



## HOLISTIC TEACHINGS INC.

### Mission Statement

Holistic Teachings is dedicated to contribute our services to make a positive change in your lives. By informing people how to live holistically. Honesty, truth and integrity will always be in our hearts and we will always be there to serve.

We will be offering information on all holistic modalities and techniques both ancient and modern, to assist you on your personal quest. Enabling you to unite your Mind, Body, Emotions and Spiritual Being. Our aim is to knowingly offer high calibre educational information, quality products and professional advice.



### Introductory Full day Basic Aromatherapy Workshop

**Facilitator: Aromatherapy Clinic**

**Cost: \$111.11 CDN**

Our experience shows that students attracted to aromatherapy are warm and sincere people with a genuine enthusiasm and interest to learn how to improve ones health in a safe manner with desire to serve and care for others as well as experiencing the phenomenal health benefits that aromatherapy has to offer. As a result our courses develop a friendly and relaxed atmosphere from basic introductory courses to professional diplomas.

This 7 hour introductory basic course is an excellent starting point for anyone interested to learn about aromatherapy as a complementary health discipline to **use in the home**, for themselves and their family, **as a new career choice**, or as a **complimentary addition** for practitioners to introduce into their existing practise (diploma course recommended).

If you are considering taking a certificate or diploma program, this basic course is an ideal way to ascertain your interest in and suitability to the aromatology field.

*Note: For those who are already using essential oils with out certification or diplomas we offer the support and knowledge, that you may require by a professional to guide them at home or in a practise, please register with us for intermediate classes.*

### **Introductory Syllabus**

- A look into Mother Nature’s pharmacy, both traditional and metaphysical.
- What is aromatherapy for health?
- The art and science of professional aromatherapy
- Brief History and Folklore
- Basic Properties of 8 important essential oils: 1 resin oil: 1 absolute oil: 3 carrier oils: 1 macerated oil
- Blending and Application Methods
- Contraindications
- Plant science
- Swiss reflex points
- Brief look at aromatherapy to raise vibrations and how they affect the energy (chakra) points of the body.

Course notes and hand outs are given, beverages and snacks provided.

Treatment couches, essential oils and aromatherapy products used during the courses are also provided, you are welcome to bring a packed lunch. Please wear comfortable clothing as some application massage will be experienced and don’t forget your smile.

**Dates:**

**Time: 9.00am to 5.00pm**

**Venue:**

**Limited space-call to reserve your place**

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### **Letter of Welcome**

We are happy to present our prospectus on aromatherapy training. We believe that it represents the finest training available and reflects our long-standing commitment to therapies using essential oils in all its facets.

Our business encompasses Home Care advice up to Professional Training; we supply the highest quality Essential oils and Carrier oils. As well as providing the purest aromatherapy skin care products without animal testing or animal ingredients.

All our tutors are practising professional aromatherapy practitioners. All have undergone a rigorous teacher training program at a College with IFPA accreditation, following at least 3 years experience in aromatherapy. This, combined with an understanding manner, ensures that they are well skilled to meet and support the student’s individual needs and requirements.

We do hope that you choose to train with us. Our College tutors will gladly share their extensive knowledge and experiences with you. We know that you will gain awareness, forgotten knowledge, insight and skills to support you to create a new environment for you, your family, friends and future clients.

Enter Mother Nature's fragrant world of essential oils, as a worldwide recognised true professional.

*Blessings,  
Susan Cossi*

Coming soon:

Internationally Accredited Clinical Aromatherapy Courses.

Offering the new practitioner the chance to hold a diploma that is recognized by IFPA



The International Federation of Professional Aroma therapists

**The Association chosen by Professionals.**

World leaders in the field of Aromatherapy

True aroma therapists now have a stronger voice in the way the profession is developing both in the UK and overseas. Our graduates can therefore be secure in the knowledge that they have a universally acknowledged qualification that has earned and received international renown.

IFPA is setting the pace along side AC (The Aromatherapy Council), CAM (complimentary and alternative medicine) and CHNC (complimentary and natural health care council). Professionally trained therapists and members are now asking for aid to persuade different country legislators to accept the same standards as the UK.