



Plymouth Holistic Training
Reflexology diploma course £395

All courses run by Plymouth Holistic Training are run in conjunction with Holistic Therapies Training in Bideford. For further details about this collaboration, please visit www.freedomtherapeutics.co.uk/training

Practical training is held at Plymouth Holistic Training, 118 Albert Road, Plymouth, PL2 1AF

About:

Reflexology provides deep relaxation, revitalised energy, stress relief and balance to the systems of the body. It is considered to be a type of preventative healthcare.

On this course, you will learn to help your client to activate the healing powers of their body, using energy zones that run throughout the body and reflex areas in the feet. These points and zone correspond to all the major organs, glands and body parts/systems.

Entry Level:

Massage or Anatomy & Physiology Qualification
(A&P is included free of charge with this course if you do not hold this qualification)

Course format:

2 practical sessions + home study + case studies

- Day 1 - Practical learning
- Day 2 - Assessment
- Training material is accessed via our online portal

**Attendance:**

2 practical attendance sessions

Course content:

- * Reflexology
- * Health & Safety for therapists online course - FREE
- * Listening skills for therapists online course – FREE

Duration:

The home study can be started at anytime.

Please visit the website for practical attendance dates.

Accreditation:

- * The CMA - The Complementary Medical Association
- * ABT - Associated Beauty Therapists
- * IICT - International Institute for Complementary Therapists
- * IPHM - International Practitioners of Holistic Medicine

Career Opportunities:

Self-Employed complementary therapist or reflexologist working from home, salon, mobile, children centres or nurseries.

CPD points:

18 Points



What's included:

- Training manual and question paper.
- A coursework tutor is assigned to you for full support throughout the course.
- Fully qualified tutor for the practical training.
- An accredited certificate emailed to you on successful completion of the course.
- A printed certificate can be posted to you at an additional cost of £5.
- **Free** anatomy & physiology online course, this will automatically be sent with your training pack.

Additional Costs:

- You will need to purchase your own products & equipment to carry out your case studies.
- We recommend you purchase a text book to support your learning.

Qualification gained:

Reflexology Accredited Practitioner Diploma

Insurance:

- Please check with your current insurer that they will cover you to practice with this qualification.
- We work with a number of well know insurers that we can recommend if you need student or practitioner insurance.

If you have any further questions, please get in touch, I am happy to help.

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