

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.)

Tuesday evenings, mostly, (7-10pm)

October: 01, 08, 15, 22

November: 05, 12, 19, 26

December: 03, 10, 17

January: 07, 14, 21, 28

February: 04, 11, 25

March: 04, 11, 18, 25

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

April: Saturday 12 (ITEC Theory exam in-house) & **Sunday 13** (ITEC Practical exam in house))

or

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 08 (Introduction)

November: Wednesdays: 05 (Cells & Tissues)/**November 12** (Skeletal)/ **November 19** (Muscular)

December : 11 Wednesday Cardiovascular (7-10pm)

December: 18 Sunday (9am-6pm): (Digestive/Lymphatic/Respiratory/ Skin) all day zoom.

January: 15 Wednesday – (Nervous) // **January 22 Wednesday** (Endocrine)

February: 05 Wednesday (Reproductive) // **February 12: Wednesday** -(Urinary)

March: (exam preparation class 7-10pm) date to be confirmed

April 11 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: 9am-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

Xmas –20 December 2024 to 12 January 2023

Mid-term break February – week starting Monday 17th February 2025- no Reflexology classes

Halloween break October – week starting- Monday 28 October 2023- no Reflexology classes