

Study For a Career in Holistic Preventive Medicine

Many opportunities for rewarding careers in Ireland & abroad are available to graduates in Yoga, Dietetics and Ki Massage. Here we outline the scope in this exciting field.

A career in Health Culture and Holistic Medicine has everything going for it. Yet, despite its continuing rise in popularity there is great scope for employment in planning your own business. The combination of a professional career actively involved in helping people, learning and applying unique skills, opportunity for further study against a background of strong business growth has very definite appeal.

Our entry point into this exciting field is the first year Diploma Qualification in (A) Yoga Teaching, (B) Ki Massage Therapy and

(C) Holistic Dietetics. With the increased interest in both leisure and self-development areas, exciting opportunities exist for our Diploma holders in Health Clubs, Hotels, Beauty Clinics, Community Centres, Businesses, Holiday Resorts etc. For those who are keen on being self-employed either here or abroad these Diploma qualifications are an ideal starting point. With demand outstretching supply Diploma holders are in the enviable position of securing employment as soon as they graduate.

Diploma in Yoga
This course teaches both the physical, mental and philosophical aspects of Yoga, producing instructors who are uniquely qualified to teach Yoga as a holistic system of breathing, postures, nutrition, relaxation, philosophy and meditation at beginner, intermediate and advanced levels.

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. The value of Yoga relaxation techniques is being recognised more and more and it forms an integral part of many stress management courses in businesses and hospitals.

Diploma in Holistic Dietetics

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

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 make

out personalised diet programmes for individuals for weight loss/gain, figure/physique, family nutrition, health, beauty, prevention of illnesses, sports, and many other areas based on the principles of Holistic Medicine. It also equips the therapist to answer questions relating to correct use of nutritional supplements

Diploma in Ki Massage Therapy & Certificate in Practical Aspects of Massage Therapy

The Ki Massage Therapy Diploma Course is Ireland's leading qualification in the holistic medicine field. It has the distinction of being the only Irish form of holistic therapy, having been developed here by Tony Quinn and the Irish Health Culture Association.

In Ki Massage, the therapist's aim is to relax the person and free their underlying life energy. Ki energy runs or flows through the therapist's hands (it can be felt as a distinct force) working on all the major muscles to help the person let go of tension.



Regular treatment prevents the build-up of stress so the person becomes more healthy, positive, cheerful and energetic.

The Ki Massage Therapy Diploma Course is taken in conjunction with the special City and Guilds of London Institute Certificate in the

practical aspects of Massage Therapy which has been developed in conjunction with the Irish Health Culture Association.

This international qualification is of great benefit coming from this leading internationally recognised accreditation body.

New Courses beginning this autumn

Do you wish to enter a profession where you can truly make a difference to the lives of others? A diploma from the Irish Health Culture Association is the perfect stepping stone to prepare you for professional practice in the field of holistic medicine whereby you can make that vital difference. The I.H.C.A. together with the I.A.H.M. offers the following course information.

Week night or weekend courses

The I.H.C.A. and the I.A.H.M. offer a range of Holistic Medicine course options all beginning this October. All courses are part-time and may be taken on a one night per week basis or by ten weekend seminars. Night classes run from 7pm to 10.30pm and weekend courses run Saturday 10.45am to 6pm and Sunday 10.30am to 4.45pm. Home study is an integral part of each course.

Material covered in the first year courses forms an integral part of the second year and advanced diploma courses so, for example, you cannot complete a Diploma in Psychotherapy without first completing one of the first year courses. To qualify for an Advanced Diploma course you must have completed a combination of first and second year courses. Acceptance for any of these courses is subject to interview.

Professional Association

On successfully completing any of these diploma courses you qualify for membership of the Irish Health Culture Association which is Ireland's largest association of holistic practitioners.

Course Fees

Ki Massage £850. Yoga £750. All others £650. To enrol, a deposit of £400 is required for all courses - balance to be paid by commencement of course. We also offer an instalment payment plan full details of which will be included with your application form or by phone.

Application/Information

If you wish to apply for one of these courses then write without delay to: The Irish Association of Holistic Medicine, 66 Eccles Street, Dublin 7, or telephone (01) 830 4474 or (01) 830 4686 requesting an application form and a course prospectus with complete syllabus will be posted to you. Closing date for evening class enrolment is Monday 26th of September and for weekend classes is Monday 10th of October.



Deborah Dalton receives her Diploma in Holistic Dietetics from Martin Forde, President of the Irish Association of Holistic Medicine. Deborah is also a qualified Beauty Therapy practitioner

IHCA & IAHM

Professional Holistic Medicine Training Body

COURSES BEGINNING OCTOBER 1994

First year diploma courses

- A. Diploma in Holistic Dietetics
- B. Diploma in Yoga
- C-1. Diploma in Ki Massage City and Guilds

City and Guilds

C-2. Certificate in the Practical Aspects of Massage Therapy

Second year diploma courses

- D. Diploma in Psychotherapy
- E. Diploma in Clinical Nutrition
- F. Diploma in Clinical Massage and Aromatherapy
- G. Diploma in Holistic Preventive Medicine
- H. Diploma in Holistic Nutrition

Irish Health Culture Association & Irish Association of Holistic Medicine

66 Eccles Street, Dublin 7.
Telephone (01) 830 4474 or (01) 830 4686.