to clinical aromatherapists.

Blending Principles

Describes the skills and knowledge required to prepare a client for an aromatherapy treatment and negotiate a treatment management plan with them over the course of treatment required. It also describes the skills and knowledge required to develop aromatherapy products according to aromatherapy principles.

Chemistry of Essential Oils

This unit describes the skills and knowledge required to identify and apply aromatic plant oil chemistry to the blending of preparations for use in treatments related to aromatherapy.

Clinic Orientation

Orientation, Infection Control & WHS:

This unit covers general Infection Control and WHS requirements according to legislation and codes of practice, including duties and responsibilities for all parties under the general duty of care. Work will usually be performed within a prescribed range of functions involving known routines and procedures.

- Code of conduct
- Policies and procedures
- Consultation form and other relevant paperwork

Clinic Practice

Students work in a clinic environment using skills they have been passed competent in, in a supervised environment.

Clinic Management

Organising co-workers, day to day running of clinic, implementing policies and procedures, mentoring junior students.

Cross Fibre/Trigger Point

An introduction and history of cross fibre trigger point, learning perpetuating factors, contraindications and precautions. Also, the application of trigger point techniques, locations and treatment routine will be learnt.

Develop Massage Practice and Provide Massage Treatments

This unit describes the skills required to prepare clients for and to administer basic massage treatment. To describe the skills and knowledge required to interpret information gathered in the health assessment then make and review accurate assessment for basic massage treatment, according to the philosophy and practices of a massage therapy framework.

Dispensary and Clinic Practical

This unit describes the skills and knowledge required to source safe and reliable aromatherapy ingredients and products, and to prepare customised oil blends and other products for use in aromatherapy practice using a sound knowledge of chemistry. Describes the skills and knowledge required to establish, maintain and evaluate Infection control and work health and safety (WHS) policies, procedures and programs in the relevant work area, according to Infection control and WHS legislative requirements. The skills and knowledge required to prepare for and provide therapeutic aromatherapy treatments other than massage. Treatments are based on the outcomes of an existing health assessment. Skills required to operate a dispensary and prepare products for sale.

Engage with Health Professionals and the Health System

This unit introduces the student to natural therapies in general. The student investigates the options of other practitioners in their area and learns how to make referrals.

Foundations of Product Making & Advanced Product Making

Discuss factors which impact on the skin and identify basic equipment necessary to create products for individual therapeutic application and research common cosmetic ingredients. Prepare a glossary of terms relevant to cosmetic ingredients. Prepare a workplace to create product for individual therapeutic application. Explain the parameters of the Therapeutic Goods Act and Therapeutic Goods Administration. Create products for individual therapeutic application, bottle and label products correctly. Research and discuss the history of perfumery and identify the dilutions of the perfumes and waters. Discuss packaging and presentation of productions.

Interpret and Use Information about Nutrition and Diet

This unit requires the operator to demonstrate in their practice an understanding of nutrition as it applies to the performance of natural therapy treatments. Knowledge of relevant legislation and workplace policies and procedures, particularly in regard to safety and hygiene, are also required.

Lymphatic Drainage Massage

Learn the origins and history of lymphatic drainage and an overview of lymphatic, immune, circulatory, endocrine and autonomic nervous systems. Learn also indications, contraindications, precautions of lymphatic drainage and how to utilise essential oils in this unit.

Manage a Practice

This unit describes the skills and knowledge required to implement and monitor compliance with legal and ethical requirements relevant in the work area and describes the skills and knowledge required to manage a clinical health practice according to the size and scale of the business.

Manage Work within Naturopathy

This unit describes the skills and knowledge required to manage the effective work practices of self and others within a naturopathic framework – the philosophies, principles and tools of naturopathic practice. Students will learn qualitative, quantitative, cultural and traditional lines of evidence used in naturopathy. Also the principles of naturopathic practice: *vs medicatrix naturae* (the healing power of nature); *tolle causam* (identify and treat the cause); *docere* (doctor as teacher); treat the whole person and prevention. Two days of this course comprise of iridology study, which is the analysis of the iris which is the colourful area of the eye that surrounds the pupil. By analysing the iris, a person's level of health and specific areas of nutritional deficiency can be identified. This allows appropriate remedies to be recommended.

Manage Work within Western Herbal Medicine

This unit describes the skills and knowledge required to manage the effective work practices of self and others within a herbal medicine framework. Learn herbal medicine philosophy, principles and practices. Students will be shown ethical work practices and also how to manage workplace relationships and the achievement of quality standards.

Materia Aromatica 1 & 2

This unit requires the aromatherapist to expand the range of organic and aromatic plant oil chemistry and apply it to therapeutic applications. It requires knowledge of the properties and chemistry of a wide range of aromatic plant oils and skill in the application of this knowledge for a range of purposes, conditions and treatments. Knowledge of the application of relevant legislation and workplace policies and procedures, particularly in regard to health and hygiene, are also required.

Musculo-skeletal

Musculo-skeletal describes a detailed level of knowledge of anatomy and physiology required to confirm physical health status including skeletal structure, function, formation and movement and the in-depth knowledge of the relationship between muscles and the skeleton.

Provide Aromatherapy Massage

This subject provides the student with the skills necessary to perform a full body aromatherapy therapeutic massage, including knowledge of an aromatherapy environment, points to note with massage therapy treatment, contraindications and precautions, keeping good client history records and aromatherapy massage sequences.

Provide Remedial Massage Treatment for Athletes

This unit teaches the skill and knowledge required to administer remedial massage treatments for athletes and includes myofascial release, trigger point therapy, reducing muscle tension, promotion flexibility and treating specific sporting injuries.

Reflexology for Relaxation

This unit addresses the necessity for the student to understand the basic requirements for employment within a reflexology environment, addressing reflexology as a complementary health care modality, researching its history and evaluating its use in the health-field workplace.

Reflexology 2 – Perform advanced reflexology techniques

In this subject, students will learn advanced reflexology techniques and additional reflex areas. Hand reflexology will be introduced in this module and a range of techniques will be taught. Bio-mechanics, common foot disorders and conditions will be covered.

Reflexology 3 – Perform hand, ear & foot joint mobilisation reflexology techniques

This unit is designed to allow the student to integrate various reflexology methods: hand reflexology, auricular reflexology and foot joint mobilisation will be taught in this module. Furthermore, students will discuss and explore common disorders and how to apply reflexology effectively to these health issues.

Reflexology 4 – Universal reflexology techniques – feet reflections

Throughout this unit, students will be taught the universal method of reflexology. This method is a subtle energy technique and students will be encouraged to explore the metaphysical component of illness. Foot reflexions will be taught which will allow the student to gain further tools necessary when analysing the feet.

Reflexology 5 – Oriental reflexology techniques – advanced clinical techniques

Throughout this unit, students will be taught a variety of Asian reflexology techniques, including thai foot massage, oriental reflexology and the acupuncture points and meridians of the hands and feet. Students will practice reflexology using Asian tools and gain a great scope evaluation of reflexology methods.

Structural Alignment 1

Provides the skills and knowledge required to confirm physical health status using observation and palpations and also assessing posture, gait, mobility and length of pertinent muscles.

Structural Alignment Analysis 2

Advanced analysis providing the skills and knowledge required to confirm physical health status using observation and palpations and also assessing posture, gait, mobility and length of pertinent muscles.

Subtle Aromatherapy

Explain the term “mental wellbeing” and relate its importance to the physical and spiritual aspects of the individual. Discuss and explain the term “psychoaromatherapy”. Develop profiles of selected essential oils applicable to psychoaromatherapeutic use. Describe and explain selected psychological conditions which may lead to mind/body disruption. Describe and explain the choice of specific essential oils for selected psychological states, which may assist these conditions. Analyse the use of essential oils to create positive emotional, psychological states: e.g. mental clarity, relaxation, happiness, motivation.

Kinesiology Unit Overview.

Introduction to kinesiology

We begin with the history of kinesiology, the aims and concepts, which created this profound therapy. We learn the muscle testing rules and understand the importance of pre-checks, which ensure accuracy of testing. You will learn the testing procedures for the muscles of the fourteen main meridians plus learn to use correction points for each muscle. This incorporates the practical skills of the neuro-lymphatic system and neuro-vascular points, spinal reflexes, and correct positioning and testing.

Goal Balancing and Corrections

On this second session you will cover more aspects of the importance of muscles and their functions, which include the spindle cells and golgi tendons, origin and insertion of each muscle plus learn further muscle tests to give a complete ‘balance’. We introduce the power of goal balancing, the difference using a specific goal compared to a general balance, plus circuit locating to quicken the correction process. We also learn centring tools – the hyoid and gait testing and corrections.

The Five Elements

Introduction of the law of five elements begin with the basic concepts of the shen and ko cycles and the meridian system which flows around the body. We learn to test this energy and understand the yin and yang aspects of the law of five elements and introduce the power of the acupuncture holding points (AHP). We also become aware of the relevance of pain in the body and excess energy build up, which, on learning the alarm points of the body, can be adjusted to allow free passage of energy thus assisting the body to deal with this build up and reduce pain levels.

Emotions and Finger Modes

To extend the power of your muscle testing, we bring in the ‘finger modes’ of kinesiology. These help us identify more quickly where the imbalance is and find the support required in another way from that already learnt. This gives you more choice in treating an individual and other ways to detect areas requiring assistance. We learn about emotions, flower essences, affirmations and colour as ways of increasing energy.

Oriental Diagnosis

Advanced five element work, using oriental diagnostic tools and incorporating more Tibetan healing energies. We begin work with the natural body clock and learn to rebalance and de-stress the body from shift work, jet lag, sleeping problems and other issues. The eye zones are introduced by working with the 42 kinesiology muscle tests, plus ear reflexes and meridian work. Oriental diagnosis techniques are used to give students the ability to gain information about their patient's health issues and to interpret the state of the different organs through observation.

Chemical Body

This stage covers the chemical makeup and nutritional requirements of the body system. Use of test kits, the Riddler's points, hormonal glandular and supplements are covered plus ways of correcting and testing for cholesterol, candida, hypoglycaemia, heavy metal toxicity and toxins, parasites and looking at the relevant supports required to clear and assist their safe removal. An introduction to miasms that affect our genetic and heredity patterning, which can bring forward disease and conditions via our bloodline is explored. The effects of the earth's energies and geopathic stress are also included to enable the student to help correct the patient's environment if this is contribution to their ill health.

Structural Body

As well as using the various kinesiology muscles we now add extra physical bodywork to a treatment which includes the global testing of the endocrine (hormonal) system, testing the digestive system valves, temporal-mandibular joint (TMJ) and cranium work. We will be using injury recall and covering further work with the spinal reflexes plus the rebound system (soft tissue work) and using techniques to gently encourage self-adjustment in the spine. ICV, Houston, carpal tunnel syndrome and retrograde lymphatics are included as corrections

Emotional Body

The mind has a great impact on our physical well-being and during this part of the course we look at the effects the mind and emotions have on us. Looking at muscle/emotional concepts and muscle language, we can begin to translate the client's physical ailments and symptoms into a treatment and help unlock the emotions or mind controls preventing wellness, which trap illness, disease and negative thought patterns into the physical. Using flower essences, time line therapy, inner child and age relevance techniques we can release negative emotions and change mental thought patterns.

Energy Body

We now work deeper into the body's energy to access the physical into the spiritual. This includes testing the auric field levels, chakra system and use of energy remedies such as crystals, colour and sound to support, heal and repair the body's vital force. We will learn vibrational witness techniques and reactive chakra influences. By the end of this stage students will be able to include some profound healing modalities to their kinesiology techniques, using more in-depth energy and colour and sound work to add to their five-element knowledge.

Holistic Balance

To consolidate the course and offer a holistic balance to future clients, common diseases and disorders are discussed and kinesiology techniques are brainstormed as to the various ways they can be used in client care. All the techniques learnt are put into a system or working relevant to each individual client.

*Thank you for your expression of interest
and
We look forward to helping you follow your dreams*

The Aminya Team