



# THE BODY TEMPLE ACADEMY

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Prospectus and Course Dates  
2024 - 2025



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*The Body Temple Academy*

education . empowerment . evolution



# WELCOME

Offering accredited training in holistic therapies & facials to salons, spas, experienced practitioners & budding therapists - ensuring you master the skills needed to offer great treatments and secure long-term clients. Taught by industry professionals who are experts in training and running health and wellness businesses.

## Who is The Body Temple Academy?

Hello. I am Sughra and for the past 25 years, I have been involved in health, beauty, and wellness in some capacity. Many years ago, I qualified as a beauty and holistic practitioner because I believed in the power of touch and the body's capacity to heal itself. Later, I moved into project management, training, education and consultancy to guide others to success in their chosen discipline and passion

. I have worked with some of the most innovative business owners and general managers and met the most talented, motivated and inspirational therapists.

My burning passion over and above everything else is education. Through education we empower people to realise their full potential and continue their personal evolution. I guide and motivate already talented individuals to transform their lives and businesses through inspirational training.

Training can take place at our academy in Derby City or at your spa/salon



### Wow, what a course

Sughra was absolutely fantastic. I had a wonderful experience, felt catered for and looked after

Sidra - Stoke

## Reviews



### Loved every minute

I had a wonderful time on the Swedish Massage course. Sughra was really knowledgeable and tailored the course to suit us. I've left feeling confident and

competent

Alicia - Portsmouth



### So much knowledge!

I've just completed the 2 day Diploma in Indian Head Massage with Sughra.

It was superb and an honour to be taught by someone with the wealth of experience that Sughra has.

Jen - Coventry



# ON SITE TRAINING AT YOUR SALON OR SPA

We can come to you!

If you have at least 6 therapists who need training then we can come to you. Why 6 I hear you ask?

It's all about making it the sensible and affordable option for spas and salons. For the TOTAL cost of sending 4 therapists to our academy in Derby, we come to you and train UP TO 8 therapists. It makes complete sense and means we can work together to pick the days and times which suit you, your team and your business.

We can also divide a 2 day course over extra days if that's better. It means that you can still serve the needs of your business while your team is learning new skills.

## Our most popular on-site courses are ...



### ..... Reflexology

for both face and body therapists. You don't have to be massage qualified

### ..... Indonesian Massage

if you're looking to enhance therapist skills, especially those who are already great at massage but want to offer a new treatment



### ..... Facials

is a great one for body therapists looking to become multi-skilled and with a real interest in holistic facial techniques. You can then go on to arrange further training with your chosen product houses



Email [sughra@thebodytemple.co.uk](mailto:sughra@thebodytemple.co.uk) to arrange chat and share your specific requirements

# FAQS



**Why are the courses so much shorter than at colleges of further education?**

Fast-track training in small groups of students, who really want to learn, speeds things up considerably. Being in our class for a day at a time saves a great deal of time wasted in colleges where you arrive at a 2-3 hour lesson & lose a large chunk of this time to registering, getting set up & having to tidy up at the end. We cover essential theory for safety & hygiene reasons but most of the in-class training is practical.

**Can I practise professionally when I complete my course?**

You can gain insurance and practise professionally following each of our courses. We recommend Balens or Westminster Insurance but if you wish to stay with your current provider, please check with them before signing up for any of our courses. All of our courses are accredited by The Complimentary Medical Association.



COMPLEMENTARY MEDICAL ASSOCIATION

**What do I need to bring with me?**

We normally ask you to bring writing materials and your lunch. We will provide drinks and snacks throughout the course and will ensure you are cosy, comfortable and at ease.

# FAQS



## What should I wear?

Be comfortable. Wear something that's easy to take off and put back on as you'll be practising on one another. Also, something that you don't mind getting a little oil on. If you prefer, you can bring your training clothes with you and change into them. ALWAYS bring some slippers or warm socks as we don't wear shoes in the training room.

## How is the time divided between theory and practical?

Most of the in-person days focus on practicals. If there is a lot of theory to cover, we send some of it to you in advance via email. In-person, we like to make the most of the opportunity for you to be hands-on



## Ongoing support and certificate

You can reach out via email anytime and we also have a Facebook group where you can post questions. If case studies are required, you will receive your certificate within a month of submitting them. Where no case studies are required, you will receive your certificate at the end of the course, as long as you have met all the requirements.

# Diploma in Swedish Body Massage – 2 Day

Made for beginners

This diploma is perfect for anyone who wants to learn the fundamental skills to become a competent body massage therapist. It is a great starting point for a career in holistic and complementary therapies as body massage will give you the basic skills needed, and it is often a pre-requisite for more advanced courses. You will be able to offer body massage as a stand-alone treatment or as part of a package. You will learn the fundamental skills to offer professional and effective treatment. This diploma course is suitable for those with no previous body massage experience. It's also ideal for those who currently practise other therapies where basic body massage skills would improve your treatment and give you more confidence.

**Course Dates:**  
13th & 14th October

Scan for more information



# Diploma in Facial Therapies – 2 Day

Made for beginners

Our diploma in facial therapies is perfect for anyone who wants to offer a facial as a stand-alone treatment, as part of a package or as an add-on. You will learn the fundamental skills to offer a professional, manual facial, whilst also learning about the principles of gentle chemical peels, micro-current, galvanic current and neck, shoulder and scalp massage. The course is suitable for both beauty and holistic therapists. This diploma course is suitable for existing therapists and those who are brand new to the industry. Ideally, you will have a keen interest in anatomy and physiology (A&P) and ongoing learning about skin and facial therapies. During the course, we will cover all necessary A&P theory.

**Course Dates:**

23rd & 24th Feb 2025

Scan for more information



We can often arrange bespoke dates for you and may even be able to deliver training at your salon/spa

# Certificate in Indian Head Massage – 2 Day

Must be massage trained

We have created this very unique certificate course which combines traditional, seated Indian Head Massage as well as a second version where the treatment is delivered while the client lies down. This was done because we have found many clients love the benefits of Indian Head Massage but prefer to lie down and relax. However, the traditional method is still popular and especially in homes and workplaces. The course is ideal for anyone who is already qualified in massage and wants to extend their treatment offering. Today we see many people who have upper back issues both muscular and skeletal. This can be driven by poor posture, stress and lifestyle. If untreated, it can lead to long-term issues.

## Course Dates:

6th & 7th October  
19th & 20th January  
2025



Scan for more information



# Diploma in Reflexology – 2 Day

Made for beginners

This diploma is perfect for anyone who wants to offer reflexology as a stand-alone treatment or as part of a package. You will learn the fundamental skills to offer a professional and effective treatment. This diploma course is suitable for existing therapists and those who are brand new to the industry. Ideally, you will have a keen interest in anatomy and physiology (A&P). You may already be pursuing a separate qualification in A&P or already possess one. During the course, we will cover the necessary A&P theory. As a healing discipline, reflexology can be traced back thousands of years and is based on the principle that the foot is like a map of the body where all the organs and body systems are represented. By applying pressure and specific massage movements on the soles and tops of the feet, we can eliminate toxins, and promote good circulation.



Scan for more information

Course Dates:  
15th & 16th December



# Diploma in Pregnancy and Post Natal Massage – 2 Day

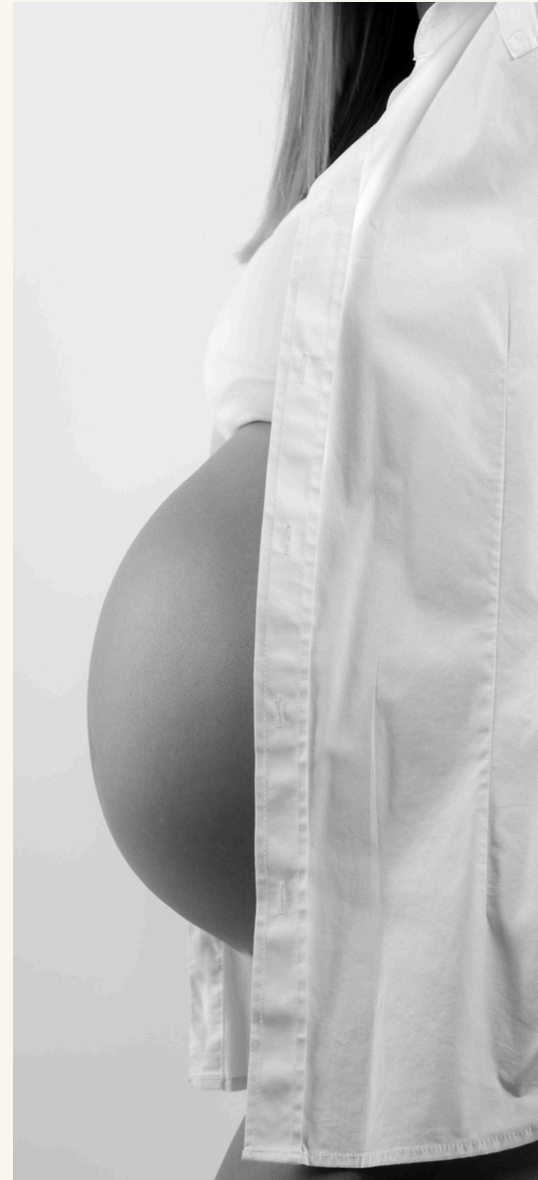
Must be massage trained

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We have created a very unique, comprehensive and holistic pregnancy and post-natal concept which is ideal for a confident, experienced and fully qualified body massage therapist. You will appreciate the sensitivity required to treat a pregnant client and you will possess excellent consultation skills. This course is perfect for anyone who is already a qualified and experienced massage therapist and wants to advance their skills into and learn a new and highly in-demand technique. You will learn the fundamental skills to become competent at practising this very comprehensive, full-body pregnancy massage. You will also have the opportunity to return in future and learn a full treatment menu which is suitable for a pregnant or post-natal client.

Course Dates by  
arrangement

Please ask for details



We can often arrange bespoke dates for you and may even be able to deliver training at your salon/spa for any of our courses – please ask for more details  
sughra@thebodytemple.co.uk or WA 07942 477 601

# Certificate in Indonesian Massage – 2 Day

Must be massage trained

This course is perfect for anyone who is already a qualified massage therapist and wants to advance their skills and learn a new technique. You will learn the fundamental skills to become competent at practising this very comprehensive body massage technique. You will be able to offer Indonesian Massage as a stand-alone treatment or as part of a package. Indonesian Massage is a gentle yet powerful discipline which combines the techniques of Swedish massage, shiatsu, acupressure, lymphatic drainage and aromatherapy. Clients will experience a gentle yet deep relaxation with this treatment and at the same time they will benefit from a powerful detox.

Dates by arrangement  
Please ask for details



# Certificate in Cupping Therapy – 1 day

Must be massage trained

This certificate is perfect for anyone who wants to offer cupping therapy as a stand-alone treatment or as part of a package. You will learn the fundamental skills to offer professional and effective treatment. This course is suitable for existing therapists who already have a sound knowledge of anatomy and physiology (A&P), as well as experience as a masseuse/masseur. Cupping is one of the oldest methods of traditional Chinese medicine. It is a form of deep tissue massage that involves placing heated glass cups onto specific areas of the body. The cup is heated by burning a cotton ball soaked in alcohol, or another flammable substance, and placed inside the cup to remove all the oxygen. The cup is then turned upside down and placed on specific areas of the body. A vacuum is created which anchors the cup to the skin and pulls the skin and superficial muscle layer upwards as the air inside the cup cools.



Scan for more information



Course Dates:

18th Nover  
17th Feb 2025

# Certificate in Manual Lymphatic Drainage – 1 day

Must be massage trained

This one-day practical course will give you the skills to adapt your current massage choreography, create a bespoke treatment and enhance your treatment menu. Designed for qualified therapists wishing to gain valuable skills to enhance their treatments. Manual lymphatic drainage aids the removal of excess fluid and waste product within the body, by working with the Lymphatic System. It may help with a variety of issues including Lymphoedema, Lipoidaemia, pre and post-surgery aiding/preventing oedema and much more. Application techniques will be practised to ensure competence and understanding of the treatment, allowing students to experience the benefits and effects of MLD.

## Course Dates:

17th Nov

16th Feb 2025

Scan for more information



# Diploma in The Body Temple Method – Therapy for Womb & Reproductive Health – 2 day

Must be massage trained

This two day course will give you the skills and knowledge to provide a brand new therapy which specifically works to improve and heal womb related concerns. This method uses holistic therapy techniques based on ancient traditions to help clients with heavy, irregular, painful and/or unpredictable periods, Endometriosis and Poly cystic ovary syndrome. Painful, irregular and heavy periods in particular are not normal and this method can help to regulate the cycle, alleviate cramps and create balance. You will also be able to offer your client a comprehensive homecare package to assist with healing on a long-term basis. This method can be offered as a stand-alone treatment and comes with online resources which you can share with your clients.

Scan for more information



Course Dates:  
10th & 11th Nov  
9th & 10th Feb 2025



# Diploma in Aromatherapy – 2 day

Must be massage trained

This diploma is perfect for anyone who wants to learn the fundamental skills to become a competent aromatherapist. You will already be a qualified and experienced massage therapist looking to add a new treatment to your list of services or wanting to learn more about aromatherapy to bring it into your other treatments. During this course, you will discover the profound potential of essential oils and their ability to enhance well-being, balance emotions and promote holistic health. Aromatherapy can be used to treat acute and chronic illness and also as a preventative therapy.

**Course Dates:  
Dates by  
arrangement**

Please ask for details



## Certificate in Reiki 1 – 1 day

Made for beginners

Reiki 1 is perfect for anyone who is intrigued by this gentle yet powerful modality. Whether you are a therapist or not, Reiki 1 gives you the tools for self-development, healing and self-reflection. It can provide the means to clear blockages, define your purpose, remain calm and present and eventually consider sharing this energy with others. At Pinks, we have found that therapists practising any modality, be it beauty or holistic, have found that their work greatly benefits from taking Reiki 1 and eventually Reiki 2. The word reiki loosely translates to universal energy and the practice is often described as hands-on healing. The Reiki practitioner's hands are placed lightly on or just above the recipient's body as they relax on a treatment couch or comfy chair. Level 1 is the first stepping stone to becoming a practitioner and is a pre requisite for level 2.



Scan for more  
information



**Course Dates:  
Dates by  
arrangement**

Please ask for details

# Certificate in Reiki 2 – 1 day

Made for beginners

To embark on the second phase of your training you must hold a certificate in Reiki 1. This ensures you have a good knowledge of both the theory and the experiential aspects of reiki. A minimum of 3 months between level 1 and 2 are required to enable you to get some practice in and become accustomed to energy work. Reiki 2 takes you deeper on the journey introducing symbols, techniques and guidance on providing reiki treatments for your clients. Further attunements are given, meditation techniques explored and time for questions/discussion alongside giving and receiving treatments. This beautiful, relaxing and none invasive clothed treatment can be offered as a complete treatment or you can combine it with other treatments you offer. The aim is to offer a sense of peace and encourage balance for your clients.

**Course Dates:**  
**Dates by**  
**arrangement**

Scan for more  
information



Please ask for details



# Certificate in Crystal Therapy – 1 day

Made for beginners

Our crystal therapy course is ideal for those who are already treating clients or considering treating clients in the near future. You may also be enrolled on the Reiki 1 and 2 courses and this is a perfect add-on. This is a wonderful day of exploring crystals, techniques, care and selection. A wonderful add-on for reiki treatments allowing clients to experience multi-faceted energy healing. As you learn and explore the properties of the crystals we will share with you ways to incorporate the energetic resonance within your practice. This may be through placement within your room, guided crystal meditations, energetically charging the products you use, under treatment couch layouts or a full crystal therapy treatment ie on body placement. We will work with 12 crystal profiles and identify how to add and identify others that you may wish to work with in the future.



Scan for more  
information

**Course Dates:**  
**Dates by arrangement**

Please ask for details

# GENERAL INFO


## How to book?


All single courses can be booked online at [www.thebodytemple.co.uk/training](http://www.thebodytemple.co.uk/training). If you are interested in booking a **bundle of courses**, you can book 3 courses via the website and get 15% off or 2 courses with 10% off. If you wish to take more than 3 courses, you must get in contact with us via email at [sughra@thebodytemple.co.uk](mailto:sughra@thebodytemple.co.uk) or WhatsApp 07942477601, so we can book you onto the course dates of your choice.


## Address:

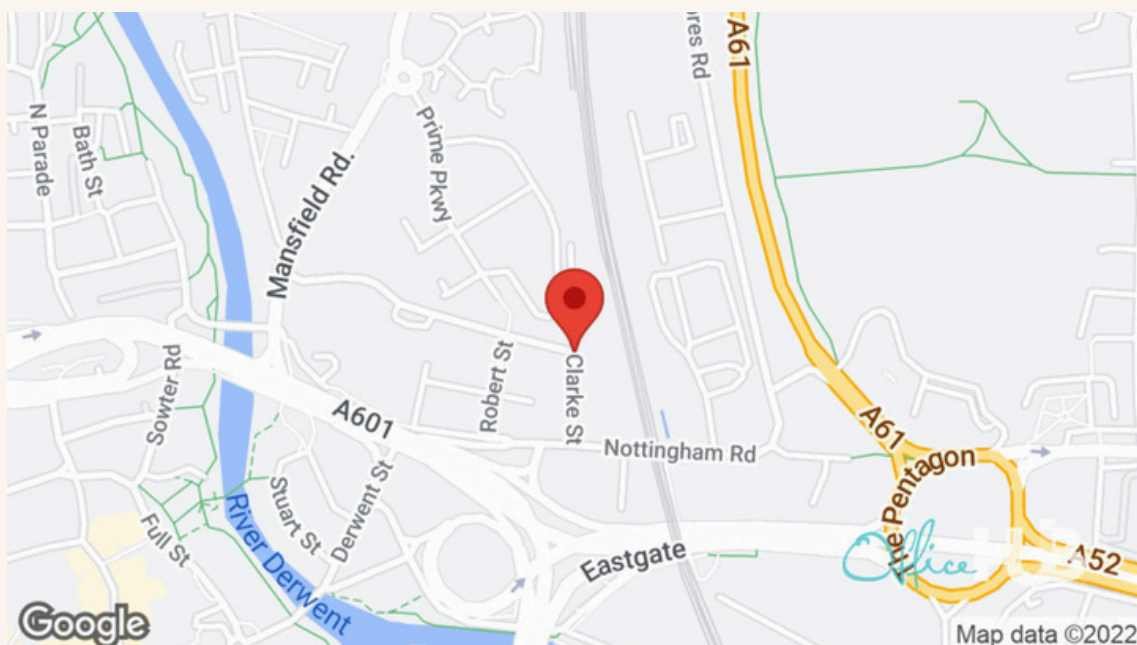
Our training school is at Derwent Business Centre, Clarke Street, Derby, DE1 2BU

## How to get here:

 By road: Situated just off the A61, you can reach this road via the A38, A52 or M1 relatively easily. Derby is located off Junction 23A of the M1. If using google maps, enter the Derwent Business Centre or Clarke Street rather than the postcode.

 By train: Derby (Midland) Station. Train Station is 5 minutes from the training school and the Bus Station is just a few minutes away.

 By plane: East Midlands Airport is situated 23 minutes away from the training school, so if you are coming from further afield, this is definitely an option!



# GENERAL INFO

## Accommodation:

Depending on where you are travelling from, you may need to book accommodation. We recommend booking somewhere in the city centre, Pride Park or The Wyvern. All of these locations have reasonably priced hotel options, restaurants, supermarkets and are easily reachable if you are driving or taking a taxi/uber.

There are also lots of Air BnB options too, if you look around Derby City Centre.

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## Local Restaurants:

You will find plenty of restaurants within easy reach. Your trainer will help you find somewhere depending on the location of your hotel. Midland Road near the train station has some lovely options if you enjoy Indian food.

The local shopping centre has plenty of restaurants inc:

Pizza Express

Nandos

Zizzi

Wagamama and many more

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## Things to do:

If you are spending a couple of days around the area there are plenty of things to do.

Calke Abbey - National Trust property

The Spa at Breedon Priory - treat yourself to a spa treatment

Morley Hayes - Golf and restaurant

Donington Park Circuit - for the racing enthusiasts

The Peak District - for nature lovers

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For any queries, please don't hesitate to get in contact with us via email, Whatsapp or social media and we will be able to help.

# THE TRAINING ACADEMY



Situated in Derby City Centre, Derwent Business Centre is a modern and quirky venue and is home to our training school. Amongst the hustle and bustle, it provides a tranquil atmosphere in which to learn your new holistic skills. We are easily accessible by road, train (Derby Station) and plane!! There is plenty of free parking on site.

We have a large training room but we never book more than 6 students per course. The space is cosy yet professional and includes access to a kitchen, which includes a microwave, kettle and fridge for you to use if needed. There are also lots of break-out areas for you to use for a peaceful break or for socialising.



## Follow us:



[www.thebodytemple.co.uk](http://www.thebodytemple.co.uk)



The Body Temple



@the.body.temple.uk

or search for  
Sughra Khaliq  
on LinkedIn



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