



**POST-GRADUATE HYDROTHERAPY WEEKEND WORKSHOP**  
(qualifies for GNC APL upgrade scheme)

**Saturday and Sunday 27<sup>th</sup> and 28<sup>th</sup> May, 2017**

**Venue: Sea View Clinic, Peggies, Beach Road, Woolacombe, Devon EX34 7AE**

**Friday 26<sup>th</sup> May:** meet at "Peggies" for dinner at 7.00 p.m. (**optional** but good idea to meet everyone socially-please confirm in advance)

**Saturday 27<sup>th</sup> May:** 10.00 - 17.30 approx.

- The History and Philosophy of hydrotherapy – Preissnitz, Kneipp and others, principles of using water to heal.
- The unique properties of water
- The use of water temperatures
- Practical applications of affusions, sitz baths, packs, haysacks, hot towels.
- Demonstration of internal water use (colonic hydrotherapy).
- And as always.... Addressing questions from participants

**Sunday 28<sup>th</sup> May:** 09.00 – 16.00

- Research into hydrotherapy
- The effect of hydrotherapy on the autonomic nerves
- Applications of wet sheet, wraps, baths, water treading, wet skin brushing

**Please note:** *This is a stand-alone workshop or, together with an assessed written home-study module, can be credited towards the **GNC APL upgrade scheme**. Emphasis will be placed on hydrotherapy treatments which you can recommend to your patients for home use.*

**Workshop leaders:**

**Roger Groos, B.Sc.**, graduated in biology, worked as an agronomist both in the UK and overseas for 14 years, then re-trained in holistic medicine and colonic hydrotherapy from 1986-88. He has run popular postgraduate workshops since 1993. He is the Hon. President of ARCH, chairman and director of the GNC and a naturopathic profession-specific board member of the CNHC.

**Abigail Francis, MH**, is a naturopath, herbalist, iridologist and colon hydrotherapist, having trained with Jill Davies, Christopher Hobbs and Richard Schultz to name a few. Abi is a well experienced teacher and has been on the NCCH team for 6 years.

**Course cost:** £160.00 covering tuition, handouts, light veggie lunch and a.m. & p.m. refreshments (£75.00 non-returnable deposit + balance of £85.00 payable one month before course date)

A certificate of attendance will be given for CPD.

For the GNC upgrade scheme, a £50 assignment assessment fee is also payable.

**Accommodation:** A list of suitable accommodation will be sent upon confirmation of your booking.

**Booking:** Open to qualified practising therapists, numbers are limited to 8 participants, allocated on a first-come first-booked basis.

Please use the separate booking form attached, and return with your deposit to:

## NCCH POSTGRAD COURSE BOOKING FORM

**Please book my place on the Postgrad Hydrotherapy workshop on  
27<sup>th</sup> & 28<sup>th</sup> May, 2017**

Name:

Address:

Tel.

Fax.

e-mail

Please complete the following (certificates not required):

Study centre of your practice qualification and date studied:

Other professional qualifications (i.e. therapies)

Membership of professional bodies:

I enclose a deposit of £75.00.

I will pay the balance of £85.00 one month before the workshop date.

**PLEASE MAKE CHEQUES PAYABLE TO "NCCH"**

Please indicate whether you will be coming on Friday evening for dinner.

Do you have any restrictive dietary preferences? If so, please state.

Do you have any medical condition which may affect any practical sessions with you acting as recipient of treatment?

Is your attendance part of naturopathic upgrade?

I certify the information given above is correct

Signed

**Please return to: Roger Groos, NCCH, Peggies, Beach Road, Woolacombe, Devon EX34 7AE**