



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

## Indian Champissage™ Scotland

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

One Day Introductory Workshops  
Weekend Certificate and Diploma Courses  
Treatments

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Indian Champissage™ Scotland  
Dunollie  
Balquhiddel  
Perthshire  
FK19 8NY

Phone: 01877 384659

E-mail: [alison.inglis@indianchampiscotland.com](mailto:alison.inglis@indianchampiscotland.com)

Web: [www.indianchampiscotland.com](http://www.indianchampiscotland.com)

# 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.

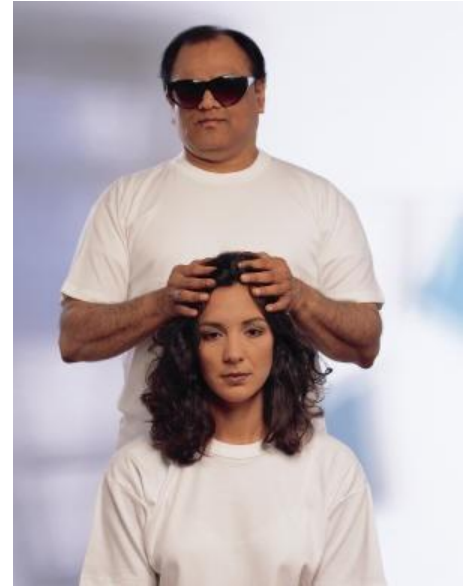
## Narendra Mehta MBE

Narendra Mehta, having been totally blind since the age of one, has developed a highly sensitive power of touch. He has over 25 years experience in bodywork and has 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 has been working for over 10 years as a physical therapist and as a manipulative therapist and has been running Indian Head Massage (now known as Indian Champissage™) courses for several years from the London Centre of Indian Champissage™.

**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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## Introductory Workshop in Indian Champissage™

This 1 day workshop will introduce you to some basic practical techniques in massaging the head and face using Indian Champissage™.

## 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>



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 2011</b>	
<b>Course</b>	<b>Fee</b>
1 Day Introductory Workshop (includes Workshop Handbook)	£60
3 Day Certificate/Diploma Course (includes Course Manual, Indian Head Massage Book and DVD)	£230
Additional Exam Day for Diploma (includes Exam Fee)	£60

<b>Course and Exam Dates 2011</b>	
<b>Course</b>	<b>Dates</b>
<b>1 Day Introductory Workshops</b>	Sun 20 February 2011
<b>(10am to 6pm)</b>	Sun 15 May 2011
Please bring a t-shirt and vegetarian lunch to share - soup will be provided.	Sun 11 September 2011
<b>3 Day Certificate/Diploma Courses</b>	Sat 19 March to Mon 21 March 2011
<b>(10am to 6pm)</b>	Fri 24 June to Sun 26 June 2011
Please bring a t-shirt and vegetarian lunch to share - soup will be provided.	Fri 19 August to Sun 21 August 2011
	Fri 18 November to Sun 20 November 2011
<b>Exam Dates</b>	By arrangement as required

**BOOKING:** To book a place, please complete and send the booking form on page 8, along with the full amount for the Introductory Workshop and a deposit of £100 for the Certificate/Diploma (cheques should be made payable to Inglis Limited). The balance of fees are due 4 weeks prior to the course commencement date. *All courses will take place subject to sufficient numbers enrolling.*

**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 cancellation of a booking will incur a £50 administration fee.

# About Your Tutor

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## Alison Inglis BA MSc 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 and the North of England.

Alison is a fully qualified teacher, has been a lecturer for the past 18 years, and specialises in 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 Balquhiddy, 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 a 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 lead his armies to the Battle of Bannockburn. In addition, the literary works of Tannahill, Sir Walter Scott and Dorothy Wordsworth have all orginated 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



View from Cottage



Training Studio

# 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

# 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.</b>		
	1 <sup>st</sup> Choice	2 <sup>nd</sup> Choice	3 <sup>rd</sup> Choice
I enclose a cheque for	£		

Please complete this form, complete and send it with your cheque for £60 or £100 made payable to INGLIS LIMITED, to the following address:

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

For any further information please phone **01877 384659** or email **alison.inglis@indianchampiscotland.com**