

Adult Learning - Course Information Sheet



AUNP17 - Reflexology

Abington Bowling Club

Abington Bowling Club
12 Park Avenue south
Northampton

NN3 3AA

Room Abington Bowling Club

Start Date: 14 September 2026
End Date: 12 October 2026
Start Time: 7:00PM
End Time: 9:00PM
Day: Monday
Sessions: 5
Tutor: Mrs Janet Flowers

What will I learn?

During this course you will understand the history and principles of reflexology, learn about the theory of reflex points on the feet, identify key reflex areas and their relationship to different parts of the body, learn safe hygiene and preparation procedures, develop a basic reflexology routine for relaxation and wellbeing, practise techniques with tutor guidance and feedback and gain confidence in providing a relaxing treatment for family and friends.

What will I need to take part?

Please complete the PARQ form and send to adultlearning@northnorthants.gov.uk 1 week prior to the start of the workshop so that the tutor can identify any contraindications. Please bring antiseptic hand wipes, grape seed or sweet almond oil, 2x bath sheets, 2x hand towels, robe and slippers, a small mirror and a glass bowl. Please also bring a drink, notepad and pen. You should bring reading glasses if you need them as there may be some paperwork to complete. No previous experience is required. Wear comfortable clothing, feet should be clean and free from infections or contagious conditions, learners will practise on each other during sessions, so please let the tutor know if you have any concerns. Please advise the tutor of any medical conditions that may affect participation.

What to expect

The course combines tutor demonstrations with practical sessions each week. You'll gradually build your knowledge and confidence while practising techniques in a supportive learning environment. Sessions will include, theory and discussion, demonstrations by the tutor, practical partner work, opportunities to ask questions and receive feedback, guidance on good practice and client comfort. Tutors use Google Classroom to help make course resources available both during and after this session. Please take advantage of joining your Classroom when invited to do so. For IT help please visit <https://learners.northantsadultlearning.ac.uk/it-tips>

Where can it lead to?

After completing this course, learners may wish to progress to Indian Head Massage, Swedish Body Massage, Aromatherapy, Complementary Therapy courses, Anatomy and Physiology, Accredited Reflexology qualifications (with an appropriate training provider), Health and wellbeing volunteering opportunities

This course also provides valuable skills for promoting relaxation and wellbeing with family and friends. Please note that additional accredited training is required before practising reflexology professionally.

AUNP17 - Reflexology

Course eligibility and fees

This adult learning course is available to residents of Northamptonshire who are:

- aged 19 or over on 31st August in the funding year
- resident in England, outside a devolved adult skills funding area.
- ordinarily resident in the UK on the first day of learning.

If you don't meet the above requirements, including some international students or people not ordinarily resident in the UK, you will not be able to attend this course.

Asylum seekers may be eligible to attend in some circumstances, including where they have lived in the UK for 6 months or longer while their claim is being considered, or where they receive certain types of local authority support.

Fees are payable on enrolment as published on the booking page.

If you are in receipt of certain benefits or in employment and earning below £25,750 a year, you may be eligible for reduced fees.

Under certain circumstances you may be asked to provide evidence of your identity, residency, prior qualifications and where relevant, benefits or income.

If you are not sure what support you are eligible for please phone our office between 10 -4 on weekdays 0300 303 1058 or email adultlearning@northnorthants.gov.uk.

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>