

# Preparing to work in the Wellness Industry : Mindfulness

Subject Area	Hair, Beauty & Barbering
Course Type	Adult
Study Level	No formal qualification
Delivery Mode	Full-time
Location	David Hockney Building
Duration	11 Week
Start Date	September 2024
Course Code	PA000212

## Course Summary

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This course will give you a basic introduction and insight into the health benefits of five therapies. If you are looking at learning simple massage techniques or want to make your own bath salts and room sprays this course is for you.

## What You Will Learn

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Following on from the Complementary Therapies Introduction course, you will look at three therapies: Indian Head Massage, Qi Gung and Reflexology and gain an insight into the health benefits of each specific therapy. You will also explore how to build resilience and everyday techniques for relaxation/ meditation.

## Entry Requirements

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There are no entry requirements for this course apart from an interest in the subject and

the ability to commit to positive behaviours and attendance. You will have a 1-1 meeting with a member of our team to ensure this is the right course for you.

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