

SYLLABUS FOR NEW VISION THERAPY WORKSHOP 1 – FOUNDATIONS FOR HEALTH

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COURSE DESCRIPTION

This taster Workshop is designed to give people who may have no background in bodywork an opportunity to understand a little bit more about how important our Central Nervous System (CNS) is to our physical and emotional state of Well Being.

PREREQUISITES

For those wishing to go on and study Workshop 2 – Unravelling the Vagus and Hiatus, a level 3 qualification is the minimum requirement, but this taster Workshop is open to anybody who is interested in improving their overall state of Well Being. This Workshop is a requirement as a foundation for those wishing to seek full Qualification as a New Vision Therapist.

OBJECTIVES

The aim of the taster Workshop is to help you:

- Learn a little about the pathway the Vagus nerve takes in your body
- Say hi to your Vagus nerve and check its happy and balanced
- Learn a simple, gentle and safe technique to help the Vagus and CNS function better
- Learn how stress can negatively affect how our body works
- Get some tools, and ideas to help us cope with the demands of everyday life
- Learn a full body protocol to help maintain balance and harmony for yourself and others
- Learn a little about Healthy HEN – importance of Hydration, Exercise and Nutrition

SUGGESTED TEXTS

1) You Tube Dr Stephen Porges – Polyvagal theory to gain an insight into his ground breaking work

2) I strongly suggest purchasing at some point Stanley Rosenberg's book. **Accessing the Healing Power of the Vagus Nerve: Self-Help Exercises for Anxiety, Depression, Trauma, and Autism**

3) For those wishing to go on and study New Vision Therapy to qualification level, or to do any of the other 4 core workshops, you WILL NEED to purchase **GRAYS ANATOMY FOR STUDENTS** – ISBN number 9780443069529

COST

The cost of the full day workshop is £285.00 for bodyworkers with a minimum level 3 pre requisite, and £185.00 for non Body workers. This can be paid over 2/3 months if required, and will include the following:

- A full day from 8.50am to roughly 4.30pm
- During this time you will give and receive a full treatment from the protocol
- Included is a £50.00 donation per person for Headway Jersey
- You will receive a workshop manual to take away with you
- Included is lunch at the Trinity Arms
- A medical inspection torch for checking nerve functions in the mouth
- Access to our review days at no extra cost where you have a chance to ask any questions and iron out any problems you may have using the techniques
- Continued mentoring and help from myself if needed
- Attendance certificate and CPD points for non-Health professionals
- After successful attendance at review days to ensure transfer of knowledge has been successful, bodyworkers with a level minimum level 3 pre requisite will receive a stamped, accredited completion certificate enabling them to tag on the New Vision Therapy Foundations For Health protocol on their insurance
- Successful completion of Workshop 1 is a pre requisite for anyone wishing to complete the core curriculum and gain recognition as a New Vision Therapist