

London School of Reflexology

Certificated Diploma Course in

Pre-conceptual, Pregnancy & Post Natal Care

Held at Regents College, Inner Circle, Regents park, NW1

Monday 25th October 2010

or

Sunday 27th March 2011

10.00am—5.00pm cost £95

On the day you will learn how to assist clients in becoming pregnant by helping to create the correct internal environment in the body. We will look at nutrition, vitamins, the possible reasons for not getting pregnant. You will learn how you can use Reflexology to help increase a client's chances of conceiving. We will focus on the endocrine system and how important it is to correctly balance the hormones with Reflexology to work towards a healthy pregnancy.

This invaluable course will provide you with the understanding of how to establish a successful holistic treatment plan for helping clients conceive, working with a client throughout their pregnancy, techniques to use to help induce labour and help towards a natural birth experience and how to assist a client after the birth. This practical day includes informative handouts and proven reflexology techniques.

☒ We will at how the body is affected throughout the pregnancy and how to use Reflexology to help with pregnancy related problems. You will learn how to adapt the treatment throughout your client's pregnancy to suit both her physical and emotional needs. This holistic approach includes dietary considerations like foods to lower the body temperature and reduce blood pressure.

☒ After the birth is a very important time to re-balance the hormones to avoid post-natal depression. We will learn how the treatment can get the metabolism working efficiently. We can use Reflexology to stimulate breast milk and uterine contractions and to get your client's figure back. As well as techniques on the feet you will also be taught simple hand Reflexology points to give to your clients to help themselves.

On completing this course you will be awarded with a Diploma in;
The use of **Reflexology in Pre-conceptual, Pregnancy & Post Natal Care** and gain 14 CPD points

COURSE BOOKING FORM

I wish to confirm my place for the Pre-conceptual, Pregnancy & Post Natal Care Course on:

Choose date:

Monday 25th October 2010 or

Sunday 27th March 2011

and enclose my course fee of £95.

Please make cheques payable to: **Louise Keet**

Name

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Address

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.....

Phone Number.....

e- mail

Please return your completed application form to:

London School of Reflexology
13 Brookfield Mansion
Highgate West Hill
London N66AS

Terms and conditions are the same as the (ABC Diploma) course. Terms and conditions are the same as the (ABC Diploma) course. We do not refund. If you cancel your place within 14 days of the start date you can re-register on the next course at £45.

Tel:020 76910793
www.learnreflexology.com