

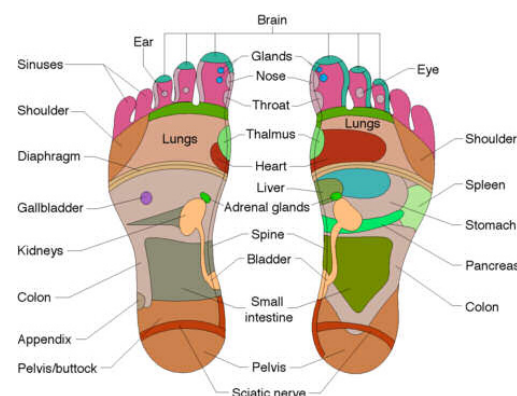
## Reflexology 1

The art of reflexology can be dated back to Ancient Egypt, India and China.

It is based on principles that reflex and tension areas on the feet and hands were linked to other areas and organs of the body within the same zone.

Reflexology is a complementary therapy, which works on the feet to help heal the whole person not just the prevailing symptoms.

See over for course details.



### OVERVIEW

A hands-on course of 10 x 3.5 hour lectures.

### CERTIFICATE

A certificate of completion will be awarded upon meeting attendance requirements and successful completion of theory and practical assessments

### COST

**\$675** including work manual

### PRE-REQUISITES

None

### TERM DATES

*Please see timetable for class dates and times*

*Book into this course by completing an enrolment form,  
or ask a staff member for more details about this course*

## ABOUT THE COURSE

**Reflexology for Massage Therapists (Level 1)** is designed to give a firm grounding in the working principles of Reflexology with an emphasis on how to blend this popular health therapy into a massage session. It is designed to increase the effectiveness of massage for some conditions and to give the massage therapist the ability to offer an extra service to their clients. The practical benefits of a foot massage based on reflexology principles are unique. Students will learn the basics of how to address certain common health conditions with an emphasis in on assimilating reflexology knowledge into massage sessions using specialised foot massage techniques. Basic reflexology techniques are also demonstrated and practiced.