

Course details

Course title

Holistic Therapy: An introduction to Reflexology

Course code

Q00014959

Course date

Start: 11/06/24

End: 16/07/24

Number of classes

6 sessions

Timetable

Tue 11th Jun, 13:30 to 15:00

Tue 18th Jun, 13:30 to 15:00

Tue 25th Jun, 13:30 to 15:00

Tue 2nd Jul, 13:30 to 15:00

Tue 9th Jul, 13:30 to 15:00

Tue 16th Jul, 13:30 to 15:00

Tutor

Georgia Daniel

Fee range

Free to £33.30

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

Join a group of like-minded people who want to improve their maths skills and explore the fascinating subject of reflexology. On this course you will learn how you can use basic maths to learn reflexology, followed by the simple techniques of massage to support your health and wellbeing. Reflexology is an ancient form of self- massage therapy that focuses on applying pressure over points that directly correlate to all areas of the body. This practice is said to have a massive range of health benefits. This course is very much designed to show people how they can help themselves through using this amazing technique to help alleviate discomfort in the body. Learn the key ingredients of how to use % to blend oils for the body and some basic Swedish massage techniques that you can use on yourself. Open to all.

Course description

Reflexology is an amazing treatment where the whole body is mapped on both the hands and the feet. This treatment treats to the nervous system and influences whole body. Used by hundreds of people world-wide as part of their daily routine.

With a wide range of holistic methods available to us today, I can honestly say that this is one of the most effective and accessible. Join us in the relaxed and informative session designed to support your personal health and wellbeing.

We will cover:

Soft maths skills - divisions

Brief history of reflexology

Divisions of the hands and feet

Mapping the key areas of the twelve body systems

Safe working practice

Warm up techniques

Thumb and finger walking techniques

Mediums to use for treatment

So, grab a towel, a comfortable chair, some oil and give yourself some time to learn how you can help yourself and others by learning reflexology.

This course will include verbal case studies, discussion, a workbook will be provided on the first session. If you can print this off in readiness for the second session and use as part of your learning journey this will help you recall and retain information. You do not need any prior knowledge of this subject to join.

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/11-june-holistic-therapy-introduction-reflexology>