



Course details

Course title

Healthy Living: Simple techniques for Lymphatic drainage to calm the body part 2

Course code

Q00028234

Course date

Start: 07/07/26

End: 28/07/26

Number of classes

4 sessions

Timetable

Tue 7th Jul, 18:00 to 20:00

Tue 14th Jul, 18:00 to 20:00

Tue 21st Jul, 18:00 to 20:00

Tue 28th Jul, 18:00 to 20:00

Tutor

Lisa Richards

Fee range

Funding available - £64.00

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

Entry Level

Course overview

This follow-on course is designed for learners who have completed Part 1 or already have a basic understanding of lymphatic drainage techniques. It offers the opportunity to build on your knowledge, deepen your practice, and further explore simple, effective ways to support your wellbeing. In a friendly and relaxed environment, you will learn additional techniques to gently stimulate the lymphatic system, helping to reduce tension, support circulation, and promote a sense of calm in both body and mind. The course will focus on developing your confidence in using these techniques independently as part of your daily routine.

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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/7-july-healthy-living-simple-techniques-lymphatic-drainage-calm-body-part-2>