

Date	Course	Details	Hours	Points
January 1996	Diploma of Remedial Massage	College of Healing Therapies	650	50
January 1996	Deep Tissue Massage 1	College of Healing Therapies	30	50
January 1998	Diploma of Aromatherapy	College of Healing Therapies	650	50
January 1998	Touch for Health 1	Loreto Whitney	15	30
January 1998	Touch for Health 2	Loreto Whitney	15	30
January 1998	Touch for Health 3	Loreto Whitney	15	30
January 1998	Touch for Health 4	Loreto Whitney	15	30
January 1998	Horstman Technique	Horstman Technique Pty., Qld	30	30
January 1999	Sports Massage	College of Healing Therapies	30	50
January 2000	Jaw Reset Workshop	Rafferty Energy System	4	15
January 2001	Reiki First Degree	N. Glover & F. Dundon	15	20
January 2001	Horstman Technique Sabotage	Horstman Technique Pty., Qld	6	15
January 2001	Seated Acupressure Massage	Chinese Healing College	4	20
January 2001	Aromatherapy Skin Care Applications	Ron Guba	7	20
January 2002	Bio Energetic Circles of Life	Ruth Robson	8	15
January 2003	Body Harmony (modules 1, 2, 3, 4, 5)	Int. Body Harmony Guild	100	80
January 2003	International Body Harmony (comprehensive)	Int. Body Harmony Guild	104	20
January 2003	Subscription to Aromatherapy Today	Aromatherapy Today	0	
January 2004	Natural Therapies Open Forum	A Better Me	8	10
January 2004	Frozen Shoulder and Parkinson's W'shop	Greg Morling	10	10
January 2004	Certificate 4 Upgrade	College of Healing Therapies	16	s
January 2004	Advanced Reflexology	College of Healing Therapies	15	20
January 2004	Subscription - Sports Injury Bulletin	Sports Injury Bulletin	0	5
January 2004	Lymphodema	Lymph. Association	7	5
January 2004	Balancing Hormones Naturally	Sue Pickerell	4	5
January 2004	Workcover	Workcover NSW	8	10
January 2005	Hot Stones Ritual Massage	Janet Newton & Celeste Blamires	16	15
January 2005	Functional Release	ATMS	16	20
January 2005	Qigong Meditation	TCM China	80	20
January 2006	Craniosacral Therapy - An Introduction	Nature Care College	32	20
January 2006	Jade Crystal Essence Healing	Spa Therapies Training	14	20
January 2007	Polarity I (Introduction)	Roger Gilchrist	16	20
January 2007	First Aid Certificate	St Johns Ambulance	8	10
January 2008	Polarity II	Myofascial Release Centre	40	50
January 2008	Polarity III	Myofascial Release Centre	40	50
April 2009	Understanding the Iliopsoas	Greg Morling	5	10
June 2009	Counseling Skills for Body Workers	Myofascial Release Centre	40	50
January 2010	Training & Assessment Certificate 4 (still doing this course)	Fortress Learning	40	22
June 2010	Qigong Meditation presentation	125 Brisbane St Tamworth	1	5
September 2010	Presentation at Retreat for Health Seekers	Moore Creek	1	5
October 2010	First Aid Certificate	Tamworth Community College	8	10
December 2010	E.O. Desk Reference	Book	N/A	3
February 2011	Aromatherapy Training Young Living	Janet Newton	8	5
February 2011	Presentation Introduction to Essential Oils	39 Upper St Tamworth	4	20
March 2011	Small Business Forum Work Place Safety Legislation	Tamworth Towers	2	1
July 2011	Raindrop Technique Level 1 masterclass	Catherine Garro	24	20
January 2012	Lymphatic Drainage	Armidale Tafe	16	20
January 2012	conducted Meditation class	Gym-360. 30 mins / week	3	15
January 2013	Revival Face Treatment	Anne George	7	10
September 2013	First Aid Certificate	St Johns Ambulance	8	10
January 2014	Yoga for lower back pain	Anna Forest Sydney	3	30
May 2014	aromatherapy YL with Janet Newton	ANZ	2h	15
May 2014	Qigong Dan Yen	st Marys	11	30
May 2014	Yoga theory for weight work	Zen centre	2	20
weekly	lead qigong class and assist volunteer	Burgmans Lane, Tamworth	1/week	5
May 2014	Yoga theory for weight work	Zen centre	5	30
July 2014	Aromatherapy with Janet Newton	Tamworth	2	20
April 2015	Y.L. Symposium	Brisbane	24	50
July 2015	Y.L. Webinar	On Line	2	15
July 2015	ATMS Myofascial Trigger Points Upper Body	Tamworth Community College	5	30
December 2015	Digital Training Presentation	Y.L.	60	50
April 2016	Essential Oils Presenter	Janet Newton	3	10
November 2017	Qigong Workshop	Simon Blow	12	15
April 2018	Laughter and Wellbeing Staff Conference	shirley alderson presenter	3	50
May 2018	Wild Goose Qigong Instructor certiicate	Grandmaster Chen Chuan Gang	84	50
February 2019	Y.L. Symposium Gold Coast	Many Presenters	2	20
July 2019	First Aide Refresher	First Aid Tamworth	1	10
October 2019	Essential Elements For Pelvic Health	Janelle Rethus Port Macquarie	2	20
November 2019	Qigong Workshop	Simon Blow	1.5	12