



Courses and workshops at
The Rosemount Centre
 for complementary therapies

2005 Reiki Mastership Programme

A six month course, conferring all attainments & knowledge, enabling Reiki practitioners to teach Reiki.

April 9th to Sept' 18th £950

Contact Elizabeth Harley 01467 681259
www.reikittraining.org.uk

2005 Indian Head Massage

Maggie Inch offers a two day training in Indian Head Massage, includes manual and certificate.

April to November £120

Contact Rosemount on 01224 636378
admin@rosemountcentre.com

OPEN DAY AT ROSEMOUNT CENTRE

Saturday April 23rd 10am to 5pm

?
 Taster sessions in bodywork

?
 Talks and workshops

?
 A day for rest relaxation and pampering

?
 Discover more about therapies that will suit you

?
 Refreshments and chats with the therapists all day

£20 for the day including taster sessions

places are limited so booking of taster sessions is highly recommended.

Date	Workshops and Courses	
	All talks and workshop take place at the Rosemount Centre, 1C Mount Street, Aberdeen	
Sundays March 13	Homeopathy: A First Aid Course in 4 parts, with Elaine Cairney RSHom Learn how to treat minor ailments at home safely and effectively. Philosophy/provings/what and when to treat. The remedies: How to store remedies; when and how much to use and at what potency. Homeopathic creams and tinctures, Remedies for colds/flu, sore throats and wounds. How to take a case to find a good remedy picture. More remedies for common illnesses will be introduced.	Time: 2pm-4pm Cost: £50 for the whole course £10 deposit required with booking.
March 20		
March 27		
April 3		
Wednesday March 30	Vaccination: The classical homeopathic approach to vaccination issues. Elaine Cairney RSHom will offer some insight and discuss the treatment of childhood illnesses.	Time: 7pm-9pm Cost: £10
Saturday April 23	Rosemount Centre Open Day At the Open Day, you can enjoy taster sessions in bodywork, with many therapies available, also talks, chats to therapists. A day for rest, relaxation, pampering and discovering more about which therapies could benefit you. Refreshments will be available.	Time: 10am – 5pm Cost: £20 * Numbers are limited. Contact us to book taster sessions.
Monday evenings April 18 April 25 May 2 May 9 May 16	Neil Spence RSHom will discuss the homeopathic treatment of common chronic ailments. Five workshops. The homeopathic treatment of asthma. Homeopathic treatment of eczema and psoriasis. The homeopathic treatment of irritable bowel syndrome. Homeopathy for the treatment of allergies. Homeopathic treatments for anxiety, depression, emotional distress.	Time: 7.30pm-9.30pm Cost: £10 per evening. * £10 discount will be given to people who arrange a consultation.
Tuesdays from April 19 for 6 weeks	Understanding Your Health - with Martin Julich Shiatsu Practitioner and Chinese Herbalist. The course will cover the 5 Elements, the interrelationship between the organs (Liver, Spleen, Kidney, Heart and Lungs), the Emotions, Mind and Spirit and foods that will enhance our Well-Being. The concept of 'energy' or 'Qi' will be explained and felt.	Time: 7pm – 9pm Cost: £15 per evening £80 for all if paid at the beginning.
Saturday May 14	Introduction to massage, with Ruth Duddy LCSP (Assoc) Fun and practical introduction to Swedish style massage, for those interested in learning basic techniques for use with friends and family, or those considering practitioner training but wishing to find out more before they commit. Handouts and creams provided but please bring two towels per person. Limited places. Contact us for more information.	Time: 10am-4pm Cost: £35 £10 deposit required with booking.
<p>To secure your place on any of the above courses or at the Open Day, it is advisable to book early. It helps! Please make cheques payable to The Rosemount Centre Ltd.</p>		
<p>Coming in Autumn 2005 A weekend of Tuina, a Chinese form of Massage. Very suitable for all body workers and Acupuncturists. For more details contact the Rosemount Centre.</p> <p>The Rosemount Centre will be updating our courses and workshops programme every quarter. Watch this space! And our website, where this info is also available.</p>		