



## Australasian Academy of Wellness Therapies

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### REFLEXOLOGY FOR RELAXATION

#### Course Synopsis:

This course has been designed to introduce you to the concept of Reflexology as a tool to promote relaxation and general well being.

Duration	: 1 evening per week for 4 weeks
Course fees	: \$280.00 (GST excl.)
Schedule	: 8**,13,20 & 27 May (Wed) 6.00pm – 9.00pm
Venue	: Suite 14 South Gate, 87 Canning Hwy. South Perth

#### Educational and Learning Objectives:

Course participants will study a range of reflexology techniques to relax the foot and lower leg. They will be able to experience first hand the demonstrated techniques through practical experience and garner an awareness and appreciation of the benefits of stimulating foot reflex points for relaxation and overall wellbeing.

#### At the end of this course you will

- Have a basic knowledge of the principles of reflexology theory and practice
- Know about contra-indications to reflexology
- Understand hygiene in relation to giving treatments
- Be able to apply the skills learnt and perform a safe and relaxing treatment on family and friends
- And have experienced the relaxation benefits of reflexology in the classroom environment

A variety of learning activities have been included to support you in developing the appropriate skills and knowledge to achieve proficiency in this course.

\*\* Dress Code: Please wear black T-shirt and pants. Participants are required to bring 2 bath towels and 2 hand towels to perform your treatments.



#### Who Should Attend:

The course is ideal for those with an interest in reflexology for general health and relaxation, as well as massage and beauty professionals who are looking to expand their knowledge base and skills.

**Certificate** : Certificate of Completion from Australasian Academy of Wellness Therapies

**Progression** : Diploma of Reflexology / ITEC Diploma in Reflexology / Certificate IV in Massage Therapy Practice/ Diploma of Remedial Massage

\*\*Note : Course starts on 8th May which is a Friday followed by 3 Wednesdays.

Call us at **08 9473 9999** for more information Or email us at [courses@aawt.edu.au](mailto:courses@aawt.edu.au)