

Sally Earlam

REFLEXOLOGY

Maternity Reflexology CPD Course

Venue: Groesffordd Village Hall, Groesffordd, Nr Brecon, Powys. LD3 7SN.

Date: Saturday 9th and Sunday 10th November 2019

Cost per participant: £240

Course details:

This is a 2 day course that will enable you to build your knowledge to allow you to work safely and confidently with the pregnant client.

The course will include:

- General advice for the three trimesters of pregnancy
- Research studies on maternity reflexology
- Contra-indications
- Reflexology treatment plans for the three trimesters of pregnancy
- Endocrine Calming
- A simple lymphatic drainage reflexology sequence.
- Reflexology techniques for common symptoms
- Reflexology for preparation for birth
- Reflexology during labour
- Reflexology for Post-natal mums



There are optional case studies, if you successfully complete these (2 people with 3 treatments on each) you will be sent my maternity logo to use on your website and marketing materials.

The afternoons are practical based, starting with a demonstration of many techniques suitable for all stages of pregnancy. This will include endocrine calming, a simple lymphatic drainage Reflexology sequence perfect for swollen legs, some linking techniques and techniques for common symptoms such as pelvic girdle pain, morning sickness etc. **With plenty of time left for you to practice on each other!!**

Participants will receive YouTube videos of all of the practical sequences and additional reading.

Footsteps to Better Health with Helen Sheppard

Courses to be held at

Groesffordd Village Hall (Nr. Brecon) LD3 7SN

To Book a place please send non-refundable deposit (Balance due 6 weeks prior to course date). Cheques made payable to Helen Sheppard, The Conifers, Llechfaen, Brecon, Powys. LD3 7SP.

Bacs Payments to Santander Brecon. Mrs. H.P. Sheppard,

Sort Code ~ 09 - 01 - 29 Acc. No. 05723292

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BOOKING FORM

Maternity Reflexology with Sally Earlam

Saturday 9th & Sunday 10th November, 2019

NAME

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ADDRESS

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TEL NO.MOBILE.....

E.MAIL

NAME ON CERTIFICATE

DEPOSIT £100.00.....

BALANCE £140.00.....

(Please mark amount sent)