

Course Information Sheet

Reflexology Introduction Hands and Feet



Course Description:

Explore the powerful ancient Chinese therapy of reflexology where you can access the wellbeing of the whole body through the reflexes of the feet, hands and ears. It is a wonderfully relaxing therapy that is beneficial for stress relief, restoring balance, hormone regulation, energy boosting and many other conditions. This 4-session course provides a fun and interactive comprehensive introduction to hand and foot reflexology.

You will learn how to massage the feet and hands to perform relaxation and pressure techniques and gain knowledge of reflex points for overall well being.

Participants will explore the theory behind reflexology, the history, understand the benefits, the theories of why it works, learn the anatomy of the reflex points, and practice hands-on techniques. The course is designed for beginners and aims to build foundational skills to use reflexology for relaxation and general well-being for self-care and for friends and family.

Session 1: Understand the basic principles of reflexology, learn the benefits and limitations of reflexology and explore the anatomy of the hands and feet related to reflexology. Learn how the reflex points connect to organs and map the hands and feet. You will practice relaxation techniques for the hands, opening the reflexes and specific techniques.

Session 2: Gain confidence in applying reflexology to the hands and understand specific reflex points and their functions. You will learn about the zones linked to stress relief and digestion, thumb walking and pressure techniques and start practicing a step-by-step hand reflexology routine.

Session 3: Learn foot reflexology techniques and identify key reflex zones on the feet. You will learn about the zones connected to respiratory, nervous, and circulatory systems and add to your knowledge of practical techniques and how to adjust pressure for different sensitivity levels.

Session 4: Learn to combine hand and foot reflexology techniques into a cohesive session and how to adapt reflexology routines for different needs. Learn about how the body reacts to holistic treatments and contractions. You will practice a whole routine, ideally with a partner.

Who should join this course?

- Anyone with an interest in wellbeing, mental and physical health. This course is suitable for individuals or pairs wanting to learn a new skill.

Entry Requirements

There are no entry requirements

How do I enrol?

The quickest way to enrol is online at www.oncoursesouthwest.co.uk, simply create an account and select 'Enrol now'. Alternatively, if you have any questions, please call our friendly customer service team on 01752 660713.

How will the course be delivered?

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

Will I need to practise outside the classroom?

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

How will I know I'm making progress?

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

What will I need?

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

Please note:

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments

and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.oncoursesouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

