

PENDULUM POWER

The purpose of this class is to teach you the practical skill of pendulum use. It is an invaluable tool for the home prescriber who is struggling with remedy choice. In the class we make a dowsing wheel and practice honing our skills.

Duration: 2 hours **Cost:** \$33 (brass pendulum included)

TISSUE SALTS

The Twelve Tissue Salts work gently on the physical structure of the body, building, repairing and maintaining health over a period of time. They are prepared in a 6x or 12x potency and pass rapidly into the body through the bloodstream. They can be used at home effectively alongside homoeopathic treatment and can be good for chronic problems such as recurrent hay fever, indigestion, varicose veins and difficult dentition.

Duration: 2 hours **Cost:** \$33 (booklet included)

This list of classes is to be considered as a guide. We are able to adapt existing classes or create a class for your particular need. Let us know what you would like us to cover.

CLASS FACILITIES

At the centre we have a very attractive room set aside for our classes and can seat a maximum of twelve people at one time.

Let us know if you have special requirements and we will do our best to accommodate you.

We have facilities for refreshments and supply morning or afternoon tea. If the course crosses lunch time then bring your lunch or take the opportunity to visit one of the local cafés. Bring notepaper and writing tools with you.

Bookings and Cancellations: A 50% booking fee is required to secure your position in a class. Cancellation is required one week prior to the class to enable a refund.

MISSION STATEMENT

At the Homoeopathic Education Centre we are dedicated to educating the community and allied health professionals in the Art and Science of Homoeopathy. The centre provides access to a comprehensive range of information on homoeopathy and related subjects, education through our range of flyers and books, and remedy kits which can be customised for specific needs. We aim to empower people to take better care of themselves and their families, and to recognise when professional homoeopathic or other medical care is appropriate.

Ultimately educating and instructing people in the use of remedies for themselves or their clients in a home prescribing situation is our focus. We seek to do this by providing workshops, seminars and discussions to meet the needs of the community, and by offering general advice on a one to one basis as required. We also offer Consultations or can direct you to a Homoeopath in your area.

If your specific area of interest is not covered we will endeavour to collate material and write a flyer for your information and assistance. Please let us know how homoeopathy can serve you!

COURSES

As part of our ongoing commitment to education, the Homoeopathic Education Centre will be running regular classes for our clients. The classes generally run for 3 hours on each subject and will focus on home prescribing for your family.

The classes will usually be held on Wednesdays and occasional Saturdays and we also offer a variety of other subjects related to family health care such as Bach Flowers and Tissue Salts.

The informal setting allows clients to share experiences and learn valuable tips from each other about the maintenance of family health. Participants leave the class with an enriched view of the remedies and greater confidence in using home prescribing to treat family and friends.

If you have a group who would like a particular class at the centre or your own venue we are happy to discuss and organise this with you. We can plan a time and course structure to suit your needs.

Contact Maree at the centre to register interest or obtain a list of dates and times for the different courses.

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HOMOEOPATHIC CLASSES

HOME PRESCRIBING CLASS

This class covers the use of the Full Home Remedy Kit the best home prescribing kit for your family including family pets. It contains a comprehensive range of remedies to cover a variety of situations as accidents, injuries, croup, colds, coughs of all kinds, digestive upsets, cystitis and many other common ailments. In the class you will learn how to select the most appropriate remedy and potency. The class is FREE if you have purchased a full home remedy kit from us.

Duration: 3 hours Cost: \$44

ACCIDENTS AND INJURIES

Homoeopathy is excellent for the treatment of accidents & injuries and the indicated remedies can be used in conjunction with any medical treatment which may be necessary. There are real advantages in knowing which remedies are the most useful in the emergency situations. It is an advantage to have completed the home remedy class first.

Duration: 2 hours Cost: \$33

CHILDREN'S CONSTITUTIONAL TYPES

Those of you who appreciate the deeper benefits of homeopathy will enjoy this class in which we explore the various remedies indicated for the treatment on children. You will find that many scenarios presented also relate to other family members and even the family pet. It is an advantage to have completed the home remedy class first.

Duration: 2 hours Cost: \$33

OFFICE AND WORKPLACE

Advice and remedy information covered in this class relates to the use of your remedy kit in the workplace. Situations covered include colds, tummy upsets, accidents, ailments from stress, overwork and travel related symptoms. Encourage your staff to attend this one and you will minimise "sick days".

Duration: 2 hours Cost: \$33

PREGNANCY, BIRTHING & POSTNATAL

This class is especially designed to help pregnant women cope with the common symptoms and difficulties experienced during the nine months of pregnancy, birthing and the post-natal period. Remedies discussed will include those for general good health, recovery from caesarian, emotional upsets and breastfeeding remedies to mention a few. Midwives and nurses will find this class very useful.

Duration: 2 hours Cost: \$33

TEENS AND STUDY

Homework assignments and preparation for exams can cause children and adolescents a significant amount of stress and anxiety. This class focuses on remedies which will help with these symptoms, allowing the process to become less of a trauma for both student and family.

Duration: 2 hours Cost: \$33

TREKKING AND CAMPING

While trekking and camping it is far from fun to experience health difficulties especially while travelling in overseas countries. This class covers the most important remedies to carry in your back pack when off on a trekking adventure. The remedies included help with aching muscles, stiffness, bruising, bites, sunburn and a variety of other ailments associated with outdoor activities.

Duration: 2 hours Cost: \$33

WOMENS HEALTH

Life can be hectic and demanding, and women often do not have the time or energy to cope with their own needs. The menstrual cycle is the very centre of our being as women. Its hormonal ebbs and flows contribute to our ability to be mothers, sisters, daughters and lovers in a way which is so unique to women. This class addresses some of the homoeopathic & natural remedies which can help not just problems in this area, but can aid us in achieving overall good health.

Duration: 2 hours Cost: \$33

SENIORS

As the years pass, seniors are sometimes annoyed by problems which either do not warrant a trip to the doctor or do not respond to orthodox treatment. In this class we will show you how Homoeopathy can help with many of these ailments, as well as helping to maintain health at an optimum level. Useful for the carers of our seniors as well.

Duration: 2 hours Cost: \$33

OTHER CLASSES

BACH FLOWERS

Dr Bach was an English medical doctor, Homoeopath and healer who developed "**The Bach Flower Remedies**". Bach felt that "disease" is a sign of imbalance in one's emotions, attitudes and life directions. Bach Flower Remedies carry the essential life energies of the flowers, trees etc. from which they are made, their vibratory energy pattern. They act as alchemical catalysts to bring about inner growth and activation of our creative forces. We will explore the 38 remedies in depth.

Duration: 6 hours Cost \$75 (including booklet)

ESSENTIAL OILS

Aromatherapy refers to the Art of blending pure essential oils to obtain and delight in their uplifting and refreshing qualities as well as their healing benefits. We will cover the applications of essential oils and the individual qualities of 20 commonly used oils.

Duration: 3 hours Cost: \$44 (including chart)

JOURNAL WRITING

Journal writing is a very rewarding pursuit and people take it up for many reasons. It offers a place to develop skills of self-expression, a method for turning negative mental habits into positive energy, a way to gain perspective on your emotions and to resolve the past to name but a few. Shelley will lead you in this exciting course.

Duration: 2 hours Cost: \$33