



## Diploma Course Outline

**ETHICS AND VALUES AS PER HOFFMAN MASSAGE AND IICT ACCREDITING BODY** .....

**TRADITIONAL CHINESE MEDICINE AND THE MERIDIAN THEORY** .....

HISTORY .....

ABOUT TRADITIONAL CHINESE MEDICINE .....

QI (CHI) .....

YIN/YANG .....

THE FIVE-ELEMENTS THEORY .....

MERIDIAN THEORY .....

    THE LUNG MERIDIAN (LU) .....

    THE LARGE INTESTINE MERIDIAN (LI) .....

    THE STOMACH MERIDIAN (ST) .....

    THE SPLEEN MERIDIAN (SP) .....

    THE HEART MERIDIAN (HE) .....

    THE SMALL INTESTINE MERIDIAN (SI) .....

    THE BLADDER MERIDIAN (BL) .....

    THE KIDNEY MERIDIAN (KI) .....

    THE PERICARDIUM MERIDIAN (PC) .....

    THE TRIPLE WARMER MERIDIAN (TB) .....

    THE GALLBLADDER MERIDIAN (GB) .....

    THE LIVER MERIDIAN (LR) .....

**AYURVEDA AND MARMA POINT THERAPY** .....

AYURVEDIC MEDICINE .....

    MENTAL CONSTITUTION .....

    THE THREE DOSHAS (PHYSICAL CONSTITUTION) .....

    PRAKRUTI (INDIVIDUAL CONSTITUTION) .....

    SAMPRAPTI (THE DISEASE PROCESS) .....

    CAUSE OF DISEASE .....

    AROMATIC OILS AND DOSHIC INDICATIONS .....

MARMA POINT THERAPY .....

    WHAT IS A MARMA POINT? .....

METHODS TO ADMINISTER MARMA POINT THERAPY .....

    ENERGY METHODS .....

    HERBAL METHODS .....

    USE OF INSTRUMENTS .....

    MASSAGE AND OILS .....

YOGA IN AYURVEDA AND MARMA POINT THERAPY .....

CHAKRA'S IN AYURVEDA AND MARMA POINT THERAPY .....

NADI'S IN AYURVEDA AND MARMA POINT THERAPY .....

AROMATHERAPY IN AYURVEDA AND MARMA POINT THERAPY .....

    TYPES OF AROMATIC OILS .....

BASIC OIL MASSAGE VS. AROMATHERAPY IN AYURVEDA AND MARMA POINT THERAPY .....

**AROMATHERAPY AND MEDICATED OILS** .....

AROMATHERAPY BEGINNINGS .....

AROMATHERAPY TODAY .....

AROMATHERAPY AND SCIENCE .....

TERM "AROMATHERAPY" USED AS MARKETING TOOL .....

EXTRACTION METHODS .....

STEAM DISTILLATION .....

EXPRESSION.....

SOLVENT EXTRACTION.....

HOW AROMATHERAPY WORKS.....

    TOPICALLY .....

    EMOTIONALLY.....

HOW TO SELECT AN ESSENTIAL OIL .....

    BOTANICAL NAME .....

    CORRECT AROMA .....

    DARK GLASS .....

    COOL BOTTLE .....

    DROPPER INSERT .....

STORING ESSENTIAL OILS.....

IS YOUR SKIN SAFE?.....

PREGNANCY AND ESSENTIAL OILS .....

10 POPULAR OILS FOR MASSAGE.....

    EUCALYPTUS (EUCALYPTUS CITRIODORA) .....

    ROMAN CHAMOMILE (CHAMAEMELUM NOBILE) .....

    LAVENDER (LAVANDULA ANGUSTIFOLIA) .....

    ROSEMARY (ROSMARINUS OFFICINALIS) .....

    PEPPERMINT (MENTHA PIPERITA) .....

    TEA TREE (MELALEUCA ALTERNIFOLIA).....

    LEMON (CITRUS LIMON) .....

    YLANG YLANG (CANANGA ODORATA).....

    GERANIUM (PELARGONIUM GRAVEOLENS) .....

    CLARY SAGE (SALVIA SCLAREA) .....

MORE ESSENTIAL OILS.....

ESSENTIAL OILS FOR SPECIFIC CONDITIONS.....

REPRODUCTIVE SYSTEM .....

DIGESTIVE SYSTEM .....

SKIN CARE.....

LYMPHATIC SYSTEM.....

MUSCULOSKELETAL SYSTEM .....

NERVOUS SYSTEM.....

**AYURVEDIC OIL THERAPY.....**

AYURVEDA AROMATHERAPY ESSENTIAL OILS.....

**THE SCIENCE OF ENERGETIC MEDICINE .....**

INTRODUCTION TO THE ENERGETIC MEDICINE: THE SCIENTIFIC BASIS .....

HISTORICAL BACKGROUND .....

ENERGY DEFINED BY PHYSICS.....

THE CONCEPT OF ENERGY EXCHANGE BETWEEN INDIVIDUALS.....

MIND-BODY, OR MORE THAN ONE BRAIN? .....

    THE SECOND BRAIN .....

    THE THIRD BRAIN.....

    WHAT THIS IMPLIES ABOUT INTUITION.....

**ENERGETIC HEALING .....**

RESONANCE.....

ENERGETIC AWARENESS.....

BREATHING TECHNIQUES.....

ENERGY FLOW CHART.....

HAND POSITIONS .....

**CHAKRAS AND THE ENDOCRINE SYSTEM .....**

INTRODUCTION TO CHAKRAS.....

CHAKRAS AND THEIR RELATED SYSTEMS.....

HOW DOES ENERGY HAVE PHYSICAL IMPLICATIONS? .....

CHAKRA BALANCING.....  
WHY BALANCE THE CHAKRAS? WHAT ARE THE BENEFITS?.....  
HOW CAN THE CHAKRAS BE BALANCED? .....  
THE CHAKRAS .....  
    ROOT / MULADHARA CHAKRA .....  
    SACRAL / SWADHISTHANA CHAKRA.....  
    SOLAR PLEXUS / MANIPURA CHAKRA.....  
    HEART / ANAHATA CHAKRA.....  
    THROAT / VISHUDDHA CHAKRA.....  
    THIRD EYE / AJNA CHAKRA .....  
    CROWN / SAHASRARA CHAKRA .....  
THE ENDOCRINE SYSTEM .....

**BOWEN THERAPY .....**

WHO IS TOM BOWEN? .....  
WHAT IS BOWEN THERAPY?.....  
HOW WAS BOWEN THERAPY PASSED ON? .....  
THE TWO MINUTE 'WAIT TIME' ISSUE .....  
BOWEN THERAPY RESPONSE AND BENEFITS.....  
THE BOWEN MOVE .....  
CROSS FIBRE MOVES VS. THE BOWEN MOVE.....

**TEMPOROMANDIBULAR JOINT DISORDER (TMJ).....**

THE "DIAGNOSIS" CONFUSION.....  
WHAT IS TMJ DISORDER .....  
PREVENTION.....  
TREATING TMJ DISORDER WITH THE BOWEN MOVES PROCEDURE .....

**MASSAGE ZONES OF THE BODY .....**

THE BACK.....  
LOWER BACK AND GLUTEAL / BUTTOCKS.....  
BACK OF THE LEGS .....  
FRONT OF THE LEGS .....  
ABDOMINALS.....  
CHEST.....  
HEAD AND NECK.....  
THE ARMS .....  
THE HANDS.....  
THE FEET .....