



Course details

Course title

Care 2 Try Reflexology

Course code

Q00021692

Course date

Start: 27/05/25

End: 27/05/25

Number of classes

1 sessions

Timetable

Tue 27th May, 9:00 to 10:30

Tutor

Georgia Daniel

Fee:

Free

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 course is for carers, former carers and the cared for. It is designed for those who have an interest in learning how to apply reflexology to the hands and feet on either themselves or family members. Even if you have prior knowledge in other forms of massage or are a complete beginner, join me for a relaxed and informal space to start looking after your own health and wellbeing. Your teacher, Georgia, has been a reflexology/yoga/aromatherapy/Indian head massage enthusiast for over 30 years and has trained many students in all subject areas, who have progressed to become successful therapists. During this relaxed and friendly short course, you will learn about the techniques used for this wonderful modality.

Course description

Whether you are a complete beginner or a seasoned student looking to refresh your knowledge in massage in general you will be warmly welcomed in this relaxed and friendly class. Excellent for those who find it impossible to attend face to face classes this online session will cover all elements to support you in learning how to help yourself.

Throughout the course you will learn safe practical techniques to apply that can really make a difference to how you adapt to pain and dis-ease in the body.

Reflexology has a massive range of benefits include leaving you feeling less stressed, more relaxed and energized. These benefits might go much deeper if you have specific health conditions. Millions of people worldwide report that with regular self-help practice and treatments evidence improvement in flexibility, pain and discomfort in the body.

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