



Indian Champissage™ Scotland  
Accredited by the London Centre for Indian Champissage™

## Indian Champissage™ Scotland



Learn the ancient art of Indian Head Massage in the beauty and tranquillity  
of Balquhider Glen, Perthshire

~ Weekend Certificate and Diploma Courses ~  
~Treatments ~

Indian Champissage™ Scotland  
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Balquhider  
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FK19 8NY

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Award winning, organic, ethical  
beauty products – see page 8.

# Indian Champissage™

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## What is Indian Champissage?

Indian Head Massage (Champissage™) includes massage of the shoulders, upper arms, neck, scalp, face, ears and energy balancing. This method is the brainchild of Narendra Mehta. It is based on the traditional form of Champi (head massage) practised in India for over 1,000 years.

It is a wonderfully relaxing therapy. The massage is safe, simple to learn and very effective to give, without the need to undress or use oils. It can provide relief from aches and pains, stress symptoms, insomnia, promote hair growth, soothe, comfort and rebalance your energy flow which gives you a deep sense of peace, calm and tranquillity.

## Narendra Mehta MBE

The late Narendra Mehta, having been totally blind since the age of one, developed a highly sensitive power of touch. He had over 25 years experience in bodywork and studied various hands-on therapies.

In 1978, he went to India to research "head massage" and subsequently developed his own unique therapy of Indian Head Massage (Champissage™), based on the traditional form of Champi and his own experience as a practicing therapist. He worked for over 10 years as a physical therapist and as a manipulative therapist and ran Indian Head Massage (now known as Indian Champissage™) courses for several years from the London Centre of Indian Champissage™. Narendra's wife (Kundan) and his godson (Moses) still continue to offer courses at the Centre.

**Alison Inglis of Indian Champissage™ Scotland has been personally trained by Narendra as a tutor of this wonderful and unique approach to Indian Head Massage.**

For more information on the London Centre of Indian Champissage™, please visit [www.indianchampissage.com](http://www.indianchampissage.com)



'Mr. Narendra Mehta,  
Guru of the British Indian  
head massage Movement'

- Your Healthcare Magazine -

# Course Details

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## Certificate/Diploma in Indian Champissage™

The aim of this course is to provide a comprehensive grounding in the theoretical basis and practical application of Indian Champissage™. Students will be able to use the technique as a principle or subsidiary part of their professional practice.

The Certificate is obtained by attending a 3 day course. The Diploma is structured over 4 days involving 3 days tuition and an exam day. In order to qualify you need to carry out a number of case studies before taking the exam. Once qualified, you can subscribe to the L.C.I.C. Register. It is distributed to all those looking for qualified therapists, and appears on the L.C.I.C. website ([www.indianchampissage.com](http://www.indianchampissage.com)).

Day 1: Tuition	Day 2: Tuition	Day 3: Tuition	Day 4: Exam
<p><b>Introduction</b> History of Champissage™</p> <p><b>Unit I</b> Practical - Massage of the Shoulders</p> <p><b>Unit II</b> Practical - Massage of the Upper Arms</p> <p><b>Revision of Units I &amp; II</b></p>	<p><b>Discussion</b> Benefits &amp; Contraindications</p> <p><b>Unit III</b> Practical - Massage of the Neck Revision of Units I, II and III</p> <p><b>Unit IV</b> Practical - Massage of the Head</p> <p><b>Revision of Units I - IV</b></p>	<p><b>Discussion</b> Stress Management, Anatomy, Introduction to Chakra Energy</p> <p><b>Unit IV</b> Practical - Massage of the Face, Ears &amp; Energy Balancing Techniques</p> <p>Discussion of Exam Format and Case Studies</p> <p><b>Final Revision of Units I - V</b></p> <p><b>Distribution of Attendance Certificates</b></p>	<p>Presentation of Case Studies*</p> <p>Practical Exam</p> <p>Multiple Choice Exam (60 minutes) based on course material and book (Indian Head Massage by Narendra Mehta)</p> <p><b>*15-20 hours of practice is required before beginning Case Studies. Then 5 case studies of 5 treatments each should be carried out (approx 12.5 hours) prior to exam day.</b></p>

## One to One Tutorial

Most students find it extremely useful to have a 1-1 practical tutorial with Alison before commencing their case studies to consolidate and refine the technique. This is optional and the cost is £30 for a 2 hour session with dates arranged to suit.



The Diploma course is accredited by the Complementary Medical Association (CMA) and 21 CMA CPD points will be awarded.

# Course Dates and Fees

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<b>Course Fees 2014</b>	
<b>Course</b>	<b>Fee</b>
3 Day Certificate/Diploma Course (includes Course Manual, DVD and LCIC Certificate/Diploma)	£230
Additional Exam Day for Diploma (includes Exam Fee)	£60
Optional 2 hour 1-1 Tutorial with Alison prior to Case Studies	£30

<b>Course and Exam Dates 2014</b>	
<b>Course</b>	<b>Dates</b>
<b>3 Day Certificate/Diploma Courses</b>  <b>(10am to 6pm)</b>  Please bring a t-shirt and vegetarian lunch to share - soup will be provided.	Fri 6 February to Sun 8 February 2015
	Fri 24 April to sun 26 April 2015
	Fri 19 June to Sun 22 June 2015
	Fri 21 August to Sun 23 August 2015
	Fri 6 November to Sun 8 November 2015
<b>Exam Dates</b>	By arrangement as required

**BOOKING:** To book a place, please complete and send the booking form on page 9, along with a deposit of £100. Cheques should be made payable to Alison Inglis or you can pay by bank transfer if you prefer to:

**Account Name:** Alison Inglis  
**Account Number:** 78386015  
**Sort Code:** 09-01-27  
**Bank:** Santander, Stirling

**The balance of fees are due 4 weeks prior to the course commencement date. *All courses will take place subject to sufficient numbers enrolling (normally 2 to 6 participants). It may be possible to arrange courses on other dates should 2 or more individuals be interested in attending so please get in touch to find out more.***

**POSTPONEMENT AND CANCELLATION CHARGES:**

Please note that unless one week's notice of cancellation or postponement is received, the fee will not be returned. Any postponement or cancellation of a booking will incur a £50 administration fee.

# About Your Tutor

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## Alison Inglis MSc BA Dip LCIC

Alison is an accredited tutor of the London Centre of Indian Champissage and was personally trained by Narendra Mehta as an Indian Champissage Therapist and Tutor. She is the only LCIC accredited tutor in Scotland

Alison is a fully qualified teacher, has been a lecturer for over 25 years, and specialises in management and teacher training. She believes that learning should focus on the learner and be informal, relaxing and fun! Over the years, many of her students have commented on her natural gift for teaching and her friendly and inspiring approach.

She has lived in Balquhidder, a place she calls 'heaven on earth', since 1993 and is a practising Buddhist.



Alison with Narendra Mehta



Alison



Alison with Kundan and Narendra Mehta and her LCIC students

## What Her Students Say

*'Wonderful course, wonderful instruction. Really enjoyed the pace and depth of the course. Thank you Alison for leading me into this new sphere of learning in my life.'*

**Jayne, Edinburgh**

*'Thoroughly enjoyed course content – intense but not too much. Tutor was warm, inviting, knowledgeable with a lovely touch and generous nature. Venue was good – perfect surroundings, nice vibes.....'*

**Karen, Fife**

*'Excellent course, really enjoyed the tuition and group participation'*

**Steve, Lancashire**

# Location

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## Dunollie Cottage, Balquhidder

All courses will take place at Alison's home in beautiful Balquhidder Glen, Perthshire where she has established a training studio.

**Dunollie** is an ideal place to learn this wonderful therapy. It is a traditional, detached character cottage dating from the turn of the century. It occupies a magnificent, tranquil location on the edge of the Trossachs and is situated on the scenic road from Callander to Balquhidder with panoramic views over Balquhidder Glen to Loch Voil, the River Balvaig and the Hills of Strathyre.

**Balquhidder** itself lies in an area of exceptional beauty with lochs, natural woodland and spectacular mountain scenery. It is within easy reach of the Central belt of Scotland with Dunollie lying only 2 miles west of the A84 trunk road linking Stirling to both Edinburgh and Glasgow.

The village has many historical connections, being the burial place of Rob Roy McGregor and the area from which Robert the Bruce led his armies to the Battle of Bannockburn. In addition, the literary works of Tannahill, Sir Walter Scott and Dorothy Wordsworth have all originated from the Glen of Balquhidder.

**Distances:** Balquhidder 1 mile; Lochearnhead 3 miles; Callander or Killin 10 miles (20 mins by car); Stirling 28 miles (40 mins by car); Glasgow 57 miles (70 mins by car); Edinburgh 63 miles (80 mins by car)

**Accommodation:** Should you wish to stay over then we would be happy to provide you with details of some lovely local hotels or bed and breakfast establishments.

## Directions to Dunollie

Dunollie is quite easy to find. Coming from Central Scotland (ie Edinburgh/Glasgow area) take the M9 heading towards Stirling. At Junction 10, take the A84 to Callander, Lochearnhead and Crianlarich. Following the A84, you'll pass through Doune, Callander and along the banks of Loch Lubnaig to Strathyre.

Approximately 2 miles past Strathyre, you'll find a junction for Balquhidder, marked by a signpost on the left-hand side of the road "Kingshouse, Balquhidder". Turn right at this sign and you'll find the Kingshouse Hotel, a white building, on the left-hand side. Drive under the by-pass, following the sign for Balquhidder and, approximately 1 mile along, you'll find Dunollie situated on the right-hand side of the road. It's a large white cottage with green paintwork and "Dunollie Cottage" on a plaque above the door. Just opposite, on the left-hand side, you'll see another cottage called "The Steading".



Dunollie Cottage



Training Studio



View from Cottage

# Treatments

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## Treat Yourself to a Treatment!

Indian Champissage is a de-stressing programme for the whole body which concentrates on the upper back, shoulders, upper arms, neck, head and face – the areas most vulnerable to stress and tension. . It works on physical, mental and subtle levels as outlined below.

Should you wish to experience the benefits of this wonderful, relaxing therapy for yourself then Alison would be happy to give you a treatment, either at Dunollie Cottage or in your own home. The cost is £15 for a 30 min session or £25 for a 60 min session.

### Physical Benefits of Indian Champissage

- Relaxes and releases tension in the muscles of the back, shoulders, upper arms, neck, head and face
- Breaks down knots and nodules
- Disperses toxins
- Relieves chronic neck and shoulder stiffness
- Loosens the scalp
- Increases oxygen uptake in the tissues
- Improves circulation of the blood in congested muscles and provides extra oxygen for the brain
- Stimulates and improves lymph circulation
- Restores joint movement and mobility
- Promotes hair growth
- Helps relieve tension headaches, eye-strain, earache, tinnitus, jaw ache, sinusitis congestion, neck and shoulder stiffness, insomnia and disturbed sleep
- Relaxes the whole person

### Mental Benefits of Indian Champissage

- Gives a sense of calmness, peace and tranquillity
- Releases anxiety
- Improves alertness and concentration
- Enables clearer thinking
- Helps dissipate mental tiredness, edginess, depression, stress etc

### Subtle Benefits of Indian Champissage

- Balances chakra energy
- Releases stagnant energy, boosting energy on all levels
- Provides general energetic healing

## Enhanced Treatments

Why not complete your Indian Champissage treatment by indulging in one of the following which uses Neal's Yard Remedies organic and ethical products – see page 8 for more information:

- **Intensive Hair Treatment** with NYR Rosemary & Cedarwood to nourish, shine and give body (£5)
- **Luxury Mini Facial** to suit your skin type with either NYR Rejuvenating Frankincense, Rehydrating Rose, Soothing Starflower or Purifying Palmarosa (£10)
- **Uplifting Hand Massage** with NYR Melissa hand polish, cream and nail balm for silky soft hands (£10)

# Neal's Yard Remedies Organic Products

For some time, Alison has been looking for an organic and ethical product range to enhance and complement her treatments. When she lived in London she was familiar with Neal's Yard Remedies in Covent Garden and has always loved the products and the company's holistic and ethical approach to business. So when the opportunity arose to become a Neal's Yard Remedies Organic Independent Consultant it was too good to miss. Read on for reasons as to why this company and its products mean so much to Alison.

## About Neal's Yard

- The company is now 33 years old
- Launched in Covent Garden in 1981
- British-owned; family business
- All organic products are manufactured in Gillingham, Dorset with natural ingredients which are traded fairly from overseas suppliers
- It is the **FIRST, BIGGEST & BEST in the organic world!**
  - ✓ FIRST certified health and beauty company in the UK
  - ✓ FIRST UK high street retailer of organic essential oils
  - ✓ FIRST to achieve Soil Association certification for organic non-food items (1991)
  - ✓ FIRST UK Carbon Neutral high street retailer
  - ✓ LARGEST high street retailer of therapeutic herbs
  - ✓ LARGEST network of holistic therapists
  - ✓ BIGGEST holistic presence in the UK
- It's **holistic** approach: To look good on the outside, feel good on the inside.
- It's **mission**: To encourage a more natural, holistic way of health, beauty and wellbeing and to make our world a purer place by bringing NYR products into every home, one blue bottle at a time!

## Why NYR Products Are So Special

- 100% PURE! (Organic/Natural/Wild-harvested)
- Everything comes from a plant
- NO chemicals! (No parabens; synthetic fragrances; nano-particles; SLS; GMT etc)
- No animal testing!
- Adopts the 'Precautionary Principle' – unless long-term effects of ingredients are known they are not used

## Why it is Important to Use Organic Beauty Products

- Skin is absorbent so 60% of what you put on your skin ends up in your bloodstream and is stored in your internal organs.
- Chemicals are not necessary or beneficial in beauty products – the combination and cumulation affects our immune system
- NYR products:
  - Work in harmony with your skin
  - Slow down the ageing process
  - Have won many beauty awards



To view products and place an order, please visit Alison's online NYR Organic Shop at:

[uk.nyrorganic.com/shop/alisoninglis](http://uk.nyrorganic.com/shop/alisoninglis)

To order samples, please email: [mail@indianchampiscotland.com](mailto:mail@indianchampiscotland.com) or telephone 07796 327765

# Indian Champissage Course Booking Form

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Please PRINT your details clearly – many thanks.

Title			
First Name			
Surname			
Address			
Telephone			
Fax			
E-mail			
Website			
Course(s)			
Course Date(s)	<b>Please indicate your 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> choices as courses will only run with sufficient numbers (normally 2 to 6 participants).</b>		
	1 <sup>st</sup> Choice	2 <sup>nd</sup> Choice	3 <sup>rd</sup> Choice
I enclose a cheque /have sent bank transfer for	£	Date transfer sent (if applicable):	

Please complete this form, complete and send it with your cheque for £100, made payable to ALISON INGLIS, to the following address:

**Indian Champissage Scotland  
Dunollie Cottage  
Balquhidder  
Perthshire  
FK19 8NY**

**Alternatively pay by bank transfer to:**

**Account Name: Alison Inglis  
Account Number: 78386015  
Sort Code: 09-01-27  
Bank: Santander, Stirling**

For any further information please phone **01877 384659** or **07796 327765** or email **mail@indianchampiscotland.com**