



Updated December  
2009

**Special points of interest:**

- Information about HTS
- Course prospectus Jan 2010 – July 2010
- New associate courses
- Introductory courses
- CPPD Course details

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## bodybalance holistic training solutions

Holistic Training Solutions (HTS) is a partnership founded on extensive commercial and educational experience and runs in conjunction with **bodybalance** Complementary Health Centre.

HTS is a partner with Stourbridge College, which has been formed to meet the wide-ranging needs of the therapist for Vocational Training and Continual Professional Personal Development (CPPD) therefore funding may be available for some courses. This will be dependant on personal circumstances



Courses and workshops are continually being designed and updated to National Occupational standards and requirements to meet the needs of therapists working in clinics, health centres or mobile. CPPD courses selected are based on information given to **bodybalance** by you the therapists and are therefore appropriate to your occupational needs.

### How to Enrol on a Holistic Training Solutions Course

You will be required to complete the appropriate paper work for your course and attend a n interview. Interviews will last approximately 30 minutes

- ◆ Information about courses at **bodybalance** are available on our web site [www.bodybalance.org.uk](http://www.bodybalance.org.uk)
- ◆ Book an appointment with Julie Davis our Student enrolment officer
- ◆ Bring with you all copies of the forms enclosed in your pack
- ◆ If you are claiming a Learner Support Grant you will need to bring with you evidence of your joint family income or benefit income evidence
- ◆ cheque or cash for your enrolment fees see page 2-3 of this prospectus
- ◆ If you are already registered with VTCT the awarding body you will need to bring your registration number .

### Additional Charges

There may be the following additional charges:

- ◆ VTCT registration Fee if not already registered with the awarding body £16.00
- ◆ Uniforms can be purchased at the cost of £45.00
- ◆ Assessment books from the awarding body between £18.00—£58.00
- ◆ Anatomy and physiology text book purchased through book shops

### Vocational Training and Charitable Trust Qualifications

Holistic Training Solutions offers a very high standard of vocational and non-vocational training. Vocational qualifications are awarded through VTCT one of the largest awarding bodies in the U.K.



Vocational Training  
Charitable Trust



**VTCT Diploma in Anatomy & Physiology**

This course is a fantastic starting point giving valuable underpinning knowledge to all Complementary or Beauty Therapy qualifications.

Days available	Course times	Start/End Date	Number of Weeks	Cost	Funding status
Monday	9.30-10.30	18 Jan-19 July	22 Weeks	£200.00	Inclusive when booking on another course
Wednesday	6.00-7.00	27 Jan-14 July	22 Weeks	£200.00	Inclusive when booking on another course

**VTCT Teaching Certificate in Baby Massage**

This course is to enable the massage therapist to offer instruction to mothers on how to massage their babies. Ideal qualification for Health Professionals.

Days available	Course times	Start/End Date	Number of Weeks	Cost	Funding status
Saturday	9.30-3.30 pm	6 Feb-27 June	4 weeks	£250.00	Not Funded

**VTCT Certificate in Body Massage**

This course teaches the practical application of massage techniques and forms a basis for many other massage treatments.

Days available	Course times	Start/End Date	Number of Weeks	Cost	Funding status
Wednesday	7.00-10.00 pm	27 Jan-14 July	22 Weeks	£300.00	Funded

**VTCT Diploma in Business For Therapists**

An in site in to the development of your own business, and an essential part of being a therapist

Days available	Course times	Start/End Date	Number of Weeks	Cost	Funding status
Wednesday	9.30-3.00 pm	19 May-16 June	4 Weeks	£60.00	Free with workplace massage

**British Red Cross Emergency First Aid**

Days available	Course times	Start/End Date	Number of Weeks	Cost	Funding status
Tuesday	9.30-3.00 pm	16 Feb	1 Day	£55.00	Not Funded

**VTCT Certificate in Fashion & Photographic Make-Up**

Learn the art of Fashion and photographic make-up to artist level

Days available	Course times	Start/End Date	Number of Weeks	Cost	Funding status
Sunday	9.30-3.30 pm	10 Jan-25 April	12 weeks	TBC	Funded

**VTCT Diploma in Health & Safety**

Days available	Course times	Start/End Date	Number of Weeks	Cost	Funding status
Monday	9.30-3.00 pm	4 Jan-11 Jan	2 Weeks	£50	Free if booking with another course
Wednesday	6.00-10.00 pm	6 Jan-20 Jan	3 Weeks	£50	Free if booking with another course



### VTCT Diploma in Indian Head Massage

This course teaches the history and practical massage skills to undertake this therapy at practitioner level.

Days available	Course times	Start/End Date	Number of Weeks	Cost	Funding status
Tuesday	9.30-3.00 pm	18 May-15 June	4 weeks	£200.00	Funded

### VTCT Certificate in Mendhi

Learn the art of the traditional body art

Days available	Course times	Start/End Date	Number of Weeks	Cost	Funding status
Tuesday	1.00-4.00 pm	19 Jan-27 April	12 Weeks	£150.00	Funded

### VTCT Diploma in Reflexology

This course offers training in the practical application of reflexology foot massage and covers the theory.

Days available	Course times	Start/End Date	Number of Weeks	Cost	Funding status
Monday	10.30-3.00 pm	18 Jan-19 July	22 weeks	£375.00	Funded

### VTCT Diploma in Stone Therapy

This course offers progression for those therapists who have already obtained a Body Massage qualification. Course includes the application of hot and cold stones, also making home products.

Days available	Course times	Start/End Date	Number of Weeks	Cost	Funding status
Thursday	9.30-3.00 pm	7 Jan-17 June	11 Weeks	£400.00	Funded

### VTCT Certificate in Thermal Auricular Therapy

Learn the ancient art of ear candling

Days available	Course times	Start/End Date	Number of Weeks	Cost	Funding status
Tuesday	9.30-3.00 pm	5 Jan-12 Jan	2 weeks	£75.00	Not Funded
Thursday	6.30-10.00 pm	24 June-15 July	2 weeks	£75.00	Not Funded

### VTCT Certificate in Threading Depilation

Learn the ancient art of threading depilation to practitioner level

Days available	Course times	Start/End Date	Number of Weeks	Cost	Funding status
Tuesday	9.30-12.30 pm	19 Jan-27 April	11 weeks	£106.00	Funded

### VTCT Diploma in Workplace Massage

This course offers training in the practical application of reflexology foot massage and covers the theory.

Days available	Course times	Start/End Date	Number of Weeks	Cost	Funding status
Wednesday	9.30-3.00 pm	24 Mar-23 Jun 2010	6 Weeks		Funded



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[www.bodybalance.org.uk](http://www.bodybalance.org.uk)

**Relaxation and exercise classes available**

Bodybalance offers a range of exercise and relaxation classes to suit all, These are delivered by our associate instructors who are qualified and have a wealth of experience

For information on class times, availability please contact reception.

- ◆ Yoga Classes
- ◆ Pregnancy Yoga
- ◆ Chi Baton Yoga
- ◆ Pilates

**Health and Safety Courses**

All qualified therapist need to update their Health and Safety qualifications every 3 years this can be used as a Continual Professional Development Activity. These courses are offered on a regular basis. For more information contact [bodybalance](http://www.bodybalance.org.uk)

First Aid courses are also available at Bodybalance or for company bookings for groups please contact us for further details

**CPPD Courses**

Course Title	Dates	Times	Cost
<b>Natural Product Making</b>	6th July	10.00—3.00 pm	£50.00
To Learn the skill of combining everyday natural ingredients to benefit your skin			
<b>Thai Poultice Massage 2 day</b>	15th & 16th May &	10.00—3.00 pm	£150.00
<b>Thai Poultice Massage 2 day</b>	22nd 29th June	10.00-3.00 pm	£150.00
<b>Holistic Facials</b>	13th July	9.30—4.00 pm	£75.00
To cleanse and nourish the skin using only natural products			
<b>Spray Tan</b>	19th February	9.30—3.30 pm	TBC
<b>VTCT First Aid 3 day</b>	30th June, 7th July & 14th July	9.30—3.00 pm	£150.00