

Course details

Course title

Healthy Living: Summer Retreat

Course code

Q00013331

Course date

Start: 30/05/24

End: 18/07/24

Number of classes

8 sessions

Timetable

Thu 30th May, 18:30 to 20:30

Thu 6th Jun, 18:30 to 20:30

Thu 13th Jun, 18:30 to 20:30

Thu 20th Jun, 18:30 to 20:30

Thu 27th Jun, 18:30 to 20:30

Thu 4th Jul, 18:30 to 20:30

Thu 11th Jul, 18:30 to 20:30

Thu 18th Jul, 18:30 to 20:30

Tutor

Lisa Richards

Fee range

Free to £59.20

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!
Online

Venue
Online

Qualification name & awarding organisation

Healthy Living: Summer Retreat ()

Level of study
Beginners

Course overview

Techniques that have instant results - plumping the lips, sculpting and contouring the cheeks and jawline, lifting the brows and reducing the appearance of fine lines and wrinkles with Gua Sha massage and face yoga techniques, to prepare you take in the sun! You will also learn to make some toxin free recipes for both skin and your home as well as some energizing Summer drinks to keep you hydrated and full of energy all Summer long. In this online course, you will learn with likeminded learners and with a knowledgeable tutor who is experienced at teaching these kinds of courses.

Course description

The sun will hopefully be out, the flowers will be in bloom, bees will be buzzing around and you will surely want to take advantage of the better weather - so do you need to recharge for Summer? Then this course is for you! Join our 8-week course where you will learn a series of simple and enjoyable self-care techniques that have instant results - plumping the lips, sculpting and contouring the cheeks and jawline, lifting the brows and reducing the appearance of fine lines and wrinkles with Gua Sha massage and face yoga techniques, to prepare you take in the sun! You will also learn to make some toxin free recipes for both skin and your home as well as some energizing Summer drinks to keep you hydrated and full of energy all Summer long. In this online course, you will learn with likeminded learners and with a knowledgeable tutor who is experienced at teaching these kinds of courses. It is hoped that you will take your new learning back to your communities to pass on your learning or continue your learning journey - no experience is needed, just bring yourself and your enthusiasm to learn something new!

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.

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