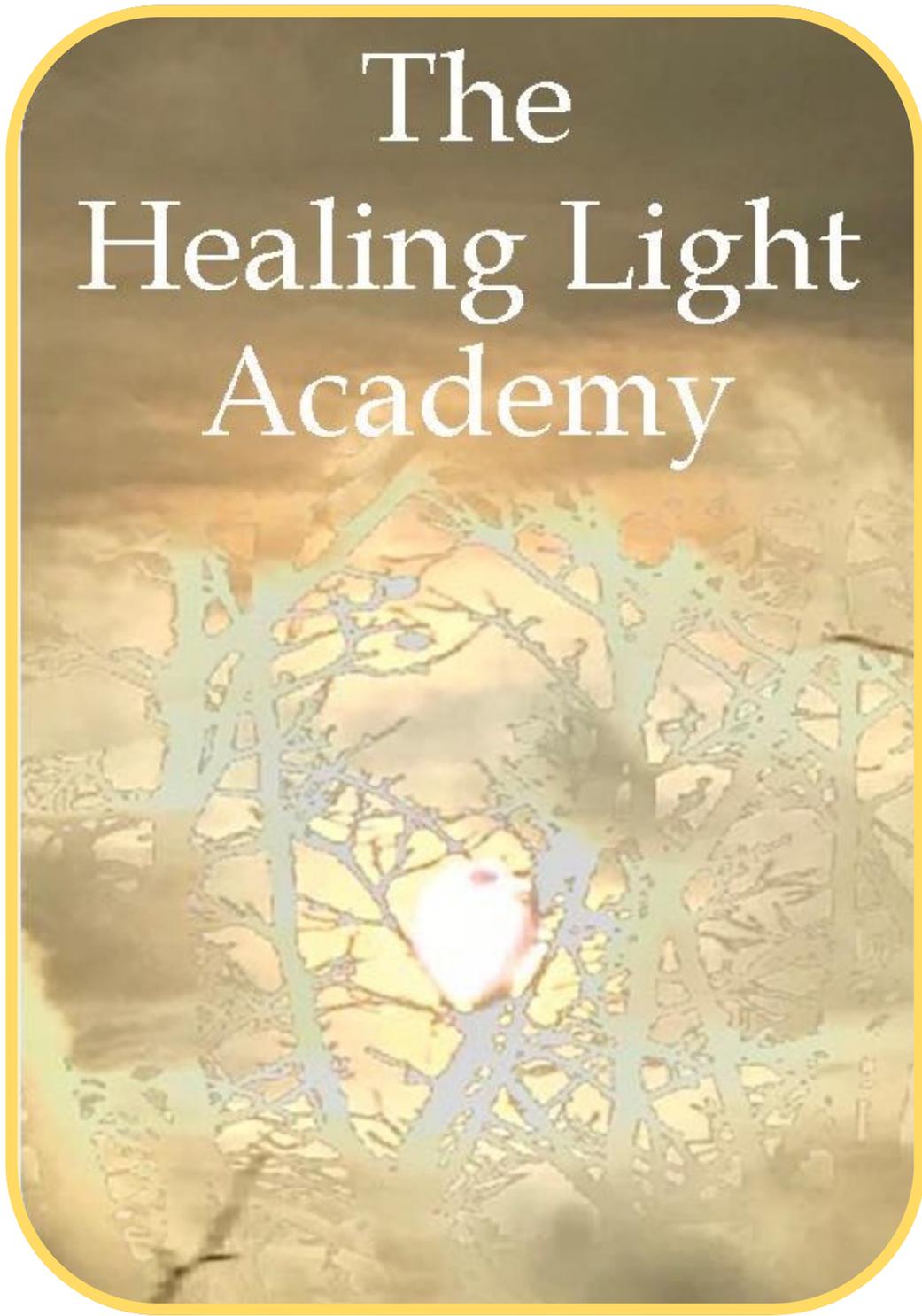


# The Healing Light Academy



**Step into Your Light**

# A unique programme of energy healing teachings Graduating with A Professional Practitioner's Diploma in Energy Healing

Allied to The Healer Foundation  
Registered with  
The British Complementary Medicine Association

## Coordinators and Principal Tutors



Di Wilson M.Ed, B.Ed  
HNC Holistic Therapy



Dr. Alweena Awan PhD



Rena Guttridge SRN

## About the Course

The Diploma is a course of study over a minimum of 2 years that incorporates the very best in energy healing teachings.

The course is an extensive, well produced, professional opportunity that embraces up to date thinking, evolving philosophies and ethical practice within the complementary, therapeutic and energy medicine field. Aligning with the new consciousness, our philosophy is to encourage constructive, forward thinking and to maintain ethical healing methods

The unique programme of learning provides opportunity for professional development, personal growth and provides a curriculum that is varied, inspiring and perceptively guided from professional well respected and experienced tutors who present with understanding, compassion and perception.

Our concepts embrace empowerment, self development and confidence building so that trainees can develop personally and professionally in harmony with their own Soul light, with expansive concepts of energy healing and with cosmic awareness.

Our philosophy and teachings establish a range of wide productive skills that form a basis of successful, professional classes and practice. The culmination of the study is that graduates will be able to offer a combination of Healing Light Classes and one to one therapy within the community sector.

We welcome enquiries from experienced therapists as well as those starting out in the complementary field.

## Course Format

A series of energy healing modules over a minimum time period of 2 years - this may be extended to up to 4 years according to personal needs and commitments. This is formatted into a total of 25 days of contact study with delegated tutors along with 2 mentor support events.

Home study, reading and case studies will form part of the programme.

**All study includes mentor support and personal development.**

## Principal Healing Light teachings

### **Di Wilson: Quantum Breath Energy Healing.**

A method of energy healing that includes meditation, breath-work and energy awareness techniques in order to do self-healing and offer energy healing to others. The techniques involve connecting with and amplifying life-force energy, which is most often referred to as “Chi” or “Prana”. Quantum Breath focuses on increasing the vibration of an area or person in order for healing to occur. The person receiving the energy is ‘the healer’, using their own higher wisdom to utilize the energy, release blockages, relax and re-balance. The Level 2 class expands on the initial techniques and focuses more on emotional healing; a wider Chakra system; emerging chakras; self-healing and hands on work. Other healing techniques covered in the level 2 class include distant healing, colour healing, working without hands, gentle touch techniques and working with higher beings.

Format: Levels 1 and 2 comprising four days tuition. Contact Email: [di@thehealingtouch.uk.com](mailto:di@thehealingtouch.uk.com)

Venue: The Healing Touch, Staintondale, Scarborough, North Yorkshire, YO13 0AZ

Fees: Level 1: £200 for 2 days of study; Level 2: £220 for 2 days of study

### **Alweena Awan: Attuning to Full Potential**

A new kinesiology modality that uses vibrational icons monitored by muscle response to effect profound change. This modality allows the practitioner to work on themselves at profoundly deep levels, attuning them to their own full potential and unlimited growth. As this process develops one’s effectiveness as a therapist increases dramatically. The vibrational icons are like a menu to release blockages from and find a new state of balance towards your full potential.

The technique helps to raise consciousness by activating the dormant codes within your DNA, allowing the process of transformation to begin. The vibrational symbols help you to reactivate your embedded knowledge by attuning to it, finding the right wave length to access you own potential, and accessing the body’s innate wisdom. AFP helps to connect to joy, centers your heart, hydrates your soul and reconnects with the original intention of your higher self.

Format : Four days tuition in total. Contact Email: [alweena1@aol.co.uk](mailto:alweena1@aol.co.uk)

Venue: Riverbank School, Ripponden, West Yorkshire HX6 4DH

Fees: £170 per day of study

### **Rena Guttridge: The 5 Awakenings Sequence**

A unique energy medicine methodology facilitating recovery from the debilitating and ongoing effects of trauma, bullying, PTSD, anxiety and abuse. The Sequence incorporates vital zones and centres on the energy body to create a tool for transmutation and release. The Sequence then factors in a catalyst for change, allowing the recipient to move forward with raised self-esteem, choice, enhanced stability and balance. With exceptional use for children, the Sequence is easily learned and administered in a format that is that is safe and simplistic to use. Day one is a comprehensive ‘How To’ class covering all aspects of the Sequence.

Days 2 and 3 offer advanced study ‘Raising the Light of the Soul’ incorporating re-awakened energy centres. The tutorials will show how the energy of Light has raised the level of the Soul from a diminished state to an awakening of full potential, healing and enlightenment; exploring a redeveloped healing dimension that is significant, functional, compassionate, far reaching and fulfilling.

Format: Three days tuition comprising day one ‘How To’ class with tutors **Anne Huckerby or Sandra Doubtfire** followed by 2 days advanced study with Rena. Contact Email: [rena.g@colinguttridge.plus.com](mailto:rena.g@colinguttridge.plus.com)

Venue:

Fees: Day 1: £95; Days 2 and 3: £110 per day of study

**Venue for Anne:** Swadlincote Therapy Rooms, Sharpe’s Pottery Museum, West Street, Swadlincote, Derbyshire. DE11 9DG

**Or** Riverbank School, Ripponden, West Yorkshire HX6 4DH

Email: [annehuckerby5@gmail.com](mailto:annehuckerby5@gmail.com)

**Venue for Sandra:** The Healing Touch, Staintondale, Scarborough, North Yorkshire, YO13 0AZ

Email: [sdoubtfire@btinternet.com](mailto:sdoubtfire@btinternet.com)

## Our Team of Tutors and their Teachings

Our tutors are ethically qualified and are practicing professionals in their own field. Compassionate teachers and Lightworkers; they each bring a holistic and creative dimension to their tuition.



**Cathy Presto**

Homeopathic  
First Aid



**Colette Garside**

Healing with  
colour



**Eve Campbell**

Naturopathic  
Nutrition



**Grant Ragsdale**

Alexander  
Technique



**Ruth Fox**

EFT—Emotional  
Freedom Technique



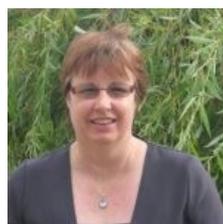
**Sarah Moore**

Bach Flower  
Remedies



**Sandra Page**

Shamanism and  
Healing Voice



**Anne Huckerby**

The 5 Awakenings  
Sequence



**Sandra Doubtfire**

The 5 Awakenings  
Sequence



**Lorna Mills**

The Body's Innate  
System

### Homeopathic First Aid; Tutor Cathy Presto

A brief overview of the history and philosophy of Homeopathy; Basic First Aid Remedies and their unique healing profiles; When and how to use the remedies.

Format: 1 day of study Contact Email: [info@theremedybox.co.uk](mailto:info@theremedybox.co.uk)

Venue: Active Health Centre, 8 Waver Green, Pudsey LS28 7BG.

Fee: £120

### Colour Full Days; Tutor Colette Garside

This class is designed to help you recognize yourself through the language of colour, helping to empower you to realise your own gifts and talents to manifest more abundantly in your life. Everything in this world is colour and we are colour beings. You project colour through your actions, interconnections and the things we say to one another. The class is about realising and understanding the colours you project and how you see yourself as well as others see you through the colour filters that you project in your everyday life. The class brings balance, a better rapport and will help you to understand your feelings from the aspect of colour.

Format: 1 day of study Contact Email: [colette@thegarsides.net](mailto:colette@thegarsides.net)

Venue: Stratford upon Avon, Warwick (details to be confirmed)

Fee: £95

### Naturopathic Nutrition; Tutor Eve Campbell

The 'Nutrition for Health' tutorial will be centred around the philosophy of naturopathic nutrition. We will look at how the cells in our body work, and how best to protect and nourish them. The benefits of different food groups, the acidity of foods and how to create a balanced diet. The benefits of naturopathic techniques, and how to use them. We will also be looking at the connection between good nutrition, and the spiritual self. This is a massive subject and although we will not be able to cover everything on a one day tutorial, I will endeavour to give a good all round foundation to this vital and inspiring topic.

Format: 1 day of study Contact Email [eve.nutrition@yahoo.co.uk](mailto:eve.nutrition@yahoo.co.uk)

Venue: Cold Hiendley, Wakefield West Yorkshire

Fee: £80 to include a nutritious lunch

### **The Alexander Technique; Tutor Grant Ragsdale**

Originally invented by F.M.Alexander, this is a method of helping the participant to use their mind and body in an efficient manner, which reduces the amount of wear and tear on the system and often results in a reduction of physical pain and an enhanced sense of well-being. The class will be practical demonstration by myself followed by participation by the attendees. There will be emphasis on how to maintain a healthy spine and also how to use a chair in as healthy a manner as possible. Alexander described the chair as “the most diabolical invention of the human race”, so it is very important that we diminish these diabolical effects as much as possible. Within time constraints there will also be procedures concerning balance, voice, breathing, walking, lifting etc. Although it may seem that there will be an emphasis on the physical, the Alexander Technique has, if anything, a greater effect on the mind than the body. As things come more into balance physically, the mind responds by becoming calmer and more at peace with itself and its surroundings.

Format: 1 day of study Contact Email [grant@ragdale.co.uk](mailto:grant@ragdale.co.uk)

Venue: The Swarthmore Education Centre, 2-7 Woodhouse Square, Leeds LS3 1AD

Fee: £90

### **EFT Emotional Freedom Technique; Tutor Ruth Fox**

EFT, sometimes known as 'Tapping', is an extremely effective energy process for healing and clearing emotional distress, limiting thoughts and beliefs and physical pain and difficulties. It involves guided tapping on points on the face and body while focusing on specific thoughts and feelings which relate to the issues. The process can bring a very quick effective and permanent change to all kinds of conditions, whether habitual limiting behaviour and thought patterns, simple headaches or physical pains, deep traumas, phobias, or emotional tension from difficult memories. It can help to shift the inner blocks to progress and potential in one's life. The Training offered is AAMET accredited.

Format: 2 days of study Contact Email [ruth@ruthfox.co.uk](mailto:ruth@ruthfox.co.uk)

Venue: The Hilton Sheffield Hotel, Victoria Quays, Furnival Road, Sheffield S4 7YB

Fee: £195 for 2 days of study

### **Working with the Bach Flower Remedies; Tutor Sarah Moore**

This introductory course will give students an understanding of the 38 Bach Flower Remedies, and how they are used. They will learn about Dr Bach, his philosophy on health and healing, and how the Flower Remedies support this. Throughout the day, there will be opportunities to hear about the properties of the different Remedies, and stories about how they have worked for others. There will also be the chance to work with another student to create a bespoke remedy for each other to take home.

Format: 1 day of study Contact Email [ridgewaysarah@hotmail.com](mailto:ridgewaysarah@hotmail.com)

Venue: Riverbank School, Ripponden, West Yorkshire HX6 4DH

Fee: £110 to include creating your own remedy.

### **See through the eyes of the Shaman. Ancient Energetic Processes for Healing; Tutor Sandra Page**

At this class discover the ancient map of the Three Worlds of the Shaman and how we can seek guidance using this map of consciousness. Work with the Archetypes of the South American Medicine Wheel and shift your perception as you engage your shaman eyes. Learn how to access your Luminous Energy Field and create sacred space for yourself and clients. The Rites of the Munay Ki, Receive and learn how to gift the Healer Rites—connecting to an ancient lineage of luminous medicine men and women and awakening the healing power of your hands. On day two receive and learn how to gift the Seers rites, extra cerebral pathways of light connecting the third eye to the heart and the visual cortex, awakening your ability to perceive the invisible worlds of energy.

Format: 2 days of study Contact Email [sandra.page8@btinternet.com](mailto:sandra.page8@btinternet.com)

Venue: The Healing Touch, Staintondale, Scarborough, North Yorkshire, YO13 0AZ

Fee: £80 per day

### **Sacred Voice: Tutor Sandra Page**

Connecting to our sacred self, using the power of our voice, dance and movement. A method to express our unspoken sounds, words and feelings, Journey through the body, experience the freedom and release of deeply held feelings, once more connecting ourselves to all that is and all that may be.

A singing voice is not required for this!

Format: 1 day of study Contact Email [sandra.page8@btinternet.com](mailto:sandra.page8@btinternet.com)

Venue: The Healing Touch, Staintondale, Scarborough, North Yorkshire, YO13 0AZ

Fee: £80

### **Ho'oponopono Harmonising Tutor Alweena Awan**

This class is taught in a group context where the effect is amplified and most profoundly affects the subconscious - where all our issues are stored. It is designed to be practiced by one's self to help 'clear' difficult issues. The overall aim is to empower people to take responsibility for themselves, their lives, their wants, wishes and desires and live from a place of natural authenticity within themselves. Ho'oponopono provides the environment, the tools and community to live and be one's authentic self. It is a powerful workshop that changes people's lives. With that in mind, it is our purpose to hold this vibration within ourselves, a vibration of love, abundance, self-compassion and forgiveness.

Format: 1 day of study Contact Email [alweena1@aol.co.uk](mailto:alweena1@aol.co.uk)

Venue: Riverbank School, Ripponden, West Yorkshire HX6 4DH

Fee: £130

### **Meditation Experience Tutor Di Wilson**

Immerse yourself in a day of meditation, relaxation and peace! A variety of meditation techniques will be experienced throughout the day, including breathwork, mantras, guided journeys, Chakra work, sound, loving kindness, mindfulness and moving meditation. This day is open to beginner meditators and also those with more experience who wish to explore different techniques and enjoy the synergy of meditation in a group setting. The intention of the day is that each student will then be inspired to commit to doing some type of meditation on a daily basis, thus connecting to the many gifts that regular practice offers.

Format: 1 day of study Contact Email: [di@thehealingtouch.uk.com](mailto:di@thehealingtouch.uk.com)

Venue: The Healing Touch, Staintondale, Scarborough, North Yorkshire, YO13 0AZ

Fee: £60

### **Crystal Experience Tutor Di Wilson**

Crystals can enhance healing and growth in a multitude of ways. In this experience day students will enjoy connecting with the Crystalline Kingdom and learn how to use crystals for meditation, self-healing and to support the healing process with others. This is very much a 'hands on' day where we will attune to different crystal energies, connecting with their innate wisdom and desire to help to facilitate growth and change. We will also use crystals in combination with the 5 Awakenings Technique as a tool for transformation, balance and protection.

Format: 1 day of study Contact Email: [di@thehealingtouch.uk.com](mailto:di@thehealingtouch.uk.com)

Venue: The Healing Touch, Staintondale, Scarborough, North Yorkshire, YO13 0AZ

Fee: £60

### **Introduction to working with the Body's Innate and Cranial Systems Tutor Lorna Mills**

Work with the body's Innate Intelligence; Explore and access the body's rhythms; Use the sense and art of touch to listen to the body; Release stress by working with the Innate Rhythms; Learn the basic techniques with supervised hands on practice; Allow your own Inner Healer to open the gateway to understanding, listening and releasing stuck energy patterns.

Format: 1 day of study Contact Email: [enquiries@lornamills.co.uk](mailto:enquiries@lornamills.co.uk)

Venue: Riverbank School, Ripponden, West Yorkshire HX6 4DH

Fee: £130

## More about our Tutors

**Di Wilson M.Ed, B.Ed HNC Holistic Therapy.** [www.thehealingtouch.uk.com](http://www.thehealingtouch.uk.com)

I have been an energy worker since 1995, starting with Reiki, which was massive catalyst for change and further study. After eight years of working with Reiki and Seichem I found Quantum-Touch, becoming the first European instructor. Teaching Quantum-Touch internationally for many years was extremely rewarding, however my own healing style was evolving and finally I understood that I needed to step into my own light and share my own teachings. Over the years I have trained in many different healing and body work modalities and I have had the privilege of working with some incredible teachers including Deepak Chopra and the late Gill Edwards. I have a passion for sharing massage, healing and meditation techniques. I love to work intuitively with clients on a one to one basis and also enjoy bringing people together in groups for healing and meditation, harnessing the power and synergy that this brings. I teach a wide variety of massage and spiritual classes and continually learn new things myself. I feel very blessed that my working life is focussed on helping people to recognise and shine their light.

I live in the beautiful village of Staintondale (between Whitby and Scarborough on the East Coast of Yorkshire). Conrad, my husband, and I have two awesome children (growing up fast), two dogs, two rabbits, two ponies and my wonderful mum lives next door. So all in all life is quite magical!

**Dr Alweena Awan PhD:** [www.alweena.com](http://www.alweena.com) [www.childcentremethod.com](http://www.childcentremethod.com)

Dr Alweena co-developed Attuning to Full Potential which can be learned by practitioners and non-practitioners alike. It is a method which advances the skill of even the most experienced practitioner but can be learnt in stages by a complete beginner. It is a valuable tool for personal development and the treatment of a broad range of complex issues.

She is, also, an advocate of the traditional Hawaiian practice of Ho'oponopono. The principle tenet of Ho'oponopono, which loosely translates "to set things right", is full personal responsibility for all aspects of one's life. It encourages the practitioner to look inward, to resolve one's conflicts. Used in combination with AFP the effects are profound for both client and practitioner

She has completed a PhD in Children's Learning and Performance and following this researched therapy which could help with learning and behaviour issues, for adults and children and went on to develop the Child Centre Method which she now teaches to Practitioners and new therapists.

Her experience as an academic, combined with her in-depth learning and development of energetic medicinal practices has been a blessing. She has successfully treated hundreds of clients with issues ranging from the physical to the mental/emotional and spiritual.

**Rena Guttridge SRN:** [www.the5awakenings.co.uk](http://www.the5awakenings.co.uk)

Rena is a professional and inspirational healer and teacher with experience spanning over 35 years and a dedication to the therapeutic aspects of energy and complementary medicine. Following a career in general and child nursing, her therapeutic work has focused on childhood trauma and the treatment of bullying, fear, abuse, phobia and PTSD.

This experience has led her to create The 5 Awakenings Sequence® - a method of recovery now used extensively in the field of trauma for both adults and children. She has presented this methodology at the international energy medicine conferences in Canada and has established teachers throughout the UK and in the USA.

In the 1990's Rena established Hane Lea School of Healing, allied to the World Federation of Healing and in 2000 established The Healer Foundation by bringing together a group of healer graduates and now affiliated to the British Complementary Medicine Association.

With a strong and intuitive philosophy to bring joy and light to the soul, Rena's teachings offer a catalyst for change with an enduring, healing process of freedom, expanded potential, raised self-esteem and choice.

**Cathy Presto RSHom** [www.theremedybox.co.uk](http://www.theremedybox.co.uk)

Cathy is a registered Homeopath with The Society of Homeopaths and has over 20 years' experience of treating adults and children in her private practice.

Cathy began her journey by completing a Homeopathic First Aid Course. She learnt that by completing the course she could take more responsibility for her own and that of her family's health.

She then completed 5 years of study at the North West College of Homeopathy. She has taken part in the proving of new remedies both as a supervisor and as a prover.

Cathy has a keen interest in traditional medicine from other cultures and has travelled extensively, as well as spending her childhood in West Africa. She has a wide and working knowledge of the Homeopathic Materia Medica and believes that it is important to help her clients access their own inner healer.

Cathy has extensive education and experience in the Early Years, Family Support, Counselling, Homeopathy, Complementary Therapy and Care sectors.

Cathy is committed to the development and delivery of holistic, natural health and wellbeing services for individuals through the generations.

**Colette Garside, BABTAC, F.I.H&B.C, Dip.Bio.Med, S.A.C.Dip, T.ASIACT**

**ASEA Associate** [www.need4change.teamasea.com](http://www.need4change.teamasea.com)

I began my colour training with Aura-Soma in 1991 and over the course of several years became an accredited Teacher for the company. Since then I have continued my education by studying the teachings of Carl Jung with respect to the interaction of our personality with others and have also qualified as a Professional Therapeutic Counsellor. The combination of all three enables me to better help clients understand themselves at a deeper level by looking at the emotional, mental, physical and spiritual aspects of their being. There is no doubt in my mind that Colour can be the key to self-realisation. I spend most my time teaching in Europe and Asia but have also found the time to author two books.

Colette also teaches **The New Age Child and their colours**: A 3 day course that involves looking at the colours in relationship to the family dynamics and the colours for this new millennium.

**Eve Campbell Cert.Ed Nutrition: HND**

Hello there my name is Eve Campbell and I am very passionate about us all living as healthy a lifestyle as possible, incorporating our mind, body and spirit, for the benefit of humanity and our planet. I started my holistic, complementary journey, like many, with Reiki, and I have always found this a wonderful tool to my life. I trained in naturopathic nutrition about 12 years ago, and have taught and introduced the benefits of this practice to many over the years. I have trained in the 5 Awakenings sequence, which I also teach, and use every day. I also practice 'The bright Path Ascension' meditation every day. I believe we need to nourish our bodies with healthy natural foods, and also our minds and souls with meditation and energy centre balancing.

**Grant Ragsdale** [www.ragsdale.co.uk](http://www.ragsdale.co.uk)

Following a quite serious injury to my lower back, I had my first Alexander Technique lesson in 1985. I was intrigued enough to book a series of lessons and found to my delight that not only was my back feeling a whole lot better but I was feeling better in all sorts of ways, both physical and mental.

I decided to train as an Alexander Teacher (1991 to 1994) since when I have been teaching the Technique full time, mostly in Leeds but also in Hebden Bridge on Fridays. I teach both group session and in the more traditional one to one format, both with the general public and with students Leeds College of Music

**Sarah Moore, BEd, BFRP, MHS**

Sarah began her career as a primary school teacher and, after many years of classroom experience, branched out into training adults and running workshops supporting parents of disabled children.

Sarah runs a thriving therapy practice, Bach to Balance, specialising in supporting adults and children through periods of emotional crisis using a range of tools, specifically Bach Flower Remedies, Hypnotherapy and The 5 Awakenings Sequence.

Sarah spends her spare time running a happy home with her husband Trevor and their three sons, and enjoying the beautiful countryside around Ripponden, where she lives and works.

**Ruth Fox EFT Advanced Practitioner and Master Trainer (AAMET Accredited)** [www.ruthfox.co.uk](http://www.ruthfox.co.uk)  
Ruth specializes in assisting people to make change in their lives by letting go of their inner blocks, freeing themselves from old patterns of emotion, limiting beliefs and pain and to gain greater insight, creativity in life, self-awareness, joy and empowerment. She works in a variety of ways and believes that change and healing does not always have to be difficult and painful but that the process can also be enjoyable and fun.

Ruth has been working with clients since 2004 and teaching since 2006. She loves doing this work, having had much experience of witnessing the extraordinary abilities of human beings to heal and free themselves and to make significant changes in their lives.

In addition to being an Advanced Practitioner and Trainer of EFT (Emotional Freedom Techniques), Ruth is also a Practitioner of PET (Provocative Energy Techniques), Hypnotherapy and NLP (Neuro Linguistic Programming). She holds a Diploma in Integrated Energy Techniques and has studied Advanced Metaphysics. She brings the insights and experience of her own life and healing journey to her work. Ruth also teaches EFT Level 2 which is a further 2 days course (fee £240)

**Sandra Page** [www.sacredvision.co.uk](http://www.sacredvision.co.uk)

I have been studying the ancient Medicine of the Descendent`s of the Incas for around 12 years now, journeying to the Andes to work directly with the shamans and their teachings.

The work offers us an opportunity to reconnect to ourselves and to discover what happens when we see through the `eyes of a shaman`. Creating the possibility to heal from our personal and Karmic wounding. To once more, experience that, we are one with all things and to re-discover our Sacred Nature.

**Anne Huckerby** and **Sandra Doubtfire**,

Anne and Sandra are teachers elected by Rena Guttridge to teach day 1 of the 5 Awakenings Sequence. **Anne** has over 12 years' experience as a holistic therapist, she also provides training in Reiki at all levels and different styles. [www.freedomtw.co.uk](http://www.freedomtw.co.uk)

**Sandra's** experience includes Reiki Master, Laughter facilitator, Meditation facilitator, Magenta Therapy, Intuitive healer, Thai foot massage and Numerology

**Lorna Mills** [www.lornamills.co.uk](http://www.lornamills.co.uk)

Lorna is an experienced and well practised therapist. She worked as a chiropractor for 25 years, started cranio sacral work in 1994 and went on to study visceral manipulation. Her clinical knowledge and experience has enabled her to help many patients on a physical, emotional and spiritual level. In her introductory course to cranio sacral therapy she uses an informal and informative style of teaching which caters for students with varying backgrounds.

## Contact and Registration

Applications to register for the course are invited by Email to [thehlacademy3@gmail.com](mailto:thehlacademy3@gmail.com)

A registration form will then be sent on request and confirmation of acceptance for the course will follow. Once your application is accepted, a registration/admin fee of £40 is required to secure your place. This fee includes your own reflective journal; a personal course file and 2 mentor days with the main tutors.

## Fees and class arrangements

Once accepted and registered for the course then attendance at the classes can be arranged with each tutor to suit your own time and needs and fees will be paid directly to them.