

Pregnancy & Fertility Reflexology

1 day CPD course



The skill of the reflexologist is to balance and harmonise the whole being.

Many of the minor ailments of pregnancy respond well to reflexology therapy.

This great 1 –day CPD workshop will provide you with a greater understanding of fertility and pregnancy and how the principles and practice of reflexology can help support your clients during this time.

This course is requires participants to hold a full Level 3 qualification in reflexology.

Course Content

You will cover

- Associated anatomy, physiology & pathology
- Reflexology techniques
- Hormones of fertility and pregnancy
- Endocrine balancing techniques
- Contra-indication and precautions for using reflexology.
- Supporting male and female clients with fertility
- Lymphatic drainage techniques
- Reflexology for postnatal care
- Baby reflexology techniques to teach new parents.

This workshop can be used as evidence towards

Level 4 Diploma in Reflexology

www.handzontraining.co.uk



Course Venue: First Floor, Electric House, Suttons Lane, Hornchurch Essex
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Telephone: 01708 452752 or 07850100287