



## Course details

### Course title

Healthy Living: Ways to Wellbeing: Self-Reflexology of the Hands and Feet

### Course code

Q00017018

### Course date

Start: 13/11/24

End: 18/12/24

### Number of classes

5 sessions

### Timetable

Wed 13th Nov, 12:00 to 14:00

Wed 20th Nov, 12:00 to 14:00

Wed 27th Nov, 12:00 to 14:00

Wed 4th Dec, 12:00 to 14:00

Wed 18th Dec, 12:00 to 14:00

### Tutor

Georgia Daniel

### Fee range

Free to £37.00

### 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**

Beginners

**Course overview**

Join a group of like-minded people and explore the fascinating subject of reflexology for pain relief. On this course you will learn how you can help alleviate the symptoms of pain and discomfort by using age old techniques that are found on both the hands and the feet. Reflexology is a form of self- massage therapy that focuses on applying pressure over points that directly correlate to all areas of the body. This practice is purported to have a wide range of health benefits and has been cited as being beneficial for those suffering from both chronic and acute pain. Pain can be physical, psychological, pharmacological and procedural. Many individuals across the world manage pain by using a wide range of techniques, this course is very much designed to show people how they can help themselves and loved one's if in a caring role.

**Course description**

Reflexology calms the central nervous system and influences the connective tissue in the body therefore helping the body deal with both chronic and acute pain. Those of you who suffer pain will be aware that while taking medication, using heat or cold packs and a wide range of other ways of managing your pain can certainly help, there can also be some unpleasant side effects. With a wide range of holistic methods available to us today, I can honestly say that this is one of the most effective and accessible.

We will cover: Brief history of reflexology Divisions of the hands and feet Mapping the key areas of the twelve body systems Safe working practice Warm up techniques Thumb and finger walking techniques Mediums to use for treatment Pain killing aromatherapy oils So, grab a towel, a comfortable chair, some oil and give yourself some time to learn how you can help yourself and others by learning reflexology. This course will include verbal case studies, discussion, a workbook will be provided on the first session. If you can print this off in readiness for the second session and use as part of your learning journey this will help you recall and retain information.

**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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