

## Course details

### Course title

Ways to Wellbeing: Gua Sha and Face Yoga for Beginners

### Course code

Q00015409

### Course date

Start: 04/06/24

End: 16/07/24

### Number of classes

7 sessions

### Timetable

Tue 4th Jun, 14:00 to 15:00

Tue 11th Jun, 14:00 to 15:00

Tue 18th Jun, 14:00 to 15:00

Tue 25th Jun, 14:00 to 15:00

Tue 2nd Jul, 14:00 to 15:00

Tue 9th Jul, 14:00 to 15:00

Tue 16th Jul, 14:00 to 15:00

### Tutor

Lisa Richards

### Fee range

Free to £25.90

### How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated, or online in a video meeting. Some materials may be provided in our virtual learning environment.  
Got it!

Online and in venue

## **Venue**

Rowland Hill Children's Centre (London)  
315 White Hart Lane  
Tottenham  
London  
N17 7LT

## **Qualification name & awarding organisation**

Ways to Wellbeing: Gua Sha and Face Yoga for Beginners ()

## **Level of study**

Beginners

## **Course overview**

Discover the wonderful world of Gua Sha and Face Yoga with this beginners course. It will help you to develop basic knowledge and skills in Gua Sha. Whether you have studied basic Gua Sha before or are completely new to it, You will find value in this beneficial course. Develop your facial massage technique that has several benefits for the face. The benefits include: · Improving the absorption of skincare products · Reducing the appearance of fine lines and wrinkles · Deep cleansing pores · Blood circulation · Exfoliation You do not need any special tools to attend, just yourself and some enthusiasm. Start your wellbeing journey today by registering for this course.

## **Course description**

On this Gua Sha and Face Yoga for Beginners course, basic gua sha and face yoga knowledge and skills will be developed.

This course is based on an online face-to-face teaching in a warm, and relaxing group setting.

Core learning outcomes:

1. Identify what Gua Sha and Face Yoga is?
2. Analyze various techniques to combat stress with body qua sha
3. Apply various techniques on the face with using Gua Sha massage.

4. Discuss which facial and essential oils are best for massage and pain relief.
5. Evaluate various techniques to relieve pain and stress.

In addition to the course content; citizenship, employability and digital skills will also be embedded in the programme.

Assessment of learning will be done regularly throughout the course.

Information, advice and guidance will also be given to enable further course/professional progression.

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## **What other support is available?**

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/health-wellbeing/4-june-ways-wellbeing-gua-sha-and-face-yoga-beginners>