

MASTER CLINICAL AROMATHERAPIST QUALIFICATION PROGRAM COURSE PROSPECTUS



Master Clinical Aromatherapist Qualification has been crafted for those aromatherapy students wishing to gain an advanced knowledge of aromatherapy. This course enhances our understanding of the therapeutic framework of aromatherapy, the healing properties of popular essential oils - and how these essential oils can be applied for therapeutic purposes. Also included in this comprehensive course is a thorough overview of the body systems, and how to establish and run a professional practice. As part of the elective component of this course, you are able to specialise in many areas of interest, including aromatherapy for palliative and aged care, and clinical nutrition consultancy.

Course Code:	DIPCAROM
Duration:	24 Months
Modules:	35 Modules
Course Cost:	\$2796
Payment Plan:	Yes - available.

ABOUT THE COLLEGE

The *Australian College of Aromatherapy* is a leading industry-recognised educational provider that has been providing accessible, affordable and quality training in aromatherapy and associated complementary therapies for over two decades. Graduates are eligible for registration with the Holistic Health Associates International (HHAI). This association provides ample professional networking and industry support, including insurance advice, for our students, graduates, and practitioners. This qualification course is also recognised by the International Institute for Complementary Therapists (IICT).

WHY STUDY WITH US?

- Full tutorial support available from fully qualified natural therapists and trainers.
- Study from the comfort of your own home with no need to travel to the College.
- All your course materials are included in the fees outlined – no hidden costs.
- Both theory and interactive practical tasks are included in your assessments.

COURSE DETAILS

Delivery Method	Email.
Course Duration	Max 24 months – <i>can be completed sooner.</i>
Qualification	<i>Master Clinical Aromatherapist Qualification with specialisations in (chosen electives). For example, should you choose Aromatherapy for Menopausal Women and Holistic Herbal Therapy as your electives, your Certification will then read: Master Clinical Aromatherapist Qualification Program with specialisations in Aromatherapy for Menopausal Women and Holistic Herbal Therapy. You will then be entitled to use the post nominal letters "ACOA Master (Cl.Aroma)"</i>
Course Recognition	The course is recognised by Holistic Health Associates International (HHAI) www.hhai.com.au . You may join as a <u>Professional Practitioner</u> upon completion. The IICT also recognises this course.
Entry Requirements	Basic computer skills, a willingness to learn, and an interest in aromatherapy.
Computer Requirements	Microsoft Word and Adobe PDF.

COURSE OUTLINE

Complete all four (4) of these Core Courses, and then choose two (2) electives to specialise in.

Core Courses	No. of Modules
Fundamentals of Aromatherapy	Four (4)
Anatomy and Physiology	Fourteen (14)
Aromatherapy for Health & Wellbeing	Three (3)
Clinical Aromatherapy	Six (6)

Specialist Electives (choose two)	No. of Modules
Aromatherapy for Palliative and Aged Care	Four (4)
Nutrition Coach	Four (4)
Practice Management	Four (4)
Aromatherapy for Menopausal Women	Four (4)
Aromatherapy for Ante and Post Natal Care	Four (4)
Aromatherapy Practice Management	Four (4)
Aromatherapy and the Psyche	Four (4)
Aromatherapy for Pets	Six (6)
Aromatherapy for Rejuvenating Skin Care	Four (4)
Foundation Ayurveda	Six (6)

Optional Electives: Should you wish to add more electives to your qualification course, please speak to a course advisor for a new quote.

TUITION FEES

Cash Price (Pay in Full): \$2796

Payment Plan: Pay for the course upfront or set up a no-deposit and interest-free payment plan today from only \$25 per week.

HOW DO I ENROL?

1. Enrol via our website or by phoning our friendly staff on 1300 100 008 and begin studying straight away
2. Fill out an enrolment form (we can email one to you) and send it back to us with your payment method and begin studying within 24 hours of us finalising your payment.

UPON ENROLMENT

Upon enrolment and process of payment, you will be issued with a **student number** and **emailed your first full course** - Fundamentals of Aromatherapy. Course modules contain many opportunities to enhance your knowledge of the subject matter. These include self-assessments, diary keeping, case studies, do-it-yourself practical activities, and other related exercises to help reinforce your learning. You will also be emailed **assessment guidelines** (please read this carefully) and other important information.

ASSESSMENT DEADLINES

To qualify for graduation, all assessments must be satisfactorily completed within 24 months of the date of your enrolment. Refer to assessment guidelines for further information.

TUTORIAL SUPPORT

Our tutors are available to offer guidance and support throughout your studies. Should you require tutorial support, we advise that you email your request and query to the college and a tutor will be in touch.

RECOGNITION OF PRIOR LEARNING (RPL)

The college recognises RPL for specific courses and experiencing. Please contact us for further information.

CONDITIONS OF ENROLMENT

Upon enrolment, you approve of the following terms and conditions. This is a legally binding agreement, even if you discontinue your studies.

Refund policy: Should the College cancel any course, participants are entitled to a full refund, otherwise no refund is granted.

Study Deferments: Requests for study deferments must be made in writing to the college Principal. Please contact the college for further information.

Study Extension: Requests for study extensions must be made in writing to the college Principal. Please contact the college for further information. Fees do apply.

Disclaimer: Every attempt is made to ensure that information from the college is accurate, and that the student has attained the knowledge taught in a course at the point of their assessment. Beyond this point, the graduate is responsible to maintain their acquired competencies, and apply acquired knowledge and skills in a way, which is appropriate to the unique characteristics of each application. This releases the college and its staff from any liability, action and claims of whatever nature, whether directions given during the course are followed or not.

Copyright: Courses, course notes and materials are not to be sold, loaned, copied, or used in anyway outside of the pursuit of studying the course by the person who is enrolled in the course; unless permission is sought and granted in writing by the Principal.

CORE SUBJECTS

COURSE OUTLINES

FUNDAMENTALS OF AROMATHERAPY

4 Modules

The *Fundamentals of Aromatherapy* invites you to come on an aromatherapy journey with this inspiring and insightful course. Be guided through the esoteric philosophies which underpin this ancient healing art, and learn how to transform aromatherapy theory into practical aromatherapy applications designed to enhance health



and wellbeing. By pursuing this course, you will learn and acquire the great gift of healing self and others using essential oils, and will be provided with a strong foundation of knowledge for further study in this exciting field of natural therapies.

Module 1:

To begin you will learn about the history of aromatherapy from ancient to modern, its place as a holistic method of healing, be introduced to the basics of aromatherapy, how essential oils work, what can affect them, how aroma can affect the body and mind. You will also begin your studies into the limbic system, specifically the amygdala and hippocampus, the olfactory system, and the skin.

Module 2:

Methods of plant identification and essential oil extraction, differences of *Materia Aromatica* use between herbalism and aromatherapy, the properties of essential oils and differences between hydrosols and essential oils, essential oil profiles (lavender and tea tree), properties of essential oils, information on therapeutic goods administration (TGA).

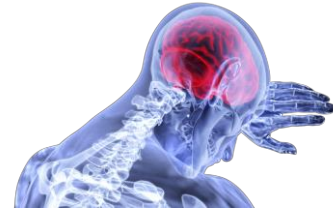
Module 3:

Carrier oils and their extraction, popular carrier oils in Aromatherapy, essential oil safety, contraindications, skin patch test, dilution recommendations, measurements and conversion, introduction to blending, balancing blends, perfume notes, aromatherapy remedies, topical

application, bathing and soaking, prepare and dispense, control stock, storage, and using authentic essential oils.

Module 4:

The role and attitude of the healer, client-centred approach, professional conduct, benefits of aromatherapy massage, contraindications for massage, case studies for women and men, aromatherapy for stress.



ANATOMY AND PHYSIOLOGY

14 Modules

Anatomy and Physiology is a comprehensive course that provides the student with a thorough understanding of human anatomy and physiology - essential when practicing any natural therapy. By recognising how the body systems work - and interrelate to each other - we can truly appreciate the influence natural therapies have on the human body. This course has been specially designed for the practicing natural therapist in mind, and offers a clear and straightforward discussion of what is usually a complex and bewildering field of study.

Module 1:

The digestive system, the tongue, the pharynx and oesophagus, the stomach, small and large intestines, accessory digestive structures, the liver, the gallbladder, the pancreas, digestion process, water and mineral absorption, and glossary.

Module 2:

The cells, cell structure, cell physiology, cellular metabolism, extraction of energy from nutrients, cell division, genetic biology, epithelial tissue, connective tissue, organs, body systems, and glossary.

Module 3:

Functions of the skeleton, structure of bone, classification of bones, divisions of the skeleton, full skeletal overview including skull, ribs, carpal and wrist bones, hip bones, and glossary.

Module 4:

Muscular system, functional characteristics of muscle tissue, the structure of skeletal muscle, types of muscular movement, full muscular overview including cardiac muscle, muscles of the face, back and abdomen, and glossary.

Module 5:

Cardiovascular system, nature of blood, red blood cells, white blood cells, blood clotting, blood plasma, the heart, structure of the heart, the cardiac cycle, blood vessels, circulatory system, blood pressure, the pulse, and glossary.

Module 6:

Endocrine system, pituitary gland, pituitary gland disorders, thyroid gland, adrenal glands, pancreatic islets, thymus gland, pineal gland, ovaries, testes, hormones, and glossary.

Module 7:

The skin, layers of the skin, structural characteristics of the epidermis, structural characteristic of the dermis, accessory organs of the skin, the hair, sweat glands, skin receptors, sensory receptors, nails, repair and regeneration of epidermal tissue, wound healing, diseases and disorders of the skin, fungal infections of the skin, and glossary.

Module 8:

The lymphatic system, lymph channels of the body, lymph nodes, functions of the lymph node, organs related to the lymphatic systems, the thymus, tonsils, reticular cells, the function of the spleen in body defence, the function of the liver in body defence, specialised cells of the bone marrow, types of leukocytes, white blood cell concentration, development of white blood cells, nature of inflammation, lymphocytes, plasma cells, and glossary.

Module 9:

The respiratory system, structure of the respiratory system, nose, pharynx, larynx, trachea, the bronchi, function of the bronchi, lungs, the respiratory musculature, respiratory movements, oxygen absorption and carbon dioxide elimination, gaseous exchanges, lung capacity, artificial respiration, and glossary.

Module 10:

Nutrition and nutrients, carbohydrates, fats, protein, minerals, vitamins, metabolism, metabolic rate, relation of metabolic rate to body weight, fluid balance, mechanisms, fluid and intracellular fluid, acid-base balance, range of pH in body fluids, respiratory regulation of acid base balance, urinary regulation of acid base balance, and glossary.

Module 11:

Urinary system, kidneys, external and internal structure of the kidney, microscopic anatomy of the kidney, renal circulation, kidney function, urine formation and excretion, glomerular filtration, tubular re-absorption, acid-base balance, functions of different parts of the nephron, control and formation of urine, ureters, urinary bladder, male urethra, female urethra, urine dialysis, and glossary.

Module 12:

The special senses, vision, lacrimal apparatus, internal structures of the eye, physiology of vision, retinal function, visual conduction, the ear - organ of hearing and equilibrium, the external ear, the middle ear, the inner ear, physiology of hearing, smell (olfaction), physiology of smell, taste (gustation), physiology of taste, sense of touch, sense of heat and cold, sense of pressure, sense of pain, and glossary.

Module 13:

The male reproductive system, testes or testicles, epididymis, seminal duct, ejaculatory ducts, seminal vesicles, prostate gland, scrotum, penis, seminal fluid or semen, female reproductive system, uterus, uterine tubes, ovaries, vagina, vulva, labia majora, labia minora, clitoris, vestibule of the vagina, perineum, mammary glands, structure of the breast, recurring female cycles, ovarian cycle, menstrual (endometrial) cycle, endometrial changes during the menstrual cycle, and glossary.

Module 14:

Cells of the nervous system, neurons, structure of neurons, structure of a typical nerve cell, classification of neurons, physiology of the nerve cell, nerve impulse transmission, neuromuscular junction, central nervous system, brain, medulla oblongata, the midbrain, cerebellum, functions of the cerebellum, motor projection areas, ventricles of the brain,

meninges of the brain, cranial nerves, spinal cord, spinal nerves, structure and functions of spinal nerves, motor neural pathways, autonomic nervous system, sympathetic nervous system, parasympathetic nervous system, and glossary.

AROMATHERAPY FOR HEALTH AND WELLBEING

3 Modules

The *Aromatherapy for Health & Wellbeing* is a short and sweet course that guides you through health and wellbeing from an aromatherapeutic and holistic perspective. It examines many areas which encompass health-enhancing living, including meditation and the use of colour to influence mood and vitality. This course also provides an overview of skin health, which emphasises the therapeutic nature of enhancing one's own unique beauty using natural means like aromatherapy.



Module 1:

The holistic approach to health and healing, complementary medicine modalities, healthy living, colour therapy, fragrance and health, creating your own therapeutic garden, essential mediation.

Module 2:

The composition of the skin, functions of the skin, skin types, cosmetic dermatology of the skin, scalp and hair, skin diseases and conditions, allergies, dermatitis and chemical sensitivities.

Module 3:

Skin care, facial skin care, regular treatments, skin and facial imperfections, treatments for specific skin conditions, diet tips for detoxifying and anti-ageing, giving facial treatments, essential oils for the hair, aromatherapy and weight loss, cellulite, and hand and foot care.

CLINICAL AROMATHERAPY

6 Modules

The *Clinical Aromatherapy* is a course designed from a clinical aromatherapist perspective, with a strong focus on how to run and manage an aromatherapy practice. It provides key insight and practical approaches to ensuring workplace harmony and productivity, including conducting an effective consultation and diagnosis. This course also explores the foundations of aromatherapy practice, including contraindications and applying essential oils safely, before concluding with an overview of the human body.



Module 1:

Historical developments of aromatherapy, central philosophies of aromatherapy and treatment practices, how aroma affects us, holistic view of healing, how essential oils work. guidelines for ensuring ethical work practices, manage health and safety standards, infection and hazard control, holistic diagnosis, the future path of diagnosis.

Module 2:

Effective communication, manage client relations, customer care, product and sales, manage workplace relations, managing workplace conflicts, managing clinic performance, professional development, mentoring.

Module 3:

Manage the consultation, documenting treatment records, respect and privacy, taking a case history, when and how to refer, manage treatment, the treatment plan, monitoring remedy responses, safety guidelines for clients, clinic guidelines, professional codes of conduct and ethics, national associations guidelines.

Module 4:

Hazardous oils, contraindication, aromatherapy as treatment, aromatherapy use in hospital wards, basic first aid, remedies for common ailments or conditions.

Module 5:

Aromatherapy for women, female conditions, pregnancy, aromatherapy for men, male conditions, aromatherapy for babies and children, aromatherapy for the elderly, care plan guidelines.

Module 6:

Systems of the body - musculo-skeletal system, nervous system, circulatory system, the immune and lymphatic systems, respiratory systems, digestive system, genito-urinary/endocrine system, therapeutic formulas.

ELECTIVES

COURSE OUTLINES

AROMATHERAPY FOR PALLIATIVE AND AGED CARE

4 Modules

Aromatherapy for Palliative and Aged Care is a beautifully structured course that will provide you with the skills required to introduce aromatherapy into aged care facilities, palliative care units, hospices, and acute care hospitals. With the client's welfare the focal point of this course, you will be able to enhance the quality of life of friends, family, and clients in the palliative and aged care with the healing power of essential oils.



Module 1:

Aged care in Australia, emotional and psychological concerns of the aged, aromatherapy approaches and blends for emotional and psychological health, aromatherapy approaches to physical health, aromatherapeutic blends for physical health.

Module 2:

Palliative care in Australia, attitudes towards palliative care, health conditions, supporting someone in palliative care, emotional and mental support, aromatherapeutic blends for palliative care.

Module 3:

Aromatherapy use in hospital and hospice wards, ethics involved in using aromatherapy in aged and palliative care facilities, guidelines for introducing aromatherapy in aged and palliative care, soft stroke massage for patients, essential profiles - geranium and roman chamomile.

Module 4:

Case studies of aromatherapeutic care, including case studies of aromatherapeutic cancer case, aromatherapeutic HIV/AIDS care, aromatherapeutic psychoses and dementia; an overview of complementary therapies: reflexology, aromatherapeutic care of the skin, and colour therapy; and care for the carer.

NUTRITION COACH

4 Modules

The wise words of Hippocrates *"let food be thy medicine and medicine be thy food"* perfectly illustrate the underpinning philosophy throughout the *Clinical Nutrition Consultant* course. It is the aim of this course to provide you with



knowledge and understanding of how nutrition can be used for long-term health and wellbeing. Topics covered included nutrition and human development, holistic nutrition, health-enhancing diets, essential nutrients, and much more!

Module 1:

Introduction to the digestive system, nutrition and human development, mind/body connection, foundation of holistic nutrition, body scan meditation, thermal nature of food, emotional energy and cooking, the doctrine of signature, coloured foods.

Module 2:

Essential nutrients, phytonutrients, biochemical tissues salts, water.

Module 3:

Macrobiotic diet, food combining diet, low allergy diet, detoxification and cleansing, gut and digestive health, holistic guideline for digestion, holistic guideline for eating.



Module 4:

Client care and consultation, goal setting, diagnostic approaches, dietary plan, monitoring dietary plans, nutritional advice for - men, women, elderly, children and teenagers.

PRACTICE MANAGEMENT**4 Modules**

Practice Management lays the groundwork for planning, establishing and running a successful natural therapies business. Learn how to create a business and financial plan, as well as how to run the operational side of a business and market your services, with this comprehensive course.

Module 1:

How to be a successful therapist, setting up a practice, professional indemnity insurance, working within clinic and regulation guidelines, the therapy room, feng shui in business, sourcing new business, the course of treatment.

Module 2:

Planning the business, completing a business plan, financial management, profitability, balance sheet, bank reconciliation, preparing financial reports.

Module 3:

Operational strategies, human resources, marketing strategies, the marketing plan, meeting guidelines, stock control.

Module 4:

Who are you (you and your career, building your own support systems), human resources, payroll rolls, employee records, managing diversity, audit your practice.

AROMATHERAPY FOR MENOPAUSAL WOMEN

4 Modules

Menopause is a sign of transition from one phase of a woman's life to another. At times, this transition can be distressing as symptoms of menopause can cause unnecessary physical and emotional stress for the woman



experiencing it. Fortunately, the *Aromatherapy for Menopausal Women* course helps demonstrate how aromatherapy, as a potent and natural approach in treating the symptoms of menopause, can empower and guide the menopausal woman back to a healthier, balanced state of being.

Module 1:

The menopause and peri-menopause are explained, female hormones and the female reproductive cycle, hormone replacement therapy (HRT) is examined.

Module 2:

Assessing the client's care, consulting with other professionals, working with other complementary modalities, examining the client, developing rapport, unpacking the problem, testing hormone levels, determine the mental and emotional state, summing up the diagnosis, keeping records according to clinic guidelines.

Module 3:

Developing the management and treatment plan, explaining the aromatherapeutic treatment, follow-up visits and review of treatment, working within clinic and regulation guidelines, common terminology of prescriptive medicines, aromatherapeutic treatments for menopause, remedies for specific symptoms, other alternatives for managing symptoms.

Module 4:

The holistic approach, exercise, diet, heart disease and lifestyle, stress management, patient participation, toning the pelvic floor, aromatherapeutic massage, self-

massage procedures and benefits, conditions requiring special care, contraindications to essential oils and massage.

AROMATHERAPY FOR ANTE AND POST NATAL CARE

3 Modules

The *Aromatherapy for Ante and Post Natal Care* course explores the use of aromatherapy from the pre-conceptual stage right through pregnancy, delivery and post-natal care.



Explore the issues and conditions which surround pregnancy and fertility from a holistic perspective, with a strong focus on enhancing the quality and safety of aromatherapy treatments for those in ante and post-natal care.

Module 1:

Assessing the client's care, recording findings, assessment the pregnant patient, developing rapport, determine gestational age, determine the mental and emotional state of the patient, examine the pregnant client, recording patient's height and weight, oedema, measuring blood pressure, taking the pulse, reading the respiration rate, testing and analysis of urine, listening to the foetal heart, determining the foetal position, diabetes, request pathology tests by trimester, common medical terms relating to pregnancy.

Module 2:

Management plan, client care plans, holistic management plan, stages of foetal development (first, second, third trimesters), diet and nutrition, exercise, childbirth classes, using essential oils during pregnancy and childbirth, selecting the remedy with your client, cautions and contraindications, aromatherapeutic treatment during pregnancy and childbirth, other complementary modalities, methods of alleviating discomfort (for varicose veins, nausea, tiredness and fatigue, vaginal discharge, and other common conditions), alcohol and tobacco.

Module 3:

Stages of labour, midwifery, home births, hospital births, natural childbirth, water birth, inducing labour naturally, aromatherapy-assisted labour, aromatherapy blends for mothers-to-be, massage in labour, birthing plan, relaxation and pain relief, the new mother, common conditions after childbirth, baby at birth, breast feeding, assess the general post and neo-natal health of the patient/client, post-natal depression, aromatherapy and post-natal care, lavender and roman chamomile in post-natal care.

AROMATHERAPY AND THE PSYCHE

4 Modules

Aromatherapy & the Psyche is an insightful, short course that covers the therapeutic benefit of essential oils for the mind and one's psychological health. We know the powerful effects essential oils has on the physical body, and this course will expand upon that knowledge by exploring the powerful effects essential oils has on the mind and our psychological wellbeing.

Module 1:

Psychotherapeutic effects, osmology, the mind and the psyche, the principal of affinity, psychotherapeutic effects of essential oils, psychology and essential oils.

Module 2:

Mind/body aromatherapy treatments, sleep disturbances and disorders, insomnia, insomnia and aromatherapy, depression, depression and aromatherapy.

Module 3:

Mind medicine (psycho-aromatherapy for psychological conditioning), aromatherapy care plan.

Module 4:

Essential meditation: self-preparation, fine tuning, and emotional application of aromatherapy.

Aromatherapy for Pets

6 Modules

Aromatherapy for Pets has been designed for students wishing to apply essential oils and hydrosols to pets safely and effectively. This course covers the philosophy and principles of aromatherapy before specialising in aromatherapy for cats, dogs and horses. A holistic approach is applied here, and the student will be introduced to nutritional concerns associated with these pets, as well as aromatherapeutic approaches to health and wellness in the treatments of common pet condition and ailments.

Module 1:

Administering aromatherapy for pets, emergency care, essential oil profiles, guidelines for essential oil safety, profile of common hydrosols, base products.

Module 2:

Communicating with animals, pet therapy, harmful/dangerous substance for pets.

Module 3:

Pet nutrition, nutrients pets need, commercial pet food, food allergies, horse nutrition.

Module 4:

Using aromatherapy treatments for pets, aromatic veterinary medicines, aromatic veterinary medicines and blends, special treatments, aromatherapy for cats, application of essential oils and hydrosols for cats, treating common feline ailments and conditions, aromatherapy blends for cats.

Module 5:

Aromatherapy for dogs, application of essential oils for dogs, treating common canine ailments and conditions, aromatherapy blends for dogs.

Module 6:

Aromatherapy for horses, potential horse conditions and illness/disease, treating horses for common ailments and conditions, aromatherapy blends for horses, equine senses.

Aromatherapy for Rejuvenating Skin Care

4 Modules

Aromatherapy for Rejuvenating Skin Care has been created for those interested in using aromatherapy for beauty and wellness. This course promotes the health and radiance of one's skin through the use of beauty-enhancing essential oils and aromatherapy blends. Create your own beauty products with this course, and learn how to perform a luxurious aromatic facial on self and others.

Module 1:

Consultation process, communication skills, consultation room, conditions and essential oil profile remedies, toxicity.

Module 2:

Rejuvenating skin care, the skin's functions, cleansing, balancing, moisturising, nourishing the skin, facial massage techniques, clay masks, dry brushing, aromatic bath.

Module 3:

Skin and facial imperfections, advancing the skin care routine, steaming, masks, daily facial regimes for skin types.

Module 4:

Aromatic facial procedure, aromatherapy blends for specific conditions, refreshing facials, aromatherapy recipes for beauty products i.e. lip balm, hand wash, body scrub, body butter.

Foundation Ayurveda

6 Modules

Foundation Ayurveda provides the student with a solid foundation in the ancient Indian life science of Ayurveda. Explore the basics of this complex approach to natural medicine by identifying key philosophies and practical applications so that foundation Ayurveda can be incorporated into a pre-existing practice. Or, use this course to provide a solid foundation from which to expand upon with further Ayurvedic study.

Module 1:

Define Ayurveda and the Ayurvedic system of medicine, the history of Ayurveda, organs and connected elements, the five elements and what they represent, the central philosophies of Ayurveda, the functions of the three doshas, basic meditation.

Module 2:

Understand and use Ayurvedic philosophies, theory of balance, aspects of Ayurveda, dosha differences, dosha personalities, symptoms of imbalance, law of like and unlike.

Module 3:

Health, seven basic bodily tissues, the seven substances, channels of flow, channel blockages, the disease process, clinical barometers of Ayurveda, panchakarma.

Module 4:

Self-esteem, mental constitutions, mind/body connection, Ayurveda and relationships, relationships and emotions, how to transform a negative feeling, complementary disciplines, complementary therapies, bathe in the elements, important of breathe, Pranayama, chakras - seven centres of activity, balance your chakras.

Module 5:

Describe the five organs of cognition and action, analyse a case study, understand the eight fields of living, experience meditation, discuss alternative sources of information and remedies, explain Ayurveda to others, basic knowledge of Vedic astrology.

Module 6:

Client form, prepare explanation of treatment, cost and guidelines for first contact with client, understand the code of ethics or practice of an Ayurveda practitioner, understand occupation health and safety guidelines, understand the Privacy Act, prepare action plans for operating a clinic, the important of professional indemnity insurance.