

Diploma in Yoga

Ever popular - a rewarding & interesting career awaits the holder of the Diploma in Yoga both here & abroad.

Yoga not only remains perennially popular, but is currently enjoying an upsurge of interest as more and more people realise the need for an overall, truly holistic approach to living healthily. People also are recognising the wisdom of a form of exercise which builds strength, flexibility and stamina without sapping your energy. Yoga is presented as a complete system - breathing, postures, dietetics, relaxation,

philosophy and meditation, and a yoga teacher is uniquely qualified to teach in all these areas. The Yoga Diploma Course is suitable for those looking for a full- or part-time career at home or abroad. Yoga is extremely portable - for those wishing to travel, there are opportunities all over the world in holiday centres, youth camps, leisure facilities, while it also lends itself to running classes and private tuition sessions based at home if desired.

Contents of course:
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 these foods is considered to be highly beneficial.
D. Basic Anatomy and Physiology.
E. Teaching techniques and Class Management.
F. Business Course.



For a copy of our prospectus 1993/94 containing full details of courses please complete enquiry/ enrolment form on page 5, or telephone the I.H.C.A. at 01.304474.

Irish Health Culture Association 1993-94 Course Details

One year diploma courses

- (A) Diploma in Holistic Dietetics
- (B) Diploma in Yoga
- (C.1) Diploma in Ki Massage
- (C.2) Certificate in Practical Aspects of Massage Therapy
- (D) Diploma in Ki Exercises

I.H.C.A. (City and Guilds of London Institute Certificate. Provided for students of (C1). Does not require a separate enrolment)

Holders of Diplomas A,B, C1 or D may proceed to E or F and the Advanced Diplomas. Holders of C may also proceed to G.

Irish Association Of Holistic Medicine 1993-94 Course Details

One year diploma courses

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

For more detailed information on the scope and content of these courses, please send for our prospectus using the form on page 5. These diplomas are taken as part of the I.A.H.M. Advanced Diplomas.

Advanced Diplomas

- (1) Holistic Preventive Medicine
Combine B, C1 or D with A and E
- (2) Holistic Nutrition
Combine A, E and F.

I.A.H.M. Diploma holders also qualify for membership of the Irish Association of Holistic Medicine.

These courses are based on the material and philosophy of Tony Quinn

Diploma in Holistic Dietetics

Ideal for people involved in the health, beauty and fitness industry or wishing to run their own clinics.

Let for slimming and weight loss is of permanent concern to people generally, and no area has caught the public's interest more than diet for health. Few people however have a good grasp of how to eat properly. There is a need for dietary therapists with practical and effective methods at their fingertips who can also take a holistic view and deal with the mental and social side of the client.

Caroline Moran, a graduate of the I.H.C.A. in Dietetics, now runs her own very successful practice in Waterford



This type of approach, combined with the ability to relax the person, is most likely to lead to excellent results. This Diploma Course teaches the person to understand the principles of good diet from a holistic point of view and to apply them in making out personalised diet programmes for individuals for weight loss/gain, figure/physique, family nutrition, health, beauty, prevention of illnesses, sports, and many other areas. It also equips the therapist to answer questions relating to correct use of nutritional supplements.

CONTENTS OF COURSE

- A.** Philosophy of Holistic Medicine.
- B.** Principles of Nutrition covering Protein, Fat, Carbohydrate, Vitamins, Minerals, Nucleic Acids, Roughage etc.
- C.** Food Supplements

- D.** Consultation and Case History taking.
- E.** Dietetics: Fruit Diets; Raw Foods; Vegetarianism; Diets for Health, Figure/Physique, Beauty, Weight Loss, Energy, Weight Gain, Sports, Men, Women, Children, Executives.
- F.** Diets for reducing stress, preventing heart attacks etc.
- G.** Relaxation therapy/basic psychotherapy.
- H.** Basic anatomy and physiology.
- I.** Teaching technique and class management.
- J.** Business Course.

SCOPE AND POTENTIAL

The course is aimed at those who wish to be self-employed in private practice or who wish to obtain employment in a health store, sports complex, health studio, beauty salon or with food supplement companies. Work areas among others include sport, executive health, beauty and good looks, family nutrition & weight control.

DIRECTORS OF THE IRISH HEALTH CULTURE ASSOCIATION & IRISH ASSOCIATION OF HOLISTIC MEDICINE



Margaret Forde is a psychologist, healing therapist and yoga teacher. She has trained many yoga teachers, Ki Massage Therapists and Psychotherapists on I.H.C.A. & I.A.H.M. courses. Qualifications include: B.A.(Hons.) Psychology and Philosophy. Higher Diploma in Education. Diploma in Applied Psychotherapy.



Martin Forde is a Naturopath and Osteopath, widely experienced in Holistic Medicine. He has 19 years experience in Yoga, Massage, Dietetics and Physical Culture. Qualifications include: B.A.(Hons.) (UCD) N.D., D.O. (British College of Naturopathy and Osteopathy). Diploma in Massage and Physical Culture (Northern Institute of Massage)



Dr. Tony Quinn Consultant to the Irish Health Culture Association and Irish Association of Holistic Medicine
 Qualifications include: Doctorate of Clinical Hypnotherapy as approved by the Californian State Board of Education. Four diplomas in mind science as approved by the American Department of Education (one of which is in healing and pain control). Further qualifications in Mind Programming, Psychotherapy, Nutrition, Exercise etc. Presently pursuing research and a third degree with a London University.

ENROLMENT & ENQUIRY FORM FOR ALL I.H.C.A. COURSES.

Name (Mr/Ms) :

Address :

Date of Birth :

Marital Status : Tel. Nos - Home : Work :

Occupation :

Educational Qualifications :

Please forward me a copy of your prospectus

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

(A) DIPLOMA IN HOLISTIC DIETETICS

(B) DIPLOMA IN YOGA

(C) DIPLOMAS 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: £350 (Ki Massage) £750 (Yoga) £850 (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.: 01-304688/304474

Closing dates for enrolment: EVENINGS: Monday 27th September WEEKENDS: Monday 11th October

SIGNED: DATE: