

Course details

Course title

Personal Development: Introduction to Reflexology

Course code

Q00018290

Course date

Start: 16/09/24

End: 02/12/24

Number of classes

10 sessions

Timetable

Mon 16th Sep, 17:00 to 20:15

Mon 23rd Sep, 17:00 to 20:15

Mon 30th Sep, 17:00 to 20:15

Mon 7th Oct, 17:00 to 20:15

Mon 14th Oct, 17:00 to 20:15

Mon 21st Oct, 17:00 to 20:15

Mon 28th Oct, 17:00 to 20:15

Mon 4th Nov, 17:00 to 20:15

Mon 25th Nov, 17:00 to 20:15

Mon 2nd Dec, 17:00 to 20:15

Tutor

Katie Hunter

Fee range

Free to £126.00

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

The Serenity Academy

20 High Street

Wath-on-Dearne

Rotherham

S63 7QG

Level of study

Beginners

Course overview

"Personal Care: An Introduction to Reflexology" is a foundational course that introduces students to the ancient practice of reflexology. This course offers a comprehensive overview of reflexology principles, techniques, and benefits, focusing on promoting overall well-being and relaxation. Students will learn how to identify and stimulate reflex points on the feet, hands, and ears to support the body's natural healing processes. Through a combination of theoretical lessons and hands-on practice, participants will gain the skills needed to perform basic reflexology sessions for personal care or to complement other wellness practices.

Course description

"Personal Care: An Introduction to Reflexology" is a beginner-level course designed to introduce participants to the ancient healing practice of reflexology. This course offers a thorough exploration of reflexology principles, techniques, and benefits, focusing on enhancing overall well-being and relaxation. Students will learn how to identify and stimulate reflex points on the feet, hands, and ears, which correspond to various body systems and organs. Through a blend of theoretical knowledge and practical application, participants will gain the foundational skills needed to perform basic reflexology sessions for personal care or to complement other wellness practices. Ideal for those interested in holistic health, self-care, or starting a journey in reflexology, this course requires no prior experience. Just bring your enthusiasm and a desire to learn! The WEA pride ourselves on our ability to create a friendly classroom atmosphere, at venues within your community. Your tutor will support you through your learning journey, every step of the way. Our courses are free for most of our learners, but please bring proof of eligibility when you come to enrol. We can't wait to see you there!

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.

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