

Reflexology Workshop

Jay Chandarana is pleased to offer a Workshop day on Foot Reflexology. The workshop will teach you about Reflexology in general and how to perform a basic treatment at home for your family and friends. The workshop will also serve as an introduction to giving Reflexology treatments if you've been considering taking a fully accredited course and becoming a Reflexologist.

We will learn about the History and Benefits of Reflexology.
Followed by, some practice work including guidance on when not to treat. You will be able to go away and use the treatment on Self, Family and Friends.

Sunday 29th April 2018, 10am to 4pm
Letchworth Centre for Healthy Living, Hitchin Road,
Letchworth, Herts., SG6 3NA
Entry requirements: None
Class size: From 6 to 8 people
Price: £75 (deposit of £50 to secure place)
An attendance certificate will be awarded
Handouts with charts and notes will be provided

Jay Chandarana MAR MFHT
Complementary Therapist and Trainer
Member of the Association of Reflexologists and
The Federations of Holistic Therapists

Please Reserve with deposit at Reception or
Contact Jay on Tele: 07534199126
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Web: www.relaxnrevitalise.co.uk

Everyone is welcome. Please remember to mention any Special Needs Jay need to knows.