

Course details

Course title

Healthy Living: Advanced Gua Sha For Glowing Skin

Course code

Q00013332

Course date

Start: 10/04/24

End: 19/06/24

Number of classes

10 sessions

Timetable

Wed 10th Apr, 12:30 to 14:30

Wed 24th Apr, 12:30 to 14:30

Wed 1st May, 12:30 to 14:30

Wed 8th May, 12:30 to 14:30

Wed 15th May, 12:30 to 14:30

Wed 22nd May, 12:30 to 14:30

Wed 29th May, 12:30 to 14:30

Wed 5th Jun, 12:30 to 14:30

Wed 12th Jun, 12:30 to 14:30

Wed 19th Jun, 12:30 to 14:30

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: Advanced Gua Sha For Glowing Skin ()

Level of study

Beginners

Course overview

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.

Course description

If you have experienced the wonders of Gua Sha before and want to know more or advance your learning, then this is the course for you! Join us for a relaxing 10 week Qua Sha session which we hope will boost mood and relieve stress. You will also learn more about this transformational method, originating from traditional Chinese Medicine; it is though that regular Gua Sha practice could increase microcirculation by 400%, flooding the skin with oxygen and nutrients, and increasing the production of collagen and elastin whilst flushing toxins out through the lymphatic system, brightening the complexion, and reducing puffiness and congestion. You will learn online in this 10-week course, among likeminded learners and with a knowledgeable tutor who has experience of Gua Sha and in running these kinds of courses. The Gua Sha courses which Lisa has run before have been beneficial for learners and it is hoped that you will take your new learning and understanding back to your community where you may use it to spread the practice in that community. This course is for those who have some knowledge of Gua Sha as it is advanced, so do bring yourself and your enthusiasm to learn!

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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