



## Reflexology - Introduction

Learn more about this ancient therapy and the techniques that you will be able to use on your friends and family.

Course Code: UFPNHH05

Start Date: Tue 24 September 2019

Weeks: 1

Time: 18:00 - 21:00

Fee: £22

## Overview

Reflexology is an extremely effective form of massage, relating to the 'reflex points' on the sole of the foot. These points correspond to the organs and systems in the body, and are linked to those organs through 'energy channels' or 'zones'. When illness or imbalance occurs, the corresponding 'energy channels' become blocked. Reflexology Massage aims to remove these blocks, thus allowing the energy to flow freely again.

No previous experience is needed and you will be able to use the techniques you learn on family and friends.