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"The holistic approach to learning"

# HOLISTIC THERAPIES TRAINING ACADEMY

COURSE PROSPECTUS



Online courses ~ accredited  
practical (CPD) courses ~  
VTCT (VRQ) courses

## ABOUT US

A multi-award winning, established, training academy providing a fun & friendly learning environment with experienced tutors & a huge range of courses to suit your learning style & level of qualification required

Contact

T: (07871) 288983

E: [learning@holistictherapiestraining.co.uk](mailto:learning@holistictherapiestraining.co.uk)

Facebook / Instagram: @holistictherapiestraining

## COURSES



Beauty Therapy



Massage



Complementary Therapies



Sports therapy & fitness

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# BEAUTY THERAPY



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses

## BEAUTY THERAPY

Learn Beauty therapy to add to your skills or to become a beauty therapist. We offer a vast range of both accredited and VTCT courses to suit your qualification preference and learning style.

Career options: employed or self-employed in a salon, spa, as a mobile therapist, beauty consultant, salon manager, cruise ship, nail technician, make-up artist, teaching, lecturing, assessing, IQA.

## COURSES

- ✓ **VTCT Level 2 & 3 Beauty Therapy**
- ✓ **Lash & Brow courses**
- ✓ **Facial courses**
- ✓ **Make-Up courses**
- ✓ **Nail courses**

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# BEAUTY THERAPY



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses

## BEAUTY THERAPY

We offer VTCT beauty therapy combined courses for those who want to learn at level 2 & level 3.

At level 2 you will learn the foundations of beauty therapy, to include facial, manicure, pedicure, waxing, nail art & eye treatments.

At level 3 you have the option of the massage route or the general route which include electrics (i.e., high frequency, microcurrent, galvanic treatments.)

## COURSES

- ✓ **VTCT Level 2 Beauty Therapy.**
- ✓ **VTCT Level 3 Beauty therapy (electrics)**
- ✓ **VTCT Level 3 Beauty therapy massage**
- ✓ **VTCT Level 3 Facial Electrotherapy**

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# BEAUTY THERAPY - FACIALS



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses

## FACIALS

Learn various facial techniques to provide skincare treatments and advice to your clients. We offer a range of facial courses incl, facial electrics

## FACIAL COURSES

- ✓ VTCT Level 2 Facial massage & skincare
- ✓ VTCT Level 3 Facial Electrotherapy
- ✓ Microcurrent
- ✓ Microdermabrasion
- ✓ Galvanic
- ✓ High frequency
- ✓ LED Facial
- ✓ Dermaplaning

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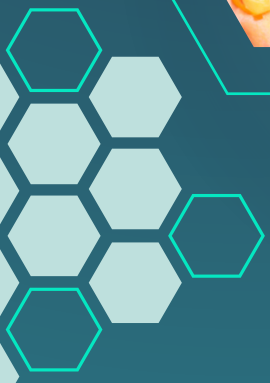
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# BEAUTY THERAPY - NAILS



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses

## NAILS

Learn various nail techniques to add to your skills as a therapist or to become a nail technician. Great for regular clients, proms, special occasions, pamper parties

## NAIL COURSES

- ✓ VTCT Level 3 Diploma in Nail technology
- ✓ VTCT Level 2 Nail treatments
- ✓ Manicure
- ✓ Pedicure
- ✓ Nail art
- ✓ Gel Polish
- ✓ Gel nail enhancements
- ✓ Acrylic nail enhancements
- ✓ E-File

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# BEAUTY THERAPY - MAKE-UP



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses

## MAKE-UP

Learn various make-up techniques to become a make-up artist or for weddings, proms, special events, cosmetic.

## MAKE-UP COURSES

- ✓ VTCT Level 2 Cosmetic make-up
- ✓ Day / Evening Make-up
- ✓ Bridal Make-Up
- ✓ Special effects Make-up (SFX) - COMING BACK SOON
- ✓ Airbrush Make-up - COMING BACK SOON
- ✓ Camouflage Make-up - COMING BACK SOON

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# BEAUTY THERAPY - LASH & BROW TREATMENTS



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses

## LASH & BROW TREATMENTS

Learn various eye treatments to become a lash technician, brow specialist or to increase your beauty therapy treatment choices to your clients

## LASH & BROW COURSES

- ✓ Classic eyelash extensions
- ✓ Pre-made volume / hybrid lash extensions
- ✓ Eyelash & brow tinting / shaping
- ✓ Lash lift & tint
- ✓ Brow lamination & tint
- ✓ Henna brow
- ✓ Definition brow
- ✓ Threading - COMING BACK SOON

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# BEAUTY THERAPY - HAIR REMOVAL



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses

## HAIR REMOVAL

Learn hair removal for regular repeat clients. You can learn waxing, threading to get your clients to keep coming back.

## HAIR REMOVAL COURSES

- ✓ Warm waxing
- ✓ Hot waxing - COMING BACK SOON
- ✓ Intimate (female) waxing
- ✓ VTCT Level 2 Wax depilation - COMING BACK SOON
- ✓ Threading - COMING BACK SOON



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# BEAUTY THERAPY - BODY TREATMENTS



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses

## BODY TREATMENTS

Learn additional beauty treatments such as spray tanning & body wraps. Offer spray tan parties for brides to be and their hens!

## BODY TREATMENT COURSES



Spray Tanning



Body Wraps

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# ANATOMY & PHYSIOLOGY



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses

## ANATOMY & PHYSIOLOGY

To learn the foundations of any therapy in beauty, massage, complementary or sports, it is compulsory to learn about the body.

We offer a few anatomy & physiology options for you to choose from, and all of our courses will include the relevant Anatomy & physiology content too.

## ANATOMY & PHYSIOLOGY COURSES



[Anatomy & Physiology online course](#)



[VTCT Level 3 Anatomical & physiological knowledge of the body systems](#)



[VTCT Level 3 Anatomy, physiology & pathology](#)

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# MASSAGE



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses

## MASSAGE THERAPIES

We offer a range of massage courses in both accredited and VTCT. Our VTCT courses are offered at level 3 & 4. Choose from a range of massage techniques and become a massage therapist, or to progress on to sports therapy or complementary therapies.

## MASSAGE COURSES

- ✓ VTCT Level 3 & 4 Massage
- ✓ Indian head massage
- ✓ Lymphatic drainage massage
- ✓ Baby massage instructor
- ✓ Hot stones massage
- ✓ Warm bamboo massage
- ✓ Deep tissue massage
- ✓ Pregnancy massage
- ✓ Oriental & Thai style massage

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# MASSAGE



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses

## VTCT & ACCREDITED MASSAGE

We offer a range of accredited & VTCT level 3 massage courses. VTCT level 3 massage in Swedish, pre-blended aromatherapy, Indian head massage & stone therapy massage (use of hot & cold stones).

Our level 3 & 4 diplomas in massage cover various massage and advanced massage techniques. The level 3 diploma also covers seated massage.

## MASSAGE COURSES

- ✓ VTCT Level 3 diploma in massage
- ✓ VTCT Level 3 Swedish massage
- ✓ VTCT Level 4 diploma in massage
- ✓ VTCT Level 3 Indian head massage - COMING BACK SOON
- ✓ VTCT Level 3 stone therapy massage - COMING BACK SOON
- ✓ VTCT Level 3 beauty therapy massage
- ✓ VTCT Level 3 massage with pre-blended aromatherapy
- ✓ Swedish massage 2 day accredited

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# MASSAGE - PREGNANCY & BABY



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses

## PREGNANCY & BABY MASSAGE

We offer baby massage instructor course to instruct parents / carers to massage their infants. Once qualified you could run baby massage classes.

The pregnancy massage covers you to work with pregnant clients safely.

## PREGNANCY & BABY MASSAGE COURSES

- ✓ Baby massage instructor
- ✓ Pregnancy massage
- ✓ Baby reflexology

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# MASSAGE - ADVANCED



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses

## ADVANCED MASSAGE

Once you have completed a massage qualification, you can progress onto further massage techniques, such as lymphatic drainage massage, warm bamboo massage, deep tissue massage amongst many others listed in this booklet.

These techniques can help your clients with a range of ailments such as muscular tension, circulation, as well as other ailments.

## ADVANCED MASSAGE COURSES

- ✓ Deep tissue massage
- ✓ Warm bamboo massage
- ✓ Lymphatic drainage massage

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# MASSAGE - INDIAN HEAD/ ACUPRESSURE



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses

## INDIAN HEAD MASSAGE & ACUPRESSURE

We offer Indian head massage, seated massage and acupressure massage courses for that Ayurvedic style of massage. These massages can be carried out with your client seated too, to add a little versatility to the therapy. Perfect for Holistic Fayres & mobile therapies

## INDIAN HEAD MASSAGE & ACUPRESSURE COURSES

- ✓ Indian head massage
- ✓ VTCT Level 3 Indian head massage - COMING BACK SOON
- ✓ Acupressure massage
- ✓ Facial acupressure
- ✓ Seated acupressure massage
- ✓ Facial reflexology
- ✓ Thai foot massage

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# MASSAGE - STONE THERAPY



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses

## STONE THERAPY MASSAGE

We offer hot & cold stones massage as both accredited and VTCT qualifications. These treatments can be adapted to your clients needs for therapeutic relaxation massage as well as many massage & sports therapists utilise the stones to 'save' their hands. It is said that one massage stroke of a hot stones is equivalent to 6 - 10 of the hand! Hot stones put heat into the body whilst cold stones draw heat from the body, this technique is used by many sports therapists to enhance their techniques.

## STONE THERAPY MASSAGE COURSES

- ✓ **Hot stones massage**
- ✓ **VTCT Level 3 Stone therapy massage - COMING BACK SOON**



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# COMPLEMENTARY THERAPIES



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses



## COMPLEMENTARY THERAPIES

We offer a range of complementary therapies courses in both accredited and VTCT qualifications, incl.; reflexology, aromatherapy, ear candling, Reiki & crystal therapy

## COMPLEMENTARY THERAPIES COURSES

- ✓ VTCT Level 3 & 4 Complementary therapies
- ✓ VTCT Level 3 & 4 Reflexology
- ✓ VTCT Level 3 & 4 Aromatherapy
- ✓ Aromatherapy blending
- ✓ Ear candling/Thermal auricular therapy
- ✓ Advanced reflexology
- ✓ Advanced aromatherapy
- ✓ Reiki
- ✓ Crystal therapy

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# COMPLEMENTARY THERAPIES



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses



## COMPLEMENTARY THERAPIES

We offer VTCT Level 3 & 4 Diploma in Complementary therapies. These courses include massage, aromatherapy & reflexology so you can offer a choice of therapies to your clients.

## COMPLEMENTARY THERAPIES COURSES

- ✓ VTCT Level 3 diploma in Complementary therapies
- ✓ VTCT Level 4 Diploma in complementary therapies

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## COMPLEMENTARY THERAPIES - REFLEXOLOGY



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses



### REFLEXOLOGY

Work with the energy zones of the body with reflex points corresponding to the organs and systems of the body in the feet or hands.

### REFLEXOLOGY COURSES

- ✓ VTCT Level 3 diploma in Reflexology.
- ✓ VTCT Level 4 Diploma in Reflexology.
- ✓ Reflexology.
- ✓ Hand reflexology.
- ✓ Maternity & fertility reflexology.
- ✓ Baby reflexology.
- ✓ Facial reflexology.
- ✓ Reflexology - supporting body systems 1 day accredited
- ✓ Reflexology - supporting palliative care 1 day accredited

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## COMPLEMENTARY THERAPIES - AROMATHERAPY



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses



### AROMATHERAPY

Learn to select and blend essential oils specific for your clients needs whether in massage or to create your own products, dependant on which course you choose. We offer a range of both accredited and VTCT level 3 & 4 qualification options.

### AROMATHERAPY COURSES

- ✓ [VTCT Level 3 diploma in Aromatherapy.](#)
- ✓ [VTCT Level 4 Diploma in Aromatherapy.](#)
- ✓ [Aromatherapy blending](#)
- ✓ [Aromatherapy massage](#)
- ✓ [Pre-blended aromatherapy massage](#)
- ✓ [Advanced aromatherapy.](#)

[Karen Ashton \(owner\) has published her own book in Aromatherapy - The Essential Oils Guide. Available on Amazon \(Click image\).](#)

The  
Essential  
Oils Guide

Karen Ashton



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## COMPLEMENTARY THERAPIES - REIKI



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses



### REIKI

We offer Reiki 1, Reiki 2 practitioner & Reiki Master.

Work with the energies to facilitate healing to your clients. Start with Reiki 1 to enable you to work on friends & family, then progress on to Level 2 Practitioner to work with clients. Then if you wish, you can progress onto Master level to be able to attune and teach your own students on their journey to become Reiki Practitioners & Masters.

### REIKI COURSES - COMING BACK SOON

- ✓ Reiki 1
- ✓ Reiki 2 (practitioner level)
- ✓ Reiki Master (Teacher level)

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## COMPLEMENTARY THERAPIES - EAR CANDLING & CRYSTAL THERAPY



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses



### CRYSTAL & EAR CANDLING COURSES

#### CRYSTAL THERAPY & EAR CANDLING

Learn crystal therapy and chakra balancing with the wonderful energies of crystals.

Or, why not learn ear candling (also known as thermal auricular therapy) to help clients ailments such as sinus problems, hay fever, tinnitus and more.



Crystal therapy.



Ear candling (thermal auricular therapy).

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# SPORTS THERAPIES



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses

## SPORTS THERAPIES

We offer a range of sports massage and therapy courses for a career in the sports therapy industry.

Offer deep tissue or maintenance massages to your clients. Work at sporting events offering pre, post & intra event massage or progress onto advanced level / level 4 to work with non-acute / pre-existing sporting injuries.

Learn how to help your client with posture and lifestyle changes.

COMING SOON - DRY NEEDLING

## SPORTS THERAPIES COURSES

- ✓ VTCT Level 3 Sports massage
- ✓ VTCT Level 4 Sports massage
- ✓ Dry cupping therapy
- ✓ Deep tissue massage
- ✓ Pre & post event massage - COMING BACK SOON
- ✓ VTCT Level 3 taping & strapping
- ✓ VTCT Level 3 Nutrition for physical activity
- ✓ Dry Needling - COMING SOON

QUALITY  
ASSURANCE

AFTER-SALE  
SERVICES

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Assessment

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TEACH

# TEACHING



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses



## TEACHING COURSES

## TEACHING

Once you have gained the relevant industry experience, you may want to progress your career by passing on your skills and expertise to others by way of teaching, assessing or IQA.

We offer a choice of VTCT courses to help progress your career in the field of teaching.

- ✓ VTCT Level 3 Education & Training
- ✓ VTCT Level 4 Education & Training - COMING SOON
- ✓ VTCT Level 3 Assessing vocational achievement
- ✓ VTCT Level 4 Internal quality assurance



LIFE  
COACHING

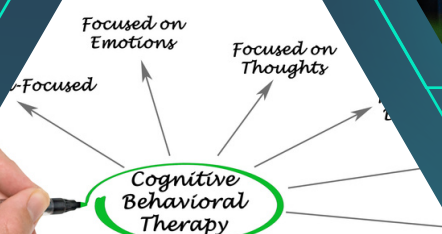
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# TALKING THERAPIES



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses



## TALKING THERAPIES COURSES

### TALKING THERAPIES

Becoming a therapist, whether in beauty, massage, complementary therapies or sports therapies, you will often come across clients who need to talk about current problems in their life, and these courses will provide you with the skills and knowledge to help your clients not only in a physical way by massage therapy treatments but emotionally too with coaching and consultation therapies.

- ✓ VTCT Level 1 mental health awareness - COMING BACK SOON
- ✓ VTCT Level 2 mental health awareness - COMING BACK SOON
- ✓ Stress management

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# NUTRITIONAL THERAPY



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses



## NUTRITION COURSES

## NUTRITIONAL THERAPY

Add to your therapy skills by learning how to consult and advise your clients on a healthy nutrition plan, the relationship between nutrition & physical activity as well as supporting your client with their nutrition goals.

- ✓ VTCT Level 3 Healthy eating
- ✓ VTCT Level 3 Nutrition for physical activity
- ✓ Nutritional therapy

# Cancer

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## CANCER CARE



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses



### CANCER CARE COURSES

#### CANCER CARE THERAPY

Complementary therapies are widely available to people with cancer & increasingly to patients with a range of long term medical & life limiting conditions. Therapies are delivered alongside orthodox treatments, often within a healthcare setting, with the aim of providing psychological & emotional support through the relief of symptoms. These qualifications are designed to give you the essential knowledge to assist you to provide your therapeutic skills within your therapy practice or in a clinical setting.

- ✓ Providing therapies for clients with cancer / life limiting conditions accreditation course option
- ✓ VTCT Level 2 Skin cancer awareness - COMING BACK SOON

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# ONLINE COURSES



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses



## ONLINE LEARNING

At Holistic Therapies Training Academy, we recognise the convenience of home learning, and how this can improve on the student's knowledge, treatment range and skills they can offer. It is also convenient for some who lead business family lives and businesses who struggle to get away for training days.

We offer a range of online courses to suit your needs.

N.B. **ALWAYS** check with your insurer BEFORE enrolling on any online course, to ensure they will cover you once qualified.

## ONLINE COURSES

- ✓ Online ABT accredited courses
- ✓ Online IPHM accredited courses
- ✓ Online courses
- ✓ Online E-Classes
- ✓ Online Business E-Classes

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# ONLINE COURSES - ABT ACCREDITED



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses



## ABT ACCREDITED

We offer online ABT accredited courses for some of our accredited courses.

These have been approved and accredited to teach as online learning via our online course platform with a live video lesson via zoom to cover the practical learning.

This style of learning has proved extremely popular, especially for those who prefer to learn in their own environment, or live too far away to travel to us for training.

## ONLINE ABT ACCREDITED COURSES

- ✓ Aromatherapy blending
- ✓ Baby massage instructor
- ✓ Cognitive behavioural therapy
- ✓ Crystal therapy
- ✓ Ear candling
- ✓ Holistic facial
- ✓ Hand reflexology
- ✓ Indian head massage

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# ONLINE COURSES - ABT ACCREDITED CONTD.,



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses

## ABT ACCREDITED

Continuing on from the previous page with our online ABT accredited courses



## ONLINE ABT ACCREDITED COURSES

- ✓ Life coaching
- ✓ Oriental face massage
- ✓ Oriental hand massage
- ✓ Pre-blended aromatherapy oils
- ✓ Pregnancy massage
- ✓ Provide therapies for clients with cancer
- ✓ Reflexology
- ✓ Maternity & fertility reflexology
- ✓ Thai foot massage



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**IPHM**

Holistic Accreditation Board

APPROVED  
Training Provider

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# ONLINE COURSES - IPHM ACCREDITED



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses

## IPHM ACCREDITED

Continuing on from the previous pages with our online accredited courses. Accredited with IPHM.

ALWAYS check with your insurer BEFORE enrolling on a course.



## ONLINE ACCREDITED COURSES



Online accredited courses



Online E-Classes

# Accre

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# ACCREDITATION



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses

## ACCREDITATION

Our courses are accredited with a number of accrediting bodies as well as some with VTCT, offered as VRQ qualifications. Our accrediting bodies include:

- ~ ABT - Associated beauty therapists
- ~ PBD - Professional Beauty Direct
- ~ IPHM - International practitioners in Holistic Medicine
- ~ The CMA - Complementary Medical Association
- ~ IICT - International Institute for Complementary Therapists

Each course info page will tell you who the course is accredited with (each course varies.)

ALWAYS check with your insurer BEFORE enrolling on a course.

## ACCREDITED VS VTCT COURSES

Not sure what the difference between an accredited or a VTCT course is? Click on the options below to find out more

- [What is an accredited course?](#)
- [Who are the VTCT?](#)



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Academy

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# OUR VENUES



Online courses ~ accredited practical courses ~ VTCT (VRQ) courses

## OUR VENUES

We currently offer accredited courses in the following venues:

- ~ [Bideford, Devon](#)
- ~ [Bridport, Dorset](#)
- ~ [Calne, Wiltshire](#)
- ~ [Plymouth, Devon](#)

Please check each venue to see which courses are offered there.

More venues coming soon!



Do you want to add teaching to your therapy business?

We are looking to add more venues to our list, please get in touch if you want to discuss the possibility of teaching for us.

Email - [learning@holistictherapiestraining.co.uk](mailto:learning@holistictherapiestraining.co.uk)





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# CONTACT



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## JOIN OUR FACEBOOK GROUP

Why not join our Facebook FREE student membership club



Message us on  
**07871 288983**



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