

practice with devotion • share with love • live your dream

A close-up photograph of a hand performing a massage on a person's back. The hand is positioned over the shoulder blades, with fingers spread, applying pressure. The skin is a warm, golden-brown tone. The background is dark and out of focus.

# 2023 Prospectus Unity Holistic Massage Diploma

**mti** MASSAGE  
TRAINING  
INSTITUTE  
ACCREDITED

A nine-month practical and theoretical  
journey through oil massage

**Over 200 hours | Est. 2002**

[www.being-in-unity.com](http://www.being-in-unity.com)



# Unity Holistic Massage Diploma

## 2023 Prospectus



### YOUR NEW MASSAGE JOURNEY STARTS HERE!

Thank you for your interest in the **Unity Holistic Massage Diploma (MTI)**. I hope this document will answer any questions you may have about the journey.

Please take some time to read it carefully, and if any uncertainties remain, please don't hesitate to contact me directly.

The course is delivered over regular teaching weekends. There will also be 5-6 hours of home study required per week. It is suggested that you plan carefully to keep on track with the timetable.

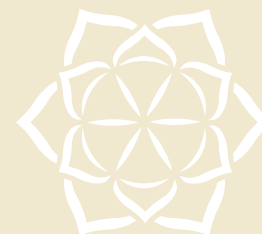
To enrol please complete the contract and return together with your deposit and medical certificate, stating that you are in good health prior to commencement of the course, to:

**Lu Margetts,**  
The Unity Centre, Lewes  
35 Friars Walk, Lewes BN7 2LG

**Or email them to Lu:**  
school@being-in-unity.com

This will secure you a place, subject to interview. We will contact you to arrange a suitable time. The interview can be conducted in person, over the phone or via Zoom. It is important to understand that this diploma requires intensive study — on both the practical and the Anatomy, Physiology & Pathology elements. This course also serves as a personal development journey, with exercises and practices into self-healing and awareness. Your journey will be supported by Sevanti and her assistants Victoria Auton and Ali Walters, who teach in a sacred but also fun and enjoyable way.

If you have any further questions, please email Lu: school@being-in-unity.com



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# What is Unity Holistic Massage

Explore a spectrum of oil massage techniques, supported by various types of acupressure including Thai massage and sacred ritual practice, energy work and emotional embodiment study.

## **HOLISTIC MASSAGE & VALIDATION**

This course is recognised by MTI, the Massage Training Institute. MTI is the leading Holistic Massage organisation, celebrating bodywork which unites the wellbeing of the mind, body, emotions and spirit.

In holistic massage, we recognise that each part of ourselves influences other parts; for example our physical body may store emotional and/or mental stress. Therefore physical massage effectively supports, restores and brings healing to the other integrated, subtle bodies.

The consultation inquires deeply into the client's health on all levels. This enables us to create an effective treatment, which recognises possible root causes, as well as the tangible symptoms. As massage practitioners, we are attentive, caring and receptive, establishing a nourishing and confidential space for our clients to return back to a harmonious and peaceful state. Our treatment plan may include energetic

healing, acupressure points, stretches, holds and passive movements in addition to a spectrum of oil techniques.

## **COURSE CONTENT**

This course focuses on a wide range of oil techniques, primarily 'Swedish' plus Lomi Lomi, Lymphatic Drainage and Deep Tissue practices. We work on the back, back of legs, front of legs, arms, abdomen, upper chest, neck, shoulders, scalp and face.

Workshops in Thai Massage, Acupressure head/neck/shoulder massage, Reflexology, Aromatherapy, Passive Movement and Relaxation, Energetic Healing, Crystal Therapy and Ritual, provide inspiration and techniques to offer clients a versatile selection of massage techniques.

Students are taught many tools to create massage treatments of various lengths and content, appropriate for the circumstances and the needs of the client.





“Yoga, dance, meditational movement, tai chi, seated meditation and yoga nidra (deep relaxation) take place throughout the course to support the student in their skills and wellbeing”

### PERSONAL DEVELOPMENT

Yoga, dance, meditational movement, tai chi, seated meditation and yoga nidra (deep relaxation) take place throughout the course to support the student in their skills and wellbeing. The wellbeing and self-development of the students as Practitioners is prioritised. This is an opportunity to dive deep into one's self-awareness and meditative practices to support becoming an exceptional Holistic Massage Practitioner.

These classes and workshops offer practices to assist their posture, pace and general approach, as well as supporting them on a personal level. Our own health and wellbeing as practitioners is paramount and allows us to offer ultimate support to our clients when we are centred and in harmony with ourselves.

This diploma focuses significantly on the wellbeing and personal development of the student. Students are encouraged to establish a regular meditation practice and to receive ongoing bodywork themselves to support their body and mind.

Through massage, and the integrated study of anatomy, physiology and pathology we recognise the miracle of the physical body and consider it as a gateway into our ultimate consciousness.

We study the history of massage and how this intrinsic form of communication varies across the world. Massage has an extensive history in most cultures to comfort, soothe, invigorate, detoxify, relax, repair and rejuvenate.

The Unity Massage Diploma: created and directed by Sevanti, assisted by Victoria Auton and Ali Walters.

“Students are encouraged to establish a regular meditation practice and to receive ongoing bodywork themselves to support their body and mind.”

# Sevanti's background and approach

Sevanti began her exploration into massage in 1994 while studying a BA (Hons) degree in Dance Theatre.



Inspired and influenced by the remedial effects during her intensive ballet and contemporary training, Sevanti trained in Swedish Massage. She explored various other massage techniques, including Thai Massage, while also training to become a Yoga teacher.

She later went on to study laStone, Acupressure Chair Massage 'Touch-Pro', Lymphatic Drainage, Balinese Massage and techniques from Romi Romi and Pulsing.

Sevanti also trained in all levels of Reiki, becoming a Reiki Master, in addition to a Sekhem practitioner. She trained in Crystal Therapy and immersed herself in other meditative and movement practices such as Tantra, Sufism and Biodanza, with an on-going practice in 5Rhythms.

These experiences all inform her design and delivery of the Holistic Massage course, integrating massage, meditation, movement, dance, yoga, healing, crystals, sound and group facilitation practices.

She continues to offer her own massage practice from The Unity Centre, Lewes. Sevanti has taught this diploma as well as the Unity Yoga Teacher Training (IYN) Diploma since 2000, and also runs a Unity Partner Yoga™ Teacher Training Diploma. Sevanti teaches Reiki and runs retreats in the UK and abroad, as well as workshops and regular classes, including Ballet and Open Floor Dance, at the Unity Centre.

Below: Unity Centre Lewes



## LU MARGETTS Unity School manager



**Lu has recently joined the Unity team in February 2023 after a wonderful experience of completing Reiki 1 with Sevanti.**

Lu enjoys working in a variety of roles with a focus on inclusivity, creativity, communications and care.

Lu will be your first port of call when you enquire about the Unity Holistic Massage Diploma and will provide you with all the information to ensure that this is the course for you, plus enrollment and what to expect. Throughout the diploma Lu will be on hand to help you with any further queries relating to the course administration and finances.



# Additional tutors

## ALI WALTERS Assistant tutor



**Based in Rodmell, Ali offers a wide range of Holistic Massage & Reiki treatments addressing both specific issues and the general need to relax, de-stress and take timeout from a hectic 21st Century lifestyle.**

Treatments can include Holistic, Swedish, Deep Tissue, Pregnancy & Hot Stones Massage, Myofascial Release, Womb and Fertility Massage and Reiki. Ali is also a Reiki master and Baby Massage Trainer.

As a professionally trained and insured massage & Reiki practitioner, Ali is registered with the Massage Training

Institute (MTI) and the Reiki Association. She studied Holistic Massage in Brighton at Sevanti's previous location of the Unity School of Yoga & Massage, qualifying in both the Massage Training Institute (MTI) Holistic Massage and Reiki II certificates in 2007. Since then, Ali has developed her skills doing additional training in myofascial release, onsite, pregnancy and hot stones massage, protocols for working with the spine, wrist and arm pain (carpal tunnel syndrome/RSI etc), scar tissue, oncology massage and Womb and Fertility Massage. Ali completed a Reiki III master qualification in 2011. In addition to providing treatments to adults, for 8 years Ali was the lead therapist on a project offering Reiki sessions to the patients (children), parents and staff at the Royal Alexandra Children's Hospital in Brighton.

## VICTORIA AUTON Assistant tutor



**Victoria has over 17 years experience working in hospitals, hospices, nursing homes, holistic health clinics and retreats in London, Sussex and Europe offering and sharing her passion for massage, yoga and healing.**

In 1997 Victoria trained with Joyce West at Essential Care Training in Croydon, where she gained qualifications in Clinical and Holistic Aromatherapy, Reflexology, Deep Tissue and Indian head massage.

The Aromatherapy and Applied Practitioners Associations and the Aromatherapy Organizations Council accredited these qualifications. She then went on to study with the Metta School of Thai Massage in 2004 to further her skills as an advanced Thai massage therapist.

Victoria also worked to complete her Reiki masters status and has many years' experience running workshops and courses in Reiki Reflexology, Thai massage and Aromatherapy. In 2007, together with fellow Thai massage therapists, Victoria set up the Sumana Thai massage clinic in Brighton. She also qualified as a Unity Yoga teacher in 2011, furthering her interest for health and wellbeing of mind, body and spirit.

## EARLE ABRAHAMSON Anatomy, Physiology & Pathology tutor



**Earle is an internationally published author, therapist, psychologist, educator and teaching fellow.**

Born and raised in Johannesburg, South Africa, Earle gained qualifications and expertise in sport science and sports therapy, clinical psychology and educational practices.

He is chair of the General Council for Massage Therapies (GCMT), a registrant boardmember on the CNHC, course leader for sports therapy at the University of East London and former Chair of the Massage Training Institute (MTI). Together with Jane Langston he has authored two texts

on anatomy and muscle testing. Earle is an award-winning educator and holds a national teaching fellowship, and international teaching excellence fellowship and principal fellowship of Advance HE.

Earle uses innovative ways to teach students of all ages and abilities. His love for anatomy inspires many and enables success within the students he teaches. He is a fellow of the BRCP and has worked at major sporting events as a soft tissue therapist including London 2012 Olympics and Paralympic Games.

The 2023 Yoga Teacher Training students had a 100% AP&P pass rate with many thanks to the excellent quality of teaching from Earle and his colleague Chris Swain.

# Syllabus

## Massage theory

- Related disciplines
- (All accessible to complete beginners and those inexperienced in these areas)
- Yoga
- Meditation
- Meditational movement & Open Floor dance
- Sufi & tantric practices
- Tai Chi
- Body weight and alignment awareness
- Consultation & aftercare
- Energy maintenance and protection techniques
- Choosing the appropriate couch / floorwork options
- Working through clothing
- Inclusivity and diversity
- Business studies and self-employment
- Marketing and insurance

## Sensory applications

- Welcoming foot soak
- Gemstones and oils
- Cleansing with sage, incense and 'Aura soma'
- Sound and vibration, appropriate music – the use of crystal/Tibetan bowls, cymbals and bells

- Flower petal and essential oil water bowls
- A sacred experience
- Massage as meditation
- Massage as ritual
- Presence

## Massage for all

- Additional workshops in pregnancy massage, infant massage and massage for less able bodies and those with learning difficulties.

## Practitioner care & support

- Group sharing
- Co-listening

## Practice

- Practice with fellow students
- Clinic practices within allocated sessions
- 40 hours of documented practice
- 10 hours of reflected received treatments

## Anatomy, Physiology & Pathology

This course must be taken alongside the practical and theoretical weekends.



# Unity core values

## **To host with warmth**

We wish for all of our students, clients and visitors to feel welcome and honoured at Unity. We offer a homely studio which provides a nurturing, sacred and positive environment, for group and individual work.

## **To serve with professionalism**

We are proud of the high standard in our well-established professional training courses, classes and workshops. We welcome other tutors and practitioners who work with a similar passion and commitment to their work.

## **To work with love**

We deeply believe in the need for self-developmental work and personal expression. We feel this work can thrive efficiently in a clear, loving and down to earth environment.

We heartfully aim to work with fairness, respect and kindness to all.

## **To improve with enthusiasm**

To maintain our inspiration and vibrancy, we are constantly working on exciting projects for the improvement and development of our premises, services and events.

We gratefully welcome all constructive feedback, and aim to deliver the very best standard possible.

## **To unite with affordability**

We welcome a community of local and visiting people.

We offer a fair price, with flexible payment plans available for those who require assistance.

practice with devotion • share with love • live your dream

# Course outline

9am - 6pm on Thursdays,  
Fridays\* and Saturdays.

This is an overview of the weekend syllabus; it does not include in-depth detail and lessons are subject to change between months.

Please allow half an hour after the session for questions/ tidying away etc. Dates are subject to change, but we will ensure that every student is accommodated if this occurs.

## 1 Thursday 28th - Saturday 30th September 2023

- Introduction and administration
- What makes a good massage?
- What is Holistic Massage and the Unity Holistic Ritual Massage?
- Other types of bodywork
- Practical guidelines
- Contraindications
- Consultation form
- AP&P information
- Setting up the room
- Back Massage
- Classification of techniques
- History and effects of Massage
- Back of leg massage
- Information on: Massage journal, clinic practice
- Reiki, First Aid, Book list
- Case Study Info - Assessment criteria
- Aftercare and home advice

**Home study:** Essay and case studies begin, start journal and charts

## 2 Thursday 9th - Friday 10th November 2023

- Recap Back and Back of leg Massage
- Info on Massage Charts
- Introduction to the skeleton
- Front of leg Massage
- Arm Massage
- Intuition and Energy
- Body posture and techniques
- Looking after yourself

**Home study:** Case studies continue

## 3 Thursday 7th - Friday 8th December 2023

- Introduction to Muscular System in relation to Practical techniques
- Abdominal Massage
- Face Massage
- Body, Mind, Balancing Aura & Chakras
- Recap ALL
- Professionalism and Sexuality
- Ethics and Legislation
- The importance of Hara connection and fluidity: Tai Chi workshop

**Home study:** Essay, case studies continue

## 4 Thursday 11th - Saturday 13th January 2024

- Self Reflection on Massage Journey so far
- Practice time
- PRACTICE Session: with tutors, including therapist-client role play
- Working on all ages, bodies (general, elderly, pregnant, special needs, cancer, babies etc)
- Diversity and inclusion
- Quality of touch
- Workshop: Supplementary Oil Techniques, Reflexology
- Reflection of progress and development so far

**Home study:** Reflection write up & case studies continue

### \*Sevanti's Unity Yoga class

runs from **9am-10:30am** on **Friday** mornings and we highly recommend that students participate in this. Students can attend the yoga class for a discounted price, or receive a link to a Zoom screening of Sevanti's yoga class for free. The Massage Diploma session will begin after this at 10:45am.

## 5 Thursday 1st - Friday 2nd February 2024

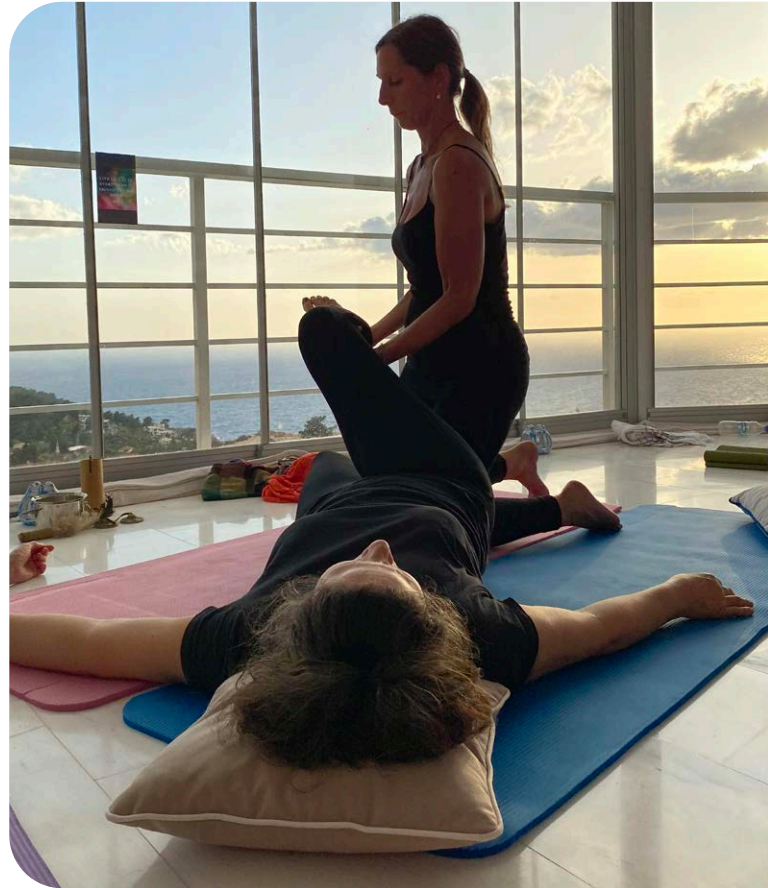
- Workshop: Thai Massage, Seated Acupressure Massage, Energy work and relaxation
- Health and Safety, risk assessment
- Client Management
- Hygiene
- First Aid overview
- Advertising & marketing
- Protection
- Body Posture, use of techniques
- Speed and rhythm
- Stress, Depression & Anxiety - How Massage can help
- Practice
- One Clinic Practice

**Home study:** Essay and case studies continue

## 6 Thursday 7th - Saturday 9th March 2024

- 1 x Clinic practice
- Ritual Practice - Oils, Crystals, Energy work, Cleansing, foot soak etc
- Varying treatment lengths
- Ending a treatment
- Timing, Pressure feedback
- Clothing and presentation
- Breath and Meditation in Massage
- Workshop: Thai Foot Massage, Intro to essential Oils, Deep Tissue Massage
- Discuss and practice exam in depth
- Check all coursework to date in detail
- Hands-free, strain-free Massage

**Home study:** Essay, case studies continue



## 7 Thursday 25th - Friday 26th April 2024

- Aftercare, home advice - more detail
- 1 x Clinic Practice
- Advertising and marketing
- Tax and insurance
- Practice 2hr Ritual Massage
- Yoga Nidra
- Practice

**Home study:** Leaflet/card/logo ideas, Massage theory paper

## 8 Thursday 6th - Friday 7th June 2024

- Practice
- Self-employment, Business Studies
- Clinic Practice - Exam practice of 45 mins
- Mock Exam - 1 hour
- Massage for the elderly, babies and cancer care

**Coursework deadline:** Sunday 16th June 2024

**Practical exams:** Thursday 27th and Friday 28th July 2024

# Anatomy, Physiology & Pathology (AP&P)

## COURSE OUTLINE

This module will provide you with a thorough understanding of the structure and workings of the human body and of the effects of common diseases and conditions. It will also link this knowledge to your massage study and practice.

The course comprises six days (10 am to 5 pm), with time between them to allow for home study and preparation of assignments. The days will include active learning – experiential exercises, games and group discussions.

The AP&P classes will be held at the Unity Centre, Lewes.

### AP&P DATES

<b>Sessions 1 &amp; 2</b> (weekend):	Sat 27th January & Sun 28th Jan 2024
<b>Session 3</b> (day):	Sun 25th February 2024
<b>Session 4</b> (day):	Sunday 24th March 2024
<b>Sessions 5 &amp; 6</b> (weekend):	Saturday 20th April & Sunday 21st April 2024
<b>Mock exam</b>	Friday 3rd May 2024 at The Unity Centre, Lewes
<b>Final AP&amp;P exam</b>	Friday 21st June 2024 at The Unity Centre, Lewes

## CONTENT

- Day 1** Introduction, skeletal system, skin, cells & tissue
- Day 2** Muscular system
- Day 3** Nervous and endocrine systems, Physiology of stress & relaxation
- Day 4** Digestive, respiratory and cardiovascular systems
- Day 5** Lymphatic, immune, urinary and reproductive systems
- Day 6** Revision

## Exam and coursework

Notes will be provided for each day. Students can choose books from the recommended reading list that they find best to work with for their learning style. A reading list will be provided upon enrollment.

### PRACTICAL EXAM ENROLMENT REQUIREMENTS

- Students are required to pass their practical mock exam in order to be entered for their final exam. No refund will be given for non-attendance

### COURSEWORK REQUIREMENTS

- Students are required to record 40 hours of given massages, including client feedback, practitioner feedback and consultation forms

- A written record of 10 received treatments; at least one of these must be with the main tutor or assistant tutor if the main tutor is not available. Please consider the financial cost of this aspect of the course before committing and please discuss with us if concerned
- Final Theory paper
- All requested written assignments
- Personal reflective journal
- Any other set coursework and supporting research

Throughout the course there will be ongoing monthly coursework deadlines. Coursework set the previous month must be handed in at the following session (except when stated otherwise). Some extensions may be granted in exceptional circumstances. However, a late-marking fee might apply. If there is ongoing unauthorised coursework lateness, the tutor has the right to withdraw the student from the course.

Please note that the final coursework deadline date and time is mandatory. Unity may offer the flexibility of handing the coursework in earlier; however, if it arrives after the time (normally 10am) and date specified then the student can not be put forward for their exam.

### ESSAYS

When an essay is set, it is due to be handed in at the following session, directly to Sevanti (handwritten or printed). Sevanti cannot accept emailed copies. Extensions may be possible based on exceptional circumstances but there may be an additional fee.

### TUTORIALS

Half-way through the course there will be the availability of a 30-minute tutorial either face-to-face or on Skype/Zoom. If a tutorial is required then there will be an additional fee.

### AP&P EXAM ENROLMENT REQUIREMENTS

You are required to pass a written exam in Anatomy, Physiology & Pathology as part of your Holistic Massage diploma. Students will need to sit a mock exam, which will be assessed. Students will receive feedback regarding whether they are ready to sit the final AP&P exam.

You are required to have attended all classes/catch-up sessions and completed all homework assignments before enrolment. Please contact Lu to apply for an extension and note that there will be a fee for any additional classes or time given.

## Practicalities

### VENUE

The course is delivered at The Unity Centre: 35 Friars Walk, Lewes BN7 2LG.

There are many hotels and B&B's in the area. Please contact Sevanti or Lu if you'd like help nearer the time.

### COURSE RECOGNITION

The course is accredited by the Massage Training Institute (MTI) which is affiliated to the General Council for Massage Therapy (GCMT). It includes a compulsory Anatomy, Physiology

& Pathology module, which will be taught by Earle Abrahamson.

### ASSESSMENT

You will be assessed by:

1. Practical assessment
2. Anatomy, Physiology & Pathology written assessment.
3. Coursework

The coursework and final 2 exams will be assessed by MTI's quality commitment and assurance system.

## Course fees

Exam fees are included in the overall course investment.

Should either the practical or AP&P exams need to be re-taken, the prices are as follows:

- Practical £145 | AP&P £145

The exams will be held at the Unity Centre, Lewes. If exams are not attended, there will be no refund and an additional fee will be required for resits (subject to availability).

### INVESTMENT AND PAYMENT OPTIONS OFFERED BY UNITY

#### PAYMENT OPTION 1

**Students can invest £3500 for the course if the full fee is paid before the start date.**

- We require a deposit of £1000 (non-refundable) to be paid upon enrollment to secure your place
- This is followed by the remaining balance of £2500, which must be paid by two weeks prior to the beginning of the course

#### PAYMENT OPTION 2

**Students have the option to pay the full course fee in instalments.** The full cost of this is £3625. This includes an additional £125 administration fee for this option.

- Unity requires a deposit of £1125 (non-refundable) to be paid upon enrollment to secure your place
- This is followed by 4 monthly payments of £625 on:
  - 1st October 2023, 1st November 2023, 1st December 2023, 1st Jan 2024

#### This includes

- 21 days of Practical teaching and assessments with Sevanti (and/or other specialist teachers for specific sessions)
- 6 sessions of Anatomy, Physiology & Pathology teaching with Earle Abrahamson
- Practical exam fee
- Anatomy, Physiology & Pathology exam fee
- **Payments are non-refundable and non-transferable**

#### ADDITIONAL FEES

- The MTI registration fee of £45. This payment is due on the first day of the course

- Please give allowance to choose books from the recommended reading list that you find best to work with for your learning style. A short reading list will be sent to all students
- First Aid course £100 (unless a valid certificate is already held)
- Re-prints of certificates (if required in the future) £20

## First Aid training

### FIRST AID AT WORK

**Emergency First Aid at Work (EFAW) for Yoga Teachers and Therapists at The Unity Centre.**

Unity will be holding a one-day ITC Level 3 Award in Emergency First Aid at Work (RQF) taught by Flora Schnider (Elements First Aid Training). This practical one day course not only includes the topics required by the Health and Safety Executive (HSE) for the Emergency First Aid at Work (EFAW) qualification certificate but has been developed further to incorporate common situations that may occur while doing yoga and studio work.

### CONTENT

Prescribed by the Health and Safety Executive (HSE) and includes the following:

- The importance of preventing cross infection
- The need for recording incidents and actions
- The use of available equipment
- Assess the situation and circumstances in order to act safely, promptly and effectively in an emergency
- Administer first aid to a casualty who is unconscious (including seizure)
- Administer cardiopulmonary resuscitation (CPR)
- Correct use of an Automated External Defibrillator (AED)
- Administer first aid to a casualty who is choking
- Administer first aid to a casualty who is wounded and bleeding
- Administer first aid to a casualty who is suffering from shock
- Provide appropriate first aid for minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters)

All students are required to hold a current First Aid certificate, gained within 3 years of their Unity graduation date (July 2024). Any student with valid certification will not need to take this course. Non-Unity students are also welcome on this course.

**Course Date:** Saturday 24th Feb, 2024 at The Unity Centre, Lewes. **Cost:** £100 including all literature and certification

All students are required to hold a current First Aid certificate, gained within 3 years of their Unity graduation date (July 2024). Any student with valid certification will not need to take this course.

# To consider

- As a student, you will be experiencing a powerful group journey together. We honour the yogic principles to create harmony and flow within the group
- Our values underpin the flavour of the atmosphere that we create at Unity. Please read through these on our 'Core Values' section and feel if this is in harmony with what you are looking for
- In addition to the internal and external assessment, the student is also assessed informally throughout the course in practical application, in addition to theoretical input and general conduct



It is important to realise that the student may not be able to graduate if these skills are not met. These skills are relevant to being a Massage Practitioner, but also to the entire course in showing support and respect for fellow students, teachers and clients.

## We ask that you attempt to

- Show sensitivity to other people's needs and work with love and respect for one's surroundings, fellow students and teachers
- Discuss problems in a mature manner, with sensitivity, attentiveness and kindness
- Aim to be trustworthy, respecting confidentiality around personal information
- Take care of oneself and others – looking after one's own needs
- Seek support when needed, from friends/family/therapists. This course may also be experienced as a transformative personal journey. Therefore we suggest a strong supportive network if the student feels that it is needed. Students are responsible at all times for their physical, mental, spiritual and emotional wellbeing. If you require external support we are happy to suggest various practitioners and therapists who may offer you additional support
- Demonstrate self-assurance – Adopting a positive standpoint of one's abilities and progress
- Show confidence in oneself, with patience and awareness
- Respect social reliability – to respect the schedule and the group by being on time
- Respecting confidentiality and maintaining boundaries
- Maintain a professional appearance – caring for personal hygiene and tidiness, particularly when with clients and running a clinic

## We kindly request that

- Students will need to take out 'student insurance' for the duration of the training. Please ask for details at the start of the course
- Any outstanding payments must be completed before the graduation date (July 2024). We will be unable to release certificates until all payments have been made
- You use the Unity name and branding in advertising and promotion

## Unity provides

### THE DIPLOMA

- A nine-month diploma (over 21 days) with 200 hours of contact tuition time recognised by MTI
- Monthly 2 or 3 day sessions in Lewes
- 9am-6pm over Thursdays, Fridays and Saturdays
- Course created and taught by Sevanti, assisted by Victoria Auton and Ali Walters, plus extra visiting tutors
- 50/50 practical and theoretical study including clinic practices
- Set coursework includes written assignments, a journal, Anatomy homework, receiving at least 10 treatments with written feedback, and giving at least 40 hours with written feedback, plus practical exam, Anatomy exam and written paper set as homework
- A thorough and intensive but enlightening training that will prepare you and guide you in becoming an excellent Holistic Massage Practitioner

- The tuition of an extensive range of Swedish Massage techniques, plus workshops in Thai Massage, Acupressure head, neck & shoulder Massage, Aromatherapy, Reflexology, Energy work & Relaxation, Intuitive Massage, Crystal Healing & Ritual, Deep Tissue Massage and more
- Regular Yoga practice is included, plus workshops in meditational Movement & Dance, Tai Chi and regular seated meditation
- Group Sharing and Co-listening
- Specific sessions on Massage for the whole Community (inc pregnancy, children, the elderly and those less able-bodied, inclusivity and diversity), business and marketing and running your own business
- Specific Anatomy, Physiology & Pathology by experienced teacher, current chair of the GCMT and former Chairman of MTI, Earle Abrahamson
- Small groups: average of 10 students to allow a supportive family-like atmosphere
- Supportive teachers
- Beautiful, homely space to learn in
- A fun, awakening and inspiring personal journey
- An excellent, highly-regarded professional certificate with the best governing body in Holistic Massage, MTI

#### ADMINISTRATION

- A telephone or face-to-face interview prior to acceptance to the course
- Ongoing support with admin and payment organisation
- Teaching manuals downloadable on Dropbox
- A discount on student insurance
- Access to information and support through MTI, plus the inclusion on the MTI database of Practitioners

#### PLUS

- First Aid course available on Saturday 24th February 2024
- Reiki courses are available to supplement the training
- The opportunity to practise at Unity with marketing support after the course



#### ENROLMENT

**Enrolment on this course is a serious commitment. You are welcome to contact Sevanti beforehand or Lu Margetts, the Course Administrator, to discuss any concerns or questions you may have about the course.**

To complete your enrolment please return the following:

- Online application form- please fill in online at <https://www.being-in-unity.com/holistic-massage-diploma> – scroll to the bottom of the page for the form
- Once we have received your application form we will arrange an interview with Sevanti. This will be conducted face-to-face, over the phone or via Zoom
- If you are accepted onto the course we will require the completed booking form and signed contract, plus the deposit (see Fees for more information)
- Medical Certificate - please send this to us along with your deposit or let us know if this will be sent by your GP – If you know of any health reason that could cause you to leave the course, please let us know before the deposit is transferred
- First Aid booking form (if required)

You are advised to keep copies of these documents. Please scan these and email to Lu at [school@being-in-unity.com](mailto:school@being-in-unity.com)

If preferred, you can send these by post. Please email Lu to confirm once posted or handed in, and address to:

Lu Margetts  
The Unity Centre,  
35 Friars Walk,  
Lewes BN7 2LG

Your application may be subject to interview. If so, Sevanti will contact you to arrange a suitable time. Upon satisfactory completion of your application, you will receive written confirmation of your place on the 2023-2024 Unity Holistic Massage Diploma (MTI). In the event that your application is not successful, your deposit will be returned.

# Unity Holistic Massage Diploma 2023 application form

Name

Address

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Postcode

Telephone

Email

Date of Birth

**Previous massage experience:**

Please include how long you have been practising, which styles and how regularly

Why do you wish to take this diploma?

Are there any medical conditions that may affect your participation or attendance?

**Medical Certificate is required to complete your application.**

Certificate enclosed     GP sending directly

**TOTAL INVESTMENT**

Please tick the box next to your chosen payment option:

**Payment option 1**

**Payment option 2**

By signing this contract I agree that should I need to leave the course for any reason the full fee must be paid and that no monies are refundable.

Please read the student learning contract and terms & conditions.

If you have chosen to pay in instalments the standing order must be active and guaranteed for the full cost of the course.

I understand that if I miss any study sessions then I must arrange alternative catch up sessions, which will incur an additional cost. 100% attendance is required to complete the course.

Please note this diploma requires a minimum of 10 students to run.

Sign

Date

**Payment details**

Payments will be made online via the secure invoicing platform Sum Up. Please email Lu at [school@being-in-unity.com](mailto:school@being-in-unity.com) to set this up once you have been enrolled.



# Equality and diversity questionnaire

The information provided will be kept confidential and will be used for monitoring purposes only. Please only answer the following if you feel comfortable to do so.

If you have any questions about the form contact Sevanti or Lu Margetts.

Please return the completed form to Lu - school@being-in-unity.com

## EQUALITY INFORMATION

### 1. What age group do you belong to?

- 18–25
- 26–35
- 36–45
- 46–55
- 56–65
- 65 +
- Prefer not to say

### 2. Are your day-to-day activities limited because of a health problem or disability (this could include any problems related to old age)?

- Yes, limited a little
- Yes, limited a lot
- No
- Prefer not to say

### 3. If you answered 'yes' to question 2, please give more info your disability:

### 4. What is your ethnic group?

### 5. What is your gender?

- Male
- Female
- Prefer not to say
- Prefer to self-identify, please write in

### 6. What are your pronouns? (e.g. She/her, they/them)

### 7. What is your religion?

### 8. Which of the following options best describes your sexual orientation?

- Heterosexual/straight
- Lesbian
- Gay
- Bisexual
- Prefer not to say
- Prefer to self-identify

### 9. Do you look after, or give any help or support to family members, friends, neighbours or others because of either long-term physical or mental ill-health/disability, or problems related to old age?

- No
- Yes, 1-19 hours a week
- Yes, 20-49 hours a week
- Yes, 50 or more hours a week
- Prefer not to say

# Student learning contract

## I wish to enrol on the Unity Holistic Massage Training 2023-2024.

I understand that Unity will provide training over 21 days (excluding the exam) during these 9 months the course will be taught by Sevanti, Ali Walters, Victoria Auton and Earle Abrahamson

The dates are as follows:

**Session 1** 28th – 30th September 2023

**Session 2** 9th – 10th November 2023

**Session 3** 7th – 8th December 2023

**Session 4** 11th – 13th January 2024

**Session 5** 1st – 2nd February 2024

**Session 6** 7th – 9th March 2024

**Session 7** 25th – 26th April 2024

**Session 8** 6th – 7th June 2024

**Coursework deadline** Sunday 16th June 2024

**Practical exams** Thursday 27th & Friday 28th June 2024

### Anatomy, Physiology & Pathology dates 2023

#### Sessions 1 & 2

(weekend): Sat 27th January & Sun 28th Jan 2024

**Session 3** (day): Sun 25th February 2024

**Session 4** (day): Sunday 24th March 2024

**Sessions 5 & 6** (weekend): Saturday 20th April & Sunday 21st April 2024

**Mock exam** Friday 3rd May 2024 at The Unity Centre, Lewes

**Final AP&P exam** Friday 21st June 2024 at The Unity Centre, Lewes

**First Aid course** Saturday 24th February 2024

Dates are subject to change by Sevanti, students will be immediately informed if any changes occur and all students will be accommodated for .

Please note this diploma requires a minimum of 10 students to run. If it is likely that the course will be undersubscribed, we will inform all enrolled students and a refund will be issued.

### Attendance

I understand that 100% attendance is required. I will attend the course on the specified dates and times unless I am prevented by exceptional circumstances. In this instance I will contact the course tutor. If I continue to miss the set dates or am disruptive to the group, Unity has the right to terminate my participation on the course. If a day of the course is missed, I will most likely be required to have a catch-up session (this may be subject to an additional fee).

The length of the catch-up session is dependent on the subject and work missed, at the discretion of the main tutor.

### Catch-up sessions

Depending on the content of the work missed, I understand that Sevanti may require me to take a catch up session. This may be a one-to-one, or shared with other students.

These are chargeable as follows:

- 1 day missed = up to 3-hours study for £105
- 2 days missed = up to 6-hours study for £195
- 3 days missed = up to 8-hours study for £255

Attendance on Anatomy, Physiology & Pathology teaching days are compulsory but should a day be missed, then a catch-up session may be available with Earle, however please note that this will likely involve travelling to London.

Depending on the content of the work missed, I understand that Earle may require me to take a catch up session. This may be a one-to-one, or shared with other students.

These are chargeable as follows:

- 1 day missed = 3 hours study for £105
- 2 days missed = 6 hours study for £195
- 3 days missed = 8 hours study for £255

### Exam resits

Should either the AP&P, or practical exams need to be re-taken, the prices are as follows:

- Practical £145
- AP&P £145
- Practical Mock Exam Resit £145

If a student does not pass their practical mock exam they cannot be entered in for their final exam.

The exams will take place at the Unity Centre, Lewes. No refund will be given for non-attendance.

**Punctuality**

Students are required to arrive on time: there will be penalties if students are continuously late or disruptive to the group and Unity has the right to terminate the student participation on the course.

**Home study**

I understand that approx 5-6 hours of home study time will be needed each week, including the giving and receiving massage sessions.

**Health & well-being**

I understand that a holistic perspective is respected on the course, including physical, mental, emotional and spiritual wellbeing. Therefore, I realise that I will be considering my own state of health and wellbeing on all levels during the course. I accept that the course is not a substitute for personal treatment, and if necessary I will seek out personal treatment, counselling, psychotherapy, physical or spiritual guidance where needed or applicable. I also understand I am undertaking a considerable commitment and I feel I have the time, resources and energy to complete all aspects of the course within the set deadlines.

**Fee for deferring the full diploma**

A fee will be charged to defer your exams, coursework dates, or the entire course. If you need to defer the course for one year, you must write to Sevanti and Lu at school@being-in-unity.com, detailing your reason for deferring. Payment will be required upfront to guarantee you a place on the following year's diploma.

**Fee for deferring the full diploma**

If a student requests to defer the full training until the following training year we will require the payment of £3500\* to be paid before the start of the next diploma.

**Fee for deferring the Anatomy, Physiology & Pathology training**

If you need to defer the Anatomy, Physiology & Pathology training until the following training year we will require the payment of £795\* to be paid 2-months before the start of the next diploma.

**Deferring the main practical components of the course**

If you need to defer the practical elements until the following training year we will require the payment of £2000\* to be paid 2-months before the start of the next diploma.

**Deferring AP&P or the practical exam**

Deferral of an exam is £145\* and we will require 6 weeks notice for referral.

**Deferring coursework**

Deferral of coursework is £75\* and we will require 6 weeks notice for referral.

**Essays**

If you need to hand in an essay after the deadline there

will be an additional fee of £30\*, subject to the tutor's availability.

**Tutorials**

If you are required to arrange an additional tutorial with the main tutor, there will be an additional fee of £30\*.

\*Please note that these costs are relevant to the 2023-2024 Holistic Massage Diploma and may be subject to change or increase for any year following.

- Should I need to leave the course, I agree that the full course fees must still be paid and that no monies are refundable.
- I have provided Unity with a Medical Certificate before enrolment, to validate that I am in good health and that there is no knowable reason why I would need to leave the course.
- I have discussed the course with Sevanti, and have read the 'Professional Skills' notes and Terms and Conditions.

Signed

Name

Date



# Unity Holistic Massage Diploma 2023: medical certificate

Dear Doctor

The patient named below wishes to enrol on the Unity Holistic Massage Training Diploma, starting in September 2023. This is a formal and rigorous course of study, leading to a professional qualification, enabling successful graduates to deliver massage without supervision.

The course runs September 2023 – July 2024

While there will be personal benefits to the student, this is not a personal development programme. It is important that enrolling students are in good physical and mental health; both for their own wellbeing during the course of study and for the wellbeing of their future students.

Patient/Student name

Patient/Student address

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Postcode

Does the student have any medical conditions that may affect their participation or attendance?

## GENERAL PRACTITIONER DETAILS

GP Name

Telephone No.

Email

Practice address

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Postcode

Signed (by Doctor)

Date

Please return the completed form to your patient, or send a scanned document directly to

Lu Margetts at [school@being-in-unity.com](mailto:school@being-in-unity.com)

While an email copy is preferred, if not possible please alternatively deliver or post to

**The Unity Centre, 35 Friars Walk, Lewes BN7 2LG  
01273 778400 | [school@being-in-unity.com](mailto:school@being-in-unity.com)**

# First Aid training booking form

## First Aid - Saturday 15th January 10.30am-5.30pm.

Note: if you already hold a valid First Aid certificate and do not require this one-day course, please enclose a copy of the certificate with your application.

Name

Address

Postcode

Telephone

Email

Sign

Date

### Payment

Cost £100.

This will be made via secure online invoice.

Please contact Lu at [school@being-in-unity.com](mailto:school@being-in-unity.com) to set this up.

## Terms and conditions

UNITY reserves the right to refuse enrolment if an applicant is deemed unsuitable for the course.

UNITY reserves the right to ask a student to leave at any stage if it is felt that the professional skills have not been adhered to (the full course fees will still be due).

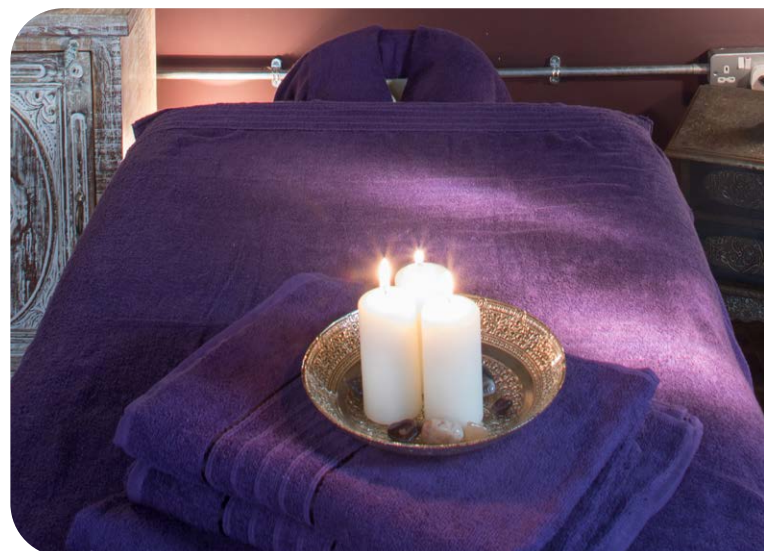
UNITY reserves the right to change the date and venue of any class / substitute a guest tutor if unforeseen circumstances arise. Unity will work to accommodate all of the students if a date needs to be changed.

All fees must be paid by the dates agreed. Any student withdrawing from the course after registering will be liable for the total fee.

A signed contract is legally binding. It is therefore essential that each student fully intends to complete the course. Please think carefully about this commitment in terms of your time, energy and finances. All payments must be received regardless of whether the student leaves the course for any reason.

Students will need to take out 'student insurance' for the duration of the training. Ideally, please enquire with MTI for their Insurance Policy details. Please ask Sevanti or Lu for details at the start of the course if you require support with this.

Adherence to the stated 'To Consider' elements of the course is a requirement of this training and of successful completion.





**[www.being-in-unity.com](http://www.being-in-unity.com)**

Unity Centre, 35 Friars Walk,  
Lewes, BN7 2LG.

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