

## STARTING DATES COURSES 1992/1993

**Evening Course:** Thursday 1st October 1992  
(7.00 pm to 10.30 pm)

**Weekend Course:** Saturday 17th October 1992  
(10.45 am to 5.30 pm)

### Final Dates for Enrolment

Evening Courses Monday 28th September  
Weekend Courses: Monday 12th October

### Course Fees

Ki Massage Therapy course (including City & Guilds Joint Certificate) £790. Yoga Teachers course £690. Holistic Dietetics and Ki Exercise Teachers Courses £590 per course.

### Financing

By arrangement with a major banking group finance for the above fees is now available. (Subject to loan approval)

## IRISH ASSOCIATION OF HOLISTIC MEDICINE COURSES

Please note that to do an Irish Association of Holistic Medicine diploma at least one Irish Health Culture Association diploma must be completed.

- (E) Diploma in Psychotherapy
- (F) Diploma in Clinical Nutrition
- (G) Diplomas in Clinical Massage and Aromatherapy

For details of these courses please send for our illustrated prospectus using the form on adjoining page or telephone (01) 304474 / (01) 304686 from 10am to 6pm.

## ENROLMENT FORM

for all I.H.C.A. courses

Name (Mr/Ms): .....

Address: .....

Date of Birth: ..... Marital Status: .....

Tel. Nos.: Home: ..... Work: .....

Occupation: .....

Educational Qualifications: .....

I wish to enrol for the following Irish Health Culture Association Diploma Courses:

- (A) DIPLOMA IN HOLISTIC DIETETICS
- (B) DIPLOMA IN YOGA
- (C) DIPLOMA IN KI MASSAGE
- (D) DIPLOMA IN KI EXERCISES

I wish to attend EVENING  WEEKEND COURSE

Please note that final acceptance of this enrolment is subject to interview.

I enclose fees as follows:

- Full payment: £790 (Ki Massage)
- £690 (Yoga)
- £590 (Holistic Dietetics, Ki Exercises)

Please send information on Financing Scheme

Cheques/Money Orders, crossed and made payable to:  
**CENTRAL FUND ACCOUNT**

All enrolments and enquiries to:  
**IRISH ASSOCIATION OF HOLISTIC MEDICINE,  
66 Eccles Street, Dublin 7. Tel.: 304686/304474**

EVENINGS: Monday 28th September

WEEKENDS: Monday 12th October

SIGNED: ..... DATE: .....

## Professional Associations:

### Support in practice

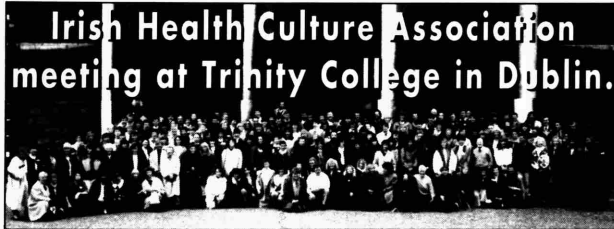
The Irish Health Culture Association (IHCA), founded in 1979 by Tony Quinn, is Ireland's largest Holistic Therapy Association.

Membership is open to therapists qualified on any of the Diploma courses described in this paper. Its purpose is to

promote holistic health, and to provide professional support and representation for holistic practitioners. Members adhere to a common code of ethics and a common fees schedule. The Association publishes a register of members in practice. Members meet twice yearly at

general meetings and each year the Association also runs a series of special conferences and local events for each form of therapy to help members keep up to date and provide a forum for discussing business. Through the Associations the member may take out professional insurance at reasonable cost. In conjunction with its sister organisation, the Irish

Association of Holistic Medicine (IAHM), the IHCA maintains international links with therapy associations in related fields, and also presses the case of holistic medicine with Irish legislators, last year addressing a joint committee of the Dáil and Seanad. The Association also conducts research into holistic medicine, including dietetics, nutrition and fasting.



The 1991 Irish Association of Holistic Medicine and Irish Health Culture Association General Meeting at Trinity College, Dublin.

## Business Success Stories

Three Holistic Practitioners

### Marie Douglas: Ki Massage in Warrenpoint

If you happen to be passing through Warrenpoint, Co. Down, watch out for Marie Douglas's Ki Massage Therapy shop on the main street. Marie, who is a member of the Irish Health Culture Association, completed the Massage Therapy Diploma in June 1991. With her family grown up, last year Marie was thinking about a new career when she went to a demonstration of Ki Massage and immediately felt "That's for me". Although living in Dundalk, she decided to set up business in Warrenpoint, her original home town. Marie reports that it went very well for her from the start at her new premises.

To let people know about Ki



Marie Douglas.



Marie's high street centre.

Massage she gives talks and demonstrations to local groups. The local Council Social Services office became interested, inviting her to visit a

centre for the physically handicapped to massage a number of people who are wheelchair-bound. "They really, really enjoy it - they feel terrific after it" says Marie. As Marie has been asked to do further work for the disabled the results must indeed be obvious!

### Regina Spellman-Finneran: Ki Massage Therapist

Regina Spellman-Finneran is a qualified nurse. Just one year



Regina Spellman-Finneran.

ago she received her Diploma in Ki Massage and she now works as a full-time therapist in Boyle, Co. Roscommon.

"This was a very new field of caring for me" says Regina. "In a busy hospital the orientation is different - I now have more time to spend with my patient. A lot of those who come along for a Ki Massage have a build-up of stress and find it hard to concentrate. Even after one treatment I can see how stress has melted before my eyes: they look more relaxed and much brighter."

"As well as the Ki Massage Therapy, I teach them the technique of relaxing their minds and their bodies, and breathing techniques to help their concentration".

During her first year in practice Regina has treated people from all walks of life: Housewives, farmers, politicians, bankers, teachers, nurses, and doctors, all with one thing in common: stress. Regina's final word: "It's wonderful to know your work is so much appreciated by so many people."

### Ephrem Santiago

Ephrem Santiago completed the Ki Massage Diploma in 1989 and since then has become one of Dublin's most successful masseurs.

Having worked for a number of years in the fashion business and as a disc-jockey Ephrem picked up a copy of Blueprint for Living one day and read about the Diploma Course.

"I had met Tony Quinn on a few occasions - in the Grafton Health Studio and in various fashion stores - but this was the

first time I considered studying with him. After finishing my Ki Massage exams I decided to go on one of Tony's seminars and that clinched it for me. I decided to go full-time into Ki Massage."

As well as working from home, Ephrem also practises at the Tony Quinn Centre, Eccles St. and at ALSAA, the Aer Lingus sports club at Dublin Airport. He holds the Diploma in Holistic Preventive Medicine from the Irish Association of Holistic Medicine, having gone on to study dietetics, yoga and psychotherapy while working as a Ki Massage therapist.

"Ki Massage is just brilliant" he says. "You just focus on the person and free out their energy and that's it - no matter what they come in for, the end product is better health and wellbeing."



Ephrem Santiago