

Yoga Teacher



Yoga is considered to be the ultimate relaxation system and so forms the perfect complement to everyday life with its high stress levels, whether for the busy housewife and mother or the business executive. As a profession it has a certain glamour and mystique, with film stars, international celebrities and world leaders eager to admit to its practice.

Science, too, is re-discovering Yoga, for many of the techniques put forward as new scientific discoveries are methods which have formed part of the age-old science of Yoga for thousands of years. For example, hailed as the very latest and most exciting 'discovery' in the field of medicine is the use of diet, relaxation and visualisation as an aid to the treatment and prevention of high blood pressure, asthma, heart disease, cholesterol problems, cancer etc. Yoga techniques also form the basis of what is known as speed learning which is

a new way to enable people to absorb information faster than ever before.

Our course is based on the Tony Quinn Yoga System which has proven so popular here in Ireland. From the time that Tony gave his first Yoga class in 1971 Yoga in Ireland has gone from strength to strength and with it the demand for Yoga teachers. Rightly so, because Yoga, when properly taught, is a system of breathing, Yoga postures, nutrition, relaxation designed to lead to the state of yoga or union with life — known as self-realisation.

The I.H.C.A. Yoga Teacher Diploma presents Yoga as the ultimate system of holistic health, bringing about a harmony of body, mind and spirit that creates a state of wellbeing, positivity, energy, and resistance to stress and disease.

COURSE CONTENTS

- (a) **The Philosophy of Yoga (Self-Realisation):** Relaxation. How to energise your body and mind for wellbeing, fitness and health. How to breathe properly.
- (b) **Yoga Exercises (Postures):** Four complete programmes from beginners to advanced.
- (c) **Yoga Diet:** Yoga, meaning union with life, maintains that certain foods are high in life-force. A diet consisting mainly of

these foods is considered to be highly beneficial.
(d) **Basic Anatomy and Physiology.**
(e) **Teaching techniques and Class Management.**
(f) **Business Course.**

SCOPE AND POTENTIAL

This course provides all the necessary training to become a professional Yoga teacher.

Suitable for those who wish to be self-employed, working with individuals or classes whether from their own house or hired hall. Employment can also be obtained from a health/sports centre, health studio, community centre, schools and colleges. Even the larger business organisations use Yoga to improve work productivity and the health of their employees. We ourselves are often approached to supply Yoga teachers. In fact, they are in constant demand with often too few available. Successful completion of



Yoga Posture: The Inverted Effect.

the course qualifies graduates for membership of the I.H.C.A. It is suitable for either full or part-time employment.

EARNINGS: Generally the charge per person for an 8-week Yoga Course is around £40. Each session would last 1 1/2 hours.

Ki Massage Therapy



With London City and Guilds Certificate.

This course provides all the necessary training to become a professional Ki Massage Therapist. It is probably Ireland's most respected and successful course in the field of Holistic Medicine and Health. Ki (pronounced 'key') is a Japanese word meaning 'life-energy'. Ki Massage therapy is the only form of massage therapy that can truly claim to be holistic in that it takes into account the person's physical, mental, spiritual and social condition. It points out that stress, tension, worries, problems block and reduce the person's life-energy. This results in resistance to life where the person literally

stiffens up physically and mentally to experiences, which reduces their ability to cope with and

'full of life' feeling. Ki Massage includes a full range of treatments: Body, Facial and Foot massage; Special

(e) **Energising of the body, mind and life of the patient - (f) Ki Massage as a Therapy - (g) The strokes of massage and**



In-class demonstration of Ki Massage technique.

enjoy life.

What Ki Massage does is dissolve the root cause of the problem and the resulting physical and mental tension. The patient over a series of treatments returns to a higher energy level and it serves to enable them once more to flow with life. The effect of this is felt as more drive and effectiveness in work, sport and social life and a level of energy which may not have been experienced before, truly giving the person that

treatments for neck and low-back tension. The beauty of it is that the therapist can take a person, who may even be at a particularly low ebb, and with no effort or contribution on the part of the patient is able to bring such benefit to the patient that it affects their whole life positively. This is a very exciting and rewarding career.

Contents of Course:
(a) **Philosophy of Holistic Medicine - (b) Ki (Life-energy) Philosophy - (c) Relaxation - (d) Basic Psychotherapy -**

massage routines - (h) Introduction to Aromatherapy - (i) Anatomy and Physiology - (j) Setting up in Practice - (k) Business Course.

Scope and Potential

The Ki Massage Therapy course is suitable for those who wish to be self-employed, working from their own home or in private practice - Employment can also be had with health studios, beauty salons, hairdressing salons, sauna centres, community and recreation centres, hotels, sports clubs, dance or aerobic studios or private homes, hotels or businesses. Once you become a Ki

Massage therapist you can work anywhere in the world - I.H.C.A. graduates are in practice in many countries including Britain, Germany, U.S.A., South Africa and Australia. This Diploma qualifies the holder for membership of the I.H.C.A., the official regulating body for Ki Massage Therapy.

EARNINGS: The standard charge for a 25 min - treatment is £10, with concessions for courses of treatment.



Ki Massage Therapy: the holistic massage.

Ki Exercises



Unique Tony Quinn Aerobic Exercise System

Our Ki Exercise Teacher Training Course is an exciting feature of our 1992/1993 Diploma Courses.

Ki Exercises are a unique form of exercise that combines elements of

meditation, concentration and relaxation while harnessing the basic life-force of the body. Developed by Tony Quinn some years ago and practised by members of the yoga group it is now

available on the Irish market putting teachers of Ki Exercises in the unique position of bringing a totally new concept to the Irish scene.

continued overleaf...