

Course details

Course title

Ways to Wellbeing: Alternative Medicine Herbs

Course code

Q00014198

Course date

Start: 15/05/24

End: 24/07/24

Number of classes

10 sessions

Timetable

Wed 15th May, 9:00 to 11:00
Wed 22nd May, 9:00 to 11:00
Wed 5th Jun, 9:00 to 11:00
Wed 12th Jun, 9:00 to 11:00
Wed 19th Jun, 9:00 to 11:00
Wed 26th Jun, 9:00 to 11:00
Wed 3rd Jul, 9:00 to 11:00
Wed 10th Jul, 9:00 to 11:00
Wed 17th Jul, 9:00 to 11:00
Wed 24th Jul, 9:00 to 11:00

Tutor

Georgia Daniel

Fee range

Free to £74.00

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

Level of study

Advanced

Course overview

Join me in a course open to absolute beginners right through to those who have a little experience in aromatherapy. Designed to encourage, motivate, support and educate individuals to embrace aromatherapy and incorporate into everyday life. You may have your own oils that you can bring to the session. This course will inform you of a wide range of herbaceous oils, where they grow, what they are good for and a little history of each oil. We will also cover carrier oils that complement this subject and methods of applying oils to the body and indeed around the house. Comprehensive notes will be provided on Canvas for you to download and refer to. This course encourages individuals to share and discuss your aromatherapy journey through online discussion groups and feedback during the teaching session. My aim is for you to incorporate oils into your everyday life and for you to share your newfound knowledge with your friends and family. You may have your own oils that you want to bring to the session and/or you may want to purchase the range of oils prior to the course but this is not mandatory. Many of our learners simply enjoy learning about the range of oils Mother Nature has on offer.

Course description

This is a follow-on course from floral essential oils but can be studied as a stand-alone short course and will serve as your progression route if you have previously studied with this tutor. The next stage in your aromatherapy/blending journey will include looking at the aromatherapy herbs. The herbal range are a beautiful range of oils that really target the body systems.

Let me take you through the fascinating art of the herbs associated with aromatherapy where we will cover: Bay, Dill, Oregano, Basil, Sage, Ginger, Rosemary, Basil, Thyme, Fennel, Peppermint, Eucalyptus, Sweet Marjoram, Patchouli, and Melissa to name a few. I will demonstrate massage techniques that can be used over various areas of the body using the beautiful blends that you have created in class. You can either grab a friend as a model of practice on yourself (which is much nicer).

No prior knowledge is needed and by the end of the course, you may have a box full of essential oils and ready for more learning. Of course, this is not a requirement but adding new oils to your life will be a delightful and aroma enhancing experience.

There is a possibility that some of you may progress onto a fully accredited qualification, progression and course expectations is covered at the end of the course. Using fewer chemicals around the home and replacing them with more natural options, such as essential oils is a trend worth following, come and join me on this informative and relaxed course with like-mind

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/15-may-ways-wellbeing-alternative-medicine-herbs>