

Covering Reflexology of the Feet and Hands.

Unlike Western healthcare (which tends to focus on treating one symptom/ailment at a time) reflexology addresses the patient as a whole - paying as much attention to their spiritual and emotional well-being as to their physical health.

Reflexology is a complementary health care system of massage used to relieve tension and treat illness. This training covers the reflex points in the feet and hands.

THE TRAINING CENTER OF WELLBEING

ESSENTIALS OF
REFLEXOLOGY TRAINING
BROCHURE



CONTACT US

41 Owston Road, Carcroft,
Doncaster, South Yorkshire,
DN6 8DA

07539033778

enquiries@centrewellbeing.
co.uk

www.centrewellbeing.co.uk





CURRICULUM

Codes of conduct and the law

Basic Body Systems

Holistic Therapy

The History of Reflexology

Holistic research

Meridian Points

Reflex points of the Feet

Reflex points of the Hands

Common pathologies

Basic techniques

Putting it all together

Health and Hygiene

Case Studies

The next step

ABOUT THE COURSE

Pre-requisite: None

Duration of training: 2 Days

Cost: £250

Independent Learning Hours:

Case Studies: 3 with 2 follow ups on each

MORE INFORMATION

Upon successful completion, you are able to incorporate the basic concepts into your self healing regime or administer the techniques on friends and family. Attending this two day training gives you the foundation knowledge to then attend our advance practitioner training.

IS THIS COURSE FOR YOU?

If your ambition is to be a Reflexologist then this training is a pre-requisite to our practitioner training. This course is also suitable for those who wish to use reflexology for themselves, friends and family.

WHATS INCLUDED?

Your training includes:

Full printed manual, classroom sessions, support with case studies, and laminated charts.

Accredited by the Complementary Medicine Association