

Autumn Reflexology Dates (October 2024 to April 2025) - weekly

Practical Reflexology classes are in-house & theory classes are via zoom

(Practical Classes only will be in-house, all theory will be taught via zoom to save you travelling. You need to be available to attend class each week and we will advise as we progress along the training which are zoom and which are in-house.)

Wednesday mornings, mostly, (10am-1pm)

October: 02, 09, 16, 23

November: 06, 13, 20, 27

December: 04, 11, 18

January: 08, 15, 22, 29

February: 05, 12, 26,

March: 05, 12, 19, 26,

April: Sunday 06 - in house pre assessment (10am - 6pm)

April: Saturday 12 (ITEC Theory exam) & **Sunday 13** (Practical exam 10am-6pm inhouse)

Anatomy Module only - via zoom live classes or online self study

Mostly Wednesdays 2024 (7-10pm)

October: Wednesday 09 (Introduction)

November: Wednesdays: 06 (Cells & Tissues)/**November 13** (Skeletal)/ **November 20** (Muscular)

December : 11 Wednesday Cardiovascular (7-10pm)

December: 15 Sunday (9am-6pm): (Digestive/Lymphatic/Respiratory/ Skin) all day zoom.

January: 08 Wednesday – (Nervous) // **January 15 Wednesday** (Endocrine)

February: 05 Wednesday (Reproductive//Urinary)

March 06 Thursday: (exam preparation class 7-10pm)

April 12 Saturday: (ITEC theory exam)

Energy Management & Energetic applications of your therapy - via zoom

September 2024: Saturday 28 & Sunday 29 (we recommend this option)

or January 2025: Saturday 11 & Sunday 12 - Times: 10am-6.00pm both days

Professionalism & Legality for the Holistic therapist- via zoom

October 2024: Friday 11 (6-10pm) & Saturday 12 (9am-6pm) (we recommend this option)

or February 2025: Friday 07 (6-10pm) & Saturday 08 (9am-6pm)

Examinations- final assessments

ITEC Final Assessments April 2025 – Sunday 06, Saturday 12 & Sunday 13 (9am-6pm)

Holidays as follows

Halloween break: –Monday 28 October 2024- Fri 1st November - no Reflexology classes

Christmas break: –19 December 2024 to 07 January 2025

Mid-term break February – Monday 17th to 21st February 2025- no Reflexology classes