

London School of Reflexology  
Certificated Course in  
**Pre-conceptual, Pregnancy & Post Natal Care**  
*Approved Association of Reflexologists 14 C.P.D. course*

*Will be held by Louise Keet live on Zoom on*

***Wednesday 13<sup>th</sup> August or Tuesday 4<sup>th</sup> November***

9.30am – 3.30pm

***Cost £130***

On the day you will learn how to assist clients in becoming pregnant by helping to create an optimum internal environment in the body. We will look at nutrition, lifestyle factors, what we perceive as healthy, exercise, popular foods, household products, environmental toxins, medication, vitamins, and 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 aims to increase your client base by helping you understand how best help a client within this specialist area. How to make your treatments and marketing effective to clients who want to get pregnant, clients who wish to reduce pregnancy related problems and clients who want a natural labour.

The course will provide you with the understanding of how to establish a successful and practical holistic treatment plan with your client for helping increase their chances of conceiving and have a viable pregnancy.

You will appreciate how to adapt treatments throughout your client's pregnancy to suit both her physical and emotional needs to help reduce pregnancy related problems. Working with a client throughout their pregnancy using reflexology and the holistic approach to health can help reduce pregnancy related problems.

As well as focusing on key reflexes there are simple lifestyle suggestions like adding watermelon to the diet can help reduce a client's body temperature and eating figs at night time can help restore sleep patterns.

Reflexology is a very popular treatment to help stimulate a natural labour and to help shorten labour times and you will be taught a range of unique and effective skills and techniques that helps support a natural birth experience.

After the birth is an important time to use Reflexology to re-balance a client's hormones and help re-boot the metabolism into working more efficiently.

This informative day includes a 20 page informative Reflexology and Holistic Approach hand-out along with your skills booklet

As well as techniques on the feet you will also be taught simple hand Reflexology points to give to your clients to help themselves. We will end the day by looking at the different ways you can market and promote yourself in the three target markets where Reflexology can be effective in helping your client through her journey in getting pregnant, supporting pregnancy and assisting a natural birth. You will require a 'client' or alternative (plastic feet) to work on from 1.25pm – 3.10pm

The course is taught **live on zoom** by Louise Keet who is the author of Reflexology Bible and Hand Reflexology

*On completion you will be awarded with a Pre-conception and Pregnancy Reflexology Certificate*

Places are limited and are on a first come basis please email [louise@learnreflexology.com](mailto:louise@learnreflexology.com) to request your place.

---

### COURSE BOOKING FORM

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

**Please write down the date you wish to attend** and enclose my course fee to London school of Reflexology. Please email for bank details are course places are limited

Name

Address

Phone Number

e- mail

Please be aware we do not offer refunds for non-attendance for whatever reason as all course material is sent pre-course.

[www.learnreflexology.com](http://www.learnreflexology.com). [www.learnreflexology.com](http://www.learnreflexology.com).