

quantum Metta News

School of Massage

Issue 15 2009

Hello,

As I'm writing this it's a beautiful, mild sunny day that's more reminiscent of spring than autumn! But just a glance at the trees outside the window confirms that it is indeed autumn as the leaves turn to gorgeous red and golden hues. One of our favourite autumnal things to do is to go for walks in Epping Forest and have a play and a kick around with the leaves. Connecting with nature is often so simple and brings great joy, peace and balance...and all we have to do is make some time for it. What are you doing this autumn?
Love the QM Team

Fast-Track Thai Yoga Massage Course Starts 9 November

If you're looking to learn the wonderful techniques of Thai Yoga Massage, and want to do so in a shorter period of time, then this fast-track course will fit the bill.

The course is entirely practical and you'll have a great time learning and applying the massage techniques.

For more info check out www.quantummetta.co.uk



We Absolutely Love...all our recent graduates!

You know who you are! Huge CONGRATULATIONS, and very well done on all your wonderful work. Happy massaging.



Networking4Therapists Evening - 23 Nov Speaker - Celia Johnson

Author of 'How To Be A Successful Therapist', Celia Johnson, will be speaking at the next Networking4Therapists event on 23 November. For more info and to book your place:... www.networking4therapists.com.



CAMexpo 2009

Thanks to everyone who visited our stand at the CAMexpo recently. We had a fantastic time and it was lovely to see you and chat to you all. How about next year, same time same place?

*" If you're happy and you know it, clap your hands." *clapclap**

Quantum Leap Workshop - how to get from where you are to where you want to be - 5 December

Instead of waiting until the New Year to run a workshop, we thought we'd have one on 5 December, so that by the time 2010 rocks up, you'll be all set and on your way to getting where you want to be. How great is that? Previous participants have changed careers, moved countries, found their soulmate, stopped smoking, become fitter, run 10k.

This is what Andy Batters said after attending a previous workshop...



"For anyone who has a dream, it is all too easy to let the challenge of living in the modern world overtake you and let those dreams slip away. Quantum Leap is the perfect workshop for anyone who wants to grasp their dreams, give them a shake and turn them into reality.

Whether you want to set up a business empire or redecorate your bedroom, Quantum Leap will show you how you can make it happen. The workshop equips you with practical skills to start, and help you continue your journey.

To make your dreams come true you have to believe that they will and Doreen and Dympna emphasise the importance of having the right mindset to succeed. On top of this they give you tools and techniques to focus on what it is you really want from your dreams and how to put concrete steps in place to make sure they happen.

As with all Quantum Metta courses, the standard of teaching is excellent; Doreen and Dympna are highly supportive mentors and make sure that everyone in the group gets the attention they need. The workshop is fun to do and you will leave armed with a new set of skills, having learnt a bit about yourself along the way.

My own journey towards my dream is ongoing, and I have Quantum Leap to thank for being able to find my route and adapt to the challenges along the way. Lao Tzu, founder of Taoism, said that a journey of a thousand miles began with a single step. Quantum Leap is without doubt a great first step on the journey to making your dreams come true."

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"Birds sing, not worrying about who is listening or what they think." Rumi

Spotlight on Lavender

We were reading recently that lavender farming in the UK is currently undergoing a revival. Farmers are looking to diversify and some are turning to lavender growing as it's fairly resistant to pests and diseases. In addition, lavender essential oil is hugely popular and as well as its therapeutic use by aromatherapists, has other applications including being used in shampoos, lotions and perfumes.

Aromatherapists have long known the value of having a bottle of pure lavender in the cabinet. It not only smells good...fresh, calming, floral, comforting....but it's so versatile in its use.

Chemically it contains a fairly high amount of esters which are generally considered to be calming and anti-inflammatory. So lavender can be used for stress, anxiety and nervousness, as well as for inflamed conditions that affect the skin, the joints or muscles.



There's a small amount of a chemical called 1,8 cineole which occurs in higher amounts in another popular essential oil - eucalyptus. It's a chemical that gives eucalyptus its characteristic menthol aroma. 1,8 cineole has been found to be an expectorant and clearing for the respiratory tract.

Lavender is often used to help with sleeping....a drop of lavender on the pillow. Though we know of at least one person who thought 'if one drop is so effective, 2 or 3 or 4 must be even more so'....no -don't try this at home, it will just keep you awake.

Another well known use for lavender is in the treatment of burns and sunburns. It has a cooling quality and is healing to the skin. Every home should have a bottle!

NB: please consult an aromatherapist for safe dilutions before using essential oils.

Visit the School...come in, have a chat

If you're thinking of enrolling on one of our courses, it's really easy to arrange a visit to the School for you. We welcome visitors and it's a good opportunity to see the venue, have a look at the course materials, chat to the tutors and students, ask as many questions as you like and maybe even observe a class in action. If you'd like to visit the School, just let us know. We'd love to see you.

What's Coming up next with QM

Networking Evenings for Therapists

23 November £10 online/£15 on door

Chi Kung Evening Classes (Walthamstow)

Every Thursday £42 for 6 weeks
Have a look at www.quantummetta.co.uk/chikung

Chi Kung and Meditation (1 day)

14 November £35

Reiki Level One

22 November 2009 £99

Diplomas:

Fast-Track Thai Yoga Massage Diploma (CTHA)

Starts 9 November £1099

Holistic Aromatherapy Diploma (IFA) for qualified massage therapists

Starts 23 January 2010 £1895

Fast Track Holistic Massage Diploma (ITEC)

Starts 1 February 2010 (weekday) £1895

Fast Tack Anatomy, Physiology and Pathology Diploma (ITEC)

Starts February 2010 (weekday course) £595

Thai Yoga Massage Diploma (CTHA)

Starts 20 February 2010 £1099

Indian Head Massage Diploma (APNT)

Starts 27 February 2010 (first 2 days open to all) £395

Sports Massage Diploma (APNT) for qualified massage therapists

Starts 27 February 2010 £1495

Holistic Massage Diploma (ITEC/MTI) (22 days)

Starts 6 March 2010 (weekend course) £1895

Anatomy, Physiology and Pathology Diploma (ITEC/MTI)

Starts March 2010 (weekend course) £595

Onsite Chair Massage Diploma

Starts 22 May 2010 £395

Intro workshops:

Intro to Holistic Massage Day 1 (1 day)

28 November or 23 January 2010 £89

Intro to Holistic Massage Day 2 (1 day)

24 January 2010 £89

Intro to Thai Yoga Massage Workshop (1 day)

29 November or 7 February 2010 £89

CPD workshops:

Trigger Points (Upper Body) - 15 November 2009 £89

Thai Yoga Massage - 29 Nov 2009 or 7 Feb 2010 £89

MET (Muscle Energy Technique) 16 November 2009 £89

Back/Neck Conditions - 1 December 2009 £89

Deep Tissue Massage - 6 December 2009 £89

Thai/Sports Massage - 30 January 2010 £89

Massage in Pregnancy - 31 January 2010 £89