

Course details

Course title

Care 2: Try Reflexology for Pain Management

Course code

Q00014611

Course date

Start: 26/06/24

End: 26/06/24

Number of classes

1 sessions

Timetable

Wed 26th Jun, 11:30 to 13:00

Tutor

Georgia Daniel

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

Beginners

Course overview

This is one of my favourite subjects to deliver as I have had the fortune to not only train many individuals in this fascinating self-help tool but have also experience first-hand the benefits of this extraordinary therapy. Learn the secrets of your hands through learning the application of self-reflexology whereby you can access virtually any part of your body. Delivered by a qualified teacher and trainer you will discover how you can enhance your own health and well-being in the comfort of your own home. This will lead on to a more comprehensive course.

Course description

Learn how your body is mapped on your hands and how you can help yourself through the use of massage techniques over specific points that reflect every area of your body.

Learn how your body is mapped on your hands and how you can help yourself through the use of massage techniques over specific points that reflect every area of your body. someone you care for. If you are a carer in any capacity, bringing in the hands-on element into your role is a lovely addition to all that you already do. This gentle, safe and easy to apply therapy is a wonderful way to connect with others or simply use on yourself. If you are suffering from back pain through to headaches or indeed a range of minor health problems, self-massage using reflexology techniques can give relief and comfort.

Join me on this fascinating short course that will take you through the basics of hand reflexology. This can be used as a self-help tool or on your loved ones

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.

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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