



## Course details

### Course title

Ways to Wellbeing: Indian Head Massage

### Course code

Q00017014

### Course date

Start: 24/02/25

End: 02/06/25

### Number of classes

12 sessions

### Timetable

Mon 24th Feb, 11:00 to 13:00

Mon 3rd Mar, 11:00 to 13:00

Mon 10th Mar, 11:00 to 13:00

Mon 17th Mar, 11:00 to 13:00

Mon 24th Mar, 11:00 to 13:00

Mon 31st Mar, 11:00 to 13:00

Mon 7th Apr, 11:00 to 13:00

Mon 14th Apr, 11:00 to 13:00

Mon 28th Apr, 11:00 to 13:00

Mon 12th May, 11:00 to 13:00

Mon 19th May, 11:00 to 13:00

Mon 2nd Jun, 11:00 to 13:00

### Tutor

Georgia Daniel

### Fee range

Free to £88.80

## **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**

This course is designed for those who have an interest in learning how to apply traditional Indian head massage techniques to either themselves or family members. Even if you have prior knowledge in other forms of massage or are a complete beginner, join me for a relaxed and informal space to start looking after your own health and wellbeing. Your teacher Georgia has been a reflexology/yoga/aromatherapy/Indian head massage enthusiast for over 30 years and has trained many students in all subject areas, who have progressed to become successful therapists. During this relaxed and friendly short course, you will learn about suitable essential oils used for this wonderful modality. You can use all areas to either work on yourself or bring a family member or friend's to use as your model.

## **Course description**

Come and join me for a session packed full of information about your own health and wellbeing and how you can improve it by Indian head massage points on both the face and the head. We will also be including essential oils that directly work in unison with every cell, organ and system in your body. Whether you are a complete beginner or a seasoned student looking to refresh your knowledge in massage in general you will be warmly welcomed in this relaxed and friendly class. Excellent for those who find it impossible to attend face to face classes this online session will cover all elements to support you in learning how to help yourself. Throughout the course you will learn safe practical techniques to apply that can really make a difference to how you adapt to pain and dis-ease in the body. Indian head massage has a massive range of benefits include leaving you feeling less stressed, more relaxed and energized. These benefits might go much deeper if you have specific health conditions. Millions of people worldwide report that with regular self-help practice and treatments evidence improvement in flexibility, pain and discomfort in the body.

## **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/24-february-ways-wellbeing-indian-head-massage>