

01/01/1996	Diploma of Remedial Massage	College of Healing Therapies	650 hours
01/01/1996	Deep Tissue Massage 1	College of Healing Therapies	30 hours
01/01/1998	Diploma of Aromatherapy	College of Healing Therapies	650 hours
01/01/1998	Touch for Health 1	Loreto Whitney	15 hours
01/01/1998	Touch for Health 2	Loreto Whitney	15 hours
01/01/1998	Touch for Health 3	Loreto Whitney	15 hours
01/01/1998	Touch for Health 4	Loreto Whitney	15 hours
01/01/1998	Horstman Technique	Horstman Technique Pty., Old	30 hours
01/01/1999	Sports Massage	College of Healing Therapies	30 hours
01/01/2000	Jaw Reset Workshop	Rafferty Energy System	4 hours
01/01/2000	Reiki First Degree	N. Glover & F. Dundon	15 hours
01/01/2001	Horstman Technique Sabotage	Horstman Technique Pty., Old	6 hours
01/01/2001	Seated Acupressure Massage	Chinese Healing College	4 hours
01/01/2001	Aromatherapy Skin Care Applications	Ron Guba	7 hours
01/01/2002	Bio Energetic Circles of Life	Ruth Robson	8 hours
01/01/2003	Body Harmony (modules 1, 2, 3, 4, 5)	Int. Body Harmony Guild	100 hours
01/01/2003	International Body Harmony (comprehensive)	Int. Body Harmony Guild	104 hours
01/01/2003	Subscription to Aromatherapy Today	Aromatherapy Today	0 hours
01/01/2004	Natural Therapies Open Forum	A Better Me	8 hours
01/01/2004	Frozen Shoulder and Parkinson's W'shop	Greg Moring	10 hours
01/01/2004	Certificate 4 Upgrade	College of Healing Therapies	16 hours
01/01/2004	Advanced Reflexology	College of Healing Therapies	15 hours
01/01/2004	Subscription - Sports Injury Bulletin	Sports Injury Bulletin	0 hours
01/01/2004	Lymphedema	Lymph. Association	7 hours
01/01/2004	Balancing Hormones Naturally	Sue Pickerell	4 hours
01/01/2004	Workcover	Workcover NSW	8 hours
01/01/2005	Hot Stones Ritual Massage	Janet Newton & Celeste Blamires	16 hours
01/01/2005	Functional Release	ATMS	16 hours
01/01/2005	Qigong Meditation	TCM China	80 hours
01/01/2006	Craniosacral Therapy - An Introduction	Nature Care College	32 hours
01/01/2006	Jade Crystal Essence Healing	Spa Therapies Training	14 hours
01/01/2007	Polarity I (Introduction)	Roger Gilchrist	16 hours
01/01/2007	First Aid Certificate	St Johns Ambulance	8 hours
01/01/2008	Polarity II	Myofascial Release Centre	40 hours
01/01/2008	Polarity III	Myofascial Release Centre	40 hours
04/04/2009	Understanding the Iliopsoas	Greg Moring	5 hours
22/06/2009	Counseling Skills for Body Workers	Myofascial Release Centre	40 hours
10/01/2010	Training & Assessment Certificate 4 (still doing this course)	Fortress Learning	40 hours
05/06/2010	Qigong Meditation presentation	125 Brisbane St Tamworth	1 hours
18/09/2010	Presentation at Retreat for Health Seekers	Moore Creek	1 hours
11/10/2010	First Aid Certificate	Tamworth Community College	8 hours
01/12/2010	E.O. Desk Reference	Book	hours
06/02/2011	Aromatherapy Training Young Living	Janet Newton	8 hours
13/02/2011	Presentation Introduction to Essential Oils	39 Upper St Tamworth	4 hours
08/03/2011	Small Business Forum Work Place Safety Legislation	Tamworth Towers	2 hours
01/07/2011	Raindrop Technique Level 1 masterclass	Catherine Garro	24 hours
01/01/2012	Conducted Meditation class	Gym-360. 30 mins / week	3 hours
01/01/2012	Lymphatic Drainage	Armidale Tafe	16 hours
01/01/2013	Revival Face Treatment	Anne George	7 hours
01/01/2013	First Aid Certificate	St Johns Ambulance	8 hours
01/01/2014	Yoga for lower back pain	Anna Forest Sydney	3 hours
01/03/2014	Qigong Workshop Weekend x 2	Tamworth	24 hours
01/05/2014	Aromatherapy YL with Janet Newton	ANZ	2 hours
01/05/2014	Qigong Dan Yen	St Marys	11 hours
01/05/2014	Yoga theory for weight work	Zen centre	2 hours
20/07/2014	Aromatherapy with Janet Newton	Tamworth	2 hours
24/04/2015	Young Living Symposium	Brisbane	24 hours
08/07/2015	Young Living Webinar	Tamworth	1 hours
18/07/2015	ATMS Myofascial Trigger Points Upper Body	Tamworth	12 hours
16/12/2015	Digital Training Presentation	Y.L.	60 hours
21/04/2016	Essential Oils Presenter	J. Newton	2 hours