



Course details

Course title

Personal Development: Reflexology for Pain Management

Course code

Q00018263

Course date

Start: 26/09/24

End: 31/10/24

Number of classes

6 sessions

Timetable

Thu 26th Sep, 9:30 to 12:30

Thu 3rd Oct, 9:30 to 12:30

Thu 10th Oct, 9:30 to 12:30

Thu 17th Oct, 9:30 to 12:30

Thu 24th Oct, 9:30 to 12:30

Thu 31st Oct, 9:30 to 12:30

Tutor

Karen Hunter

Fee range

Free to £75.60

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

Cortonwood Comeback Centre (Barnsley)
Old Chapel
Chapel Avenue, Brampton
Barnsley
S73 0XQ

Level of study

Beginners

Course overview

"Personal Care: Reflexology for Pain Management" is a specialized course designed to introduce students to the ancient practice of reflexology with a focus on alleviating pain. This course combines theoretical knowledge with hands-on practice, enabling students to understand the principles of reflexology and apply techniques to manage and reduce pain effectively. Participants will explore the reflex points on the feet, hands, and ears and learn how to stimulate these areas to promote relaxation and pain relief. The course takes place in a friendly and encouraging environment, supported by a specialist tutor and the team at WEA.

Course description

"Personal Care: Reflexology for Pain Management" is a comprehensive introductory course designed to teach the foundational principles and techniques of reflexology with a focus on pain relief. This course provides a blend of theoretical knowledge and practical skills, enabling participants to effectively apply reflexology methods to alleviate various types of pain. Students will learn about reflex points on the feet, hands, and ears, and how to stimulate these areas to promote relaxation and reduce pain. Ideal for beginners, health and wellness enthusiasts, and anyone interested in alternative pain management, this course empowers individuals with the skills to incorporate reflexology into their personal care routines or professional practices. No prior experience is necessary; just bring your curiosity and a willingness 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.

Source URL: <https://www.wea.org.uk/courses/skills-life/health-wellbeing/26-september-personal-development-reflexology-pain-management>