



Course details

Course title

Healthy Living: Bespoke complementary therapy

Course code

Q00020809

Course date

Start: 07/04/25

End: 19/05/25

Number of classes

5 sessions

Timetable

Mon 7th Apr, 9:00 to 11:00

Mon 14th Apr, 9:00 to 11:00

Mon 28th Apr, 9:00 to 11:00

Mon 12th May, 9:00 to 11:00

Mon 19th May, 9:00 to 11:00

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

In its most basic form, holistic therapy addresses the mind, body, and spirit to support health and healing. On this course we will cover a range of complementary therapies that help us naturally and alongside prescribed medication. Complementary therapy involves looking at our health and wellbeing from a truly rounded approach by bringing all elements of our mind body and spirit into the session. The more we understand about our body the better we are equipped to live happier and healthier lives. We will cover aromatherapy, reflexology, yoga poses, crystals and emotional freedom technique to specifically treat your problems. This course is for you, written by you. Each week your tutor will cover reflex points, tapping, aromatherapy blends and yoga poses designed to help each person who attends the course.

Course description

Reflexology is a type of massage that involves applying different amounts of pressure to the feet, hands, and ears. It's based on a theory that these body parts are connected to certain organs and body system. If you combine this amazing modality with nature's essential oils, you have the power of healing in your hands. Once we add emotional freedom techniques, breathing and meditation you have a lifelong toolbox of techniques you can share with friends and family as well as work on yourself. We will also cover ways of using essential oils, carrier oils, reflexology hand and foot techniques. Canvas will provide all attendees with handouts of foot and hand maps and detailed information covering essential oils data.

So, what should you expect on this course?

Each week we will delve into various elements of holistic therapies, meditation and yoga. Your tutor will ask you to share specific health problems you are experiencing and guide the class week by week. The session will be a combination of both theory and practical. Millions of people worldwide report that starting the day with a self-massage, regular meditation and yoga routine see an improvement in flexibility, pain reduction and discomfort in the body.

What financial support is available?

This is a course designed by you...for you! Do you suffer from specific ailments that you would like to learn how to use specific aromatherapy oils, reflexology point of the hands or feet and yoga to support your pathology? Would you like to learn techniques to relax and make a real difference? Illness and

mental health affects over 8 million people in the UK at any time. Many of us are suffering in silence. This course is designed to help all. Learn how to use daily techniques to take you forward to a happier and healthier life. All you need is the will power to be consistent and put aside a little time.

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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