



## SHORT COURSES IN BODY THERAPIES AND NUTRITION

Holistic Massage

Reflexology

Kinesiology

Indian Head Massage

Nutrition for Every Day Living



**CNM**

the college of  
naturopathic medicine



# Diploma of Holistic Massage

ITEC Accredited Course

**Imagine** having the skills to ease away a client's muscle pain and make them feel 100% more relaxed than when they first walked through your clinic door. Embark on studying this CNM course for a satisfying career in Massage Therapy.

## Key Features

- Classical massage techniques
- How to be a confident and successful practitioner
- Comprehensive insight into the body's structure and functions
- Business skills, law and professional ethics

## Fact File

### Awards

ITEC Diploma of Holistic Massage Level 3  
ITEC Diploma of Anatomy and Physiology Level 3  
ITEC Business Awareness and Professional Conduct Level 2

## Total Course Length

8 months



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# Diploma of Reflexology

ITEC Accredited Course

**Reflexology** - earliest evidence of its practice dates back to ancient Egyptian times. The therapy treats the whole person by concentrating on reflex points of the feet and hands, which relate to corresponding parts of the body. The benefits include improved circulation, relaxation and restoration of physical and emotional balance to the body.



## Key Features

- Excellent as a stand alone therapy or as an adjunct skill for any practitioner
- Reflexology techniques of the feet and hands
- Comprehensive insight into the body's structure and functions
- Business skills, law and professional ethics

## Fact File

### Awards

ITEC Diploma of Reflexology Level 3  
ITEC Diploma of Anatomy and Physiology Level 3  
ITEC Business Awareness and Professional Conduct Level 2

## Total Course Length

8 months





# Kinesiology Foundation Course

Complementary Therapists Association  
(CThA) Approved

**Kinesiology** combines muscle testing with Traditional Chinese Medicine philosophy. Muscle testing is the practice of using the arms or legs to test muscles to help pinpoint the body's internal imbalances, whether structural, chemical or emotional. This technique enhances the body's ability to heal itself, and is an effective tool for guiding one to the appropriate treatment for the client.

## Key Features

- Ideal as a stand alone course for the general public and practitioners
- Excellent tool for identifying physical or emotional causes of health issues
- A pre-requisite course for Practitioner Training or a Diploma of Applied Kinesiology

## Fact File

### Awards

Kinesiology Foundation Course Certificate

*Note: to qualify as a Registered Kinesiologist, a Practitioner Training Course or Diploma of Applied Kinesiology must be completed.*

## Total Course Length

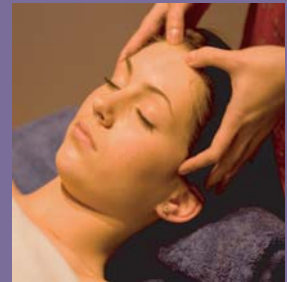
8 weeks

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# Indian Head Massage

Independent Professional Therapists  
International (IPTI) Accredited

**Traditional** Indian Head Massage focuses on the head, face, neck, shoulder and upper back, and is a wonderful tool to help relieve related tension, pain and headaches. It can increase circulation to the brain, and improve hair and scalp conditions.



## Key Features

- Concept and history of indian head massage and ayurveda
- Skills to perform a 30 minute professional treatment

## Fact File

### Awards

Certificate of Indian Head Massage

## Total Course Length

1 month



# Nutrition for Every Day Living

**Provides** useful and practical knowledge of Nutrition for the whole family, and aims to educate about healthy food choices and how to utilise food as medicine.

Understand food labels, their nutritional content and how to distinguish the Food Industry's marketing ploys. Gain cooking tips for optimum nutrition.

## Key Features

- Achieving balance - a survival guide to the western diet
- Improving your mood with food
- Caring for kids!
- Detoxification and cleansing safely
- Living foods
- Organic vs. non-organic - the myths and facts
- Anti-ageing tips

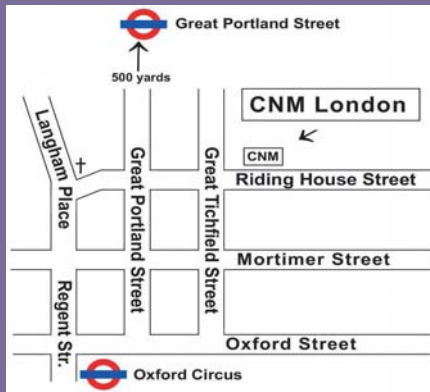
## Fact File

### Awards

Certificate of Introductory Nutrition

## Total Course Length

12 weeks



## CNM London

CNM London is situated in a superb location, just minutes from Oxford Street, and is characterised by its commitment to train students in the field of natural therapies, and improve the wellbeing and lives of others.

41 Riding House Street, London W1W 7BE.



## A Wide Scope of Career Opportunities

In your own clinic, health clubs, fitness centres, hospitals and medical centres, corporations, health retreats and beauty clinics.

## Increase your Skills and Marketability with Additional Courses

Naturopathy, Naturopathic Nutrition, Acupuncture, Herbal Medicine and Homeopathy.

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