

Aroma HealthCare provides  
quality learning opportunities in a  
friendly, safe, and relaxed  
atmosphere.

All participants will receive a  
certificate of attendance.

Courses will be held at

Methodist Church Hall,

Gt Melton Road, Hethersett

Norwich, NR9 3AB

Contact Miriam on 01603 811486

or 07881 945 114 to reserve your place

Email : [miriam@aromahealthcare.net](mailto:miriam@aromahealthcare.net)

Visit: [www.aromahealthcare.net](http://www.aromahealthcare.net)

Fees payable in advance by cash or  
cheque to:

Aroma HealthCare'

Miriam Drugan trained at the Belfast  
Institute of Further & Higher  
Education where she was awarded  
Diplomas in Aromatherapy  
Massage and Swedish Massage,  
recognised by the International  
Institute of Health and Holistic  
Therapies.

She is trained to perform Ear  
Candling and is a qualified  
practitioner of Indian Head  
Massage and Reiki. Miriam is also  
trained to give nutrition advice.

Miriam is a member of the  
Federation of Holistic Therapists  
and the Institute for Learning.

Miriam has wide teaching  
experience to diverse groups,  
including those with problems of  
addiction, mental health issues and  
physical disabilities.



*Aroma HealthCare*

*Courses for 2009*



## An Introduction to Aromatherapy Massage

A 'hands on' workshop allowing you to practice on friends and family

Areas covered:

- ◆ Brief history of Aromatherapy
- ◆ How do the oils work?
- ◆ Benefits to body and mind
- ◆ Contraindications to aromatherapy massage
- ◆ Blending oils for personal use
- ◆ How to use the oils in the home
- ◆ Learn how to give a relaxing back massage
- ◆ Relaxation techniques

Cost of workshop: £45 including oils

Students need to bring a sleeping bag and large thick towels to lie on



## Learn to Heal your Life

A workshop in self-healing based on the philosophy of Louise Hay and others.

A life changing course for those ready to make positive changes in their life!

Take positive steps to improve the quality of relationships, health, prosperity and vitality.

Discover how your thoughts ,words and Feelings are the most powerful combination for achieving your dreams.

Learn how to release your limitations and create a happy and fulfilling life.

Visualisations and relaxation techniques

Cost : £40

## Assertiveness and Confidence Building

A workshop covering:

- ◆ Types of behaviour
- ◆ Stress Management
- ◆ Disarming anger
- ◆ Dealing with requests
- ◆ Handling rejection
- ◆ Positive self-talk
- ◆ Building confidence and personal power
- ◆ Goal setting

Cost : £40

## Indian Head Massage

A 'hands on' workshop learning the wonderfully relaxing art of Indian Head Massage

Areas covered:

- ◆ Brief history of Indian head massage
- ◆ Looking at the chakra system
- ◆ Practical work on shoulders and upper arms
- ◆ Neck, scalp and face massage
- ◆ Putting whole sequence together
- ◆ Relaxation

Cost : £ 40

