

## Course details

### Course title

Ways to Wellbeing: Introduction to Advanced Gua Sha

### Course code

Q00014636

### Course date

Start: 08/07/24

End: 22/07/24

### Number of classes

3 sessions

### Timetable

Mon 8th Jul, 12:30 to 15:00

Mon 15th Jul, 12:30 to 15:00

Mon 22nd Jul, 12:30 to 15:00

### Tutor

Lisa Richards

### Fee range

Free to £27.75

### 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

## **Qualification name & awarding organisation**

Ways to Wellbeing: Introduction to Advanced Gua Sha ()

## **Level of study**

Advanced

## **Course overview**

Discover the wonderful world of Introduction to Advanced Gua Sha course. It will help you to develop basic knowledge and skills in Gua Sha. Whether you have studied basic Gua Sha before or you are completely new to it, You will find value in this beneficial course. Develop your facial massage technique that has several benefits for the face. The benefits include: · Improving the absorption of skincare products · Reducing the appearance of fine lines and wrinkles · Deep cleansing pores · Blood circulation · Exfoliation You do not need any special tools to attend, just yourself and some enthusiasm. Start your wellbeing journey today by registering for this course.

## **Course description**

On this Gua Sha for Introduction to advanced Gua Sha course, everyday life will be explored (for example, shopping, health, local area and services).

This course is based on an online face-to-face teaching in a warm, and relaxing group setting.

Core learning outcomes:

1. Identify what Gua Sha and Face Yoga is?
2. Analyse various techniques to combat stress with body qua sha
3. Apply various techniques on the face with using Gua Sha massage.
4. Discuss which facial and essential oils are best for massage and pain relief.
5. Evaluate various techniques to relieve pain and stress.

In addition to the course content; citizenship, employability and digital skills will also be embedded in the programme.

Assessment of learning will be done regularly throughout the course.

Information, advice and guidance will also be given to enable further course/professional progression.

## **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/8-july-ways->

*wellbeing-introduction-advanced-gua-sha*