



**Would you like to learn how to help you and your child through times of illness and distress?**

## Children's Reflexology Course

For parents and carers



Come and learn reflexology techniques specially designed for you and your child. An empowering course for parents and carers that combines positive bonding with the healing qualities of reflexology, delivered by a fully qualified instructor. Join me for this fun-filled course based on the successful book, ***The Mouse's House***.



This innovative programme uses rhyme, story telling and beautiful illustrations to engage both you and your child, making it easy to learn and remember the techniques presented. The course is given in six informal, one hour sessions spread across six weeks, costing just £10 each, and includes comprehensive course notes and a copy of *The Mouse's House*.



Courses are available with material specially for

- Newborn to Pre-crawlers
- Crawlers
- Toddlers
- Pre-schoolers
- Mums of school children
- Pre-Natal - a special short course for mums in their last trimester.



**Please contact me to book a place or find out more.**

Places are limited but there are new courses starting all the time.

You can even arrange to host a course yourself for you and your friends or colleagues if you prefer.

