



## Course details

### Course title

Heathly Living: Facial Massage and Gua for lymphatic drainage for Beginners

### Course code

Q00016739

### Course date

Start: 06/01/25

End: 10/02/25

### Number of classes

6 sessions

### Timetable

Mon 6th Jan, 18:00 to 20:00

Mon 13th Jan, 18:00 to 20:00

Mon 20th Jan, 18:00 to 20:00

Mon 27th Jan, 18:00 to 20:00

Mon 3rd Feb, 18:00 to 20:00

Mon 10th Feb, 18:00 to 20:00

### Tutor

Lisa Richards

### Fee range

Free to £44.40

### 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

Discover the ancient practice of Gua Sha and its benefits for health and well-being with our beginner's course. Learn the techniques and principles of this traditional Chinese therapy. Ideal for individuals interested in holistic health practices.

## Course description

Healthy Living: Gua Sha for Beginners is designed to introduce participants to the traditional Chinese therapy of Gua Sha. This course covers the history, principles, and techniques of Gua Sha, a practice that involves scraping the skin with a tool to improve circulation and promote healing. Participants will learn how to perform Gua Sha safely and effectively, understanding the different tools and their uses. The course includes practical demonstrations and guided practice sessions, allowing students to experience the benefits of Gua Sha firsthand. Emphasis is placed on the therapeutic effects of Gua Sha, including pain relief, stress reduction, and improved skin health. By the end of the course, participants will have the knowledge and skills needed to incorporate Gua Sha into their wellness routine. This course is ideal for anyone interested in holistic health practices and looking to explore the benefits of Gua Sha.

## 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/6-january-heathly-living-facial-massage-and-gua-lymphatic>