



ADVANCED TRAINING WORKSHOPS & EVENTS REVISED PROGRAMME 2021



**COVID-19 UPDATE: PLEASE NOTE, DATES MAY BE SUBJECT TO CHANGE
ALL FACE-TO-FACE CLASSES WILL BE HELD IN A COVID-SECURE VENUE
AND ALLOW FOR FULL SOCIAL DISTANCING**



SOME ONLINE COURSE MODULES ARE BEING DEVELOPED – details to follow

OVERVIEW OF COURSES AND WORKSHOPS

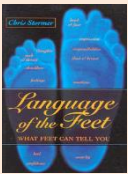



<u>workshop/ course</u>	<u>presenter</u>	<u>NEW DATES 2021</u>
Language of the Feet 3 linked workshops Day 1 Day 2 Day 3	Angela Sellens Drake	Sunday 17 January Sunday 21 February Sunday 21 March
Facial Reflexology Introductory Workshop	Angela Sellens Drake	Sunday 24 January
Reflexology & Fertility 2 linked workshops Day 1 Day 2	Angela Sellens Drake	Sunday 25 April Sunday 30 May
Hand Reflexology 3 linked workshops Day 1 Day 2 Day 3	Angela Sellens Drake	Sunday 12 September Sunday 17 October Sunday 14 November
SPECIAL EVENT Getting Better all the Time	Chris Stormer-Fryer <i>UK TOUR 2021</i>	Saturday 26 June one-day seminar & workshop
NEW Practical Spirituality and Wellness Fully accredited Level 3 Diploma course	Angela Sellens Drake	8 weekends March - November

see pages 2-5 for further details & how to book

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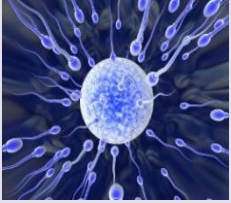



2021

NEW DATES

<p>with Angela Sellens Drake</p>    <p>based on the teaching of Chris Stormer</p>	<p style="text-align: center;">LANGUAGE OF THE FEET 3 linked workshops</p> <p>The Language of the Feet workshops offer a truly (w)holistic way of seeing and understanding the feet.</p> <p>Enjoy three exciting and inspiring workshops, two of which were originally devised by Chris Stormer-Fryer and draw from her ground-breaking book of the same name.</p> <p>You will learn foot reading skills progressively and develop confidence and sensitivity in sharing insights</p> <p>Day 1: FIRST STEPS</p> <ul style="list-style-type: none"> • Understand what the feet are showing you • Learn to read each toe's message and meaning <p>Day 1: SOLE-SEARCHING</p> <ul style="list-style-type: none"> • Detailed observation of each area of the foot • How our feet chart our life's 'journey' <p>Day 3: FINDING YOUR FEET</p> <ul style="list-style-type: none"> • Different ways of interpreting what you see • How best to share your insights with others <p style="text-align: center;">Open to all – and of particular interest to reflexologists and other physical therapists Days need to be attended progressively</p>	<p style="text-align: center;">2021</p> <p style="text-align: center;">Day 1 SUNDAY 17 JANUARY 2021</p> <p style="text-align: center;">Day 2 SUNDAY 21 FEBRUARY 2021</p> <p style="text-align: center;">Day 3 SUNDAY 21 MARCH 2021</p> <p style="text-align: center;">all days 10am-5pm</p>	<p style="text-align: center;">One workshop</p> <p style="text-align: center;">£60</p> <p style="text-align: center;">✳</p> <p style="text-align: center;">ONLY £150 <i>for all 3 days when booked together</i></p> <p style="text-align: center;">6 CPD hours each day</p>
<p>Sorensensistem™ Facial Reflexology</p>  <p>with Angela Sellens Drake</p>	<p style="text-align: center;">FACIAL REFLEXOLOGY INTRODUCTORY WORKSHOP</p> <p>Facial Reflexology Sorensensistem™ has been developed over more than 30 years by Lone Sorensen, whose work has earned her three honorary awards from the World Humanitarian Organisation for Health.</p> <p>Facial Reflexology works quickly into the central nervous system and is particularly beneficial for neurological disorders, including pain control.</p> <p>The day will introduce:</p> <ul style="list-style-type: none"> • background and origins of this exciting method • 6 main facial charts used in the treatments • a sequence of techniques to use for yourself <p style="text-align: center;">Open to all – and of particular interest to reflexologists and other physical therapists.</p>	<p style="text-align: center;">2021</p> <p style="text-align: center;">SUNDAY 24 JANUARY 2021</p> <p style="text-align: center;">10am-5pm</p>	<p style="text-align: center;">£50</p> <p style="text-align: center;">✳</p> <p style="text-align: center;">6 CPD hours</p>

Pathways School of Reflexology

247 College Rd, Norwich NR2 3JD 01603 503794/ 07948 129273 www.pathwaysreflexology.co.uk

2021	NEW DATES		
 <p>with Angela Sellens Drake</p> 	<p align="center">REFLEXOLOGY AND FERTILITY</p> <p align="center">2 linked workshops</p> <p>Day 1: SUPPORTING NATURAL FERTILITY</p> <ul style="list-style-type: none"> • Understand Common fertility problems • Special techniques and recommended treatment routines to support natural fertility <p>Day 2: SUPPORTING ASSISTED CONCEPTION</p> <ul style="list-style-type: none"> • Understand the stages of the process • When to work & how to adapt treatments • Learn techniques & routines to support <p align="center">Open to all reflexologists</p> <p align="center">Days need to be attended progressively</p>	<p>2021</p> <p>Day 1</p> <p>SUNDAY</p> <p>25 APRIL</p> <p>2021</p> <p>Day 2</p> <p>SUNDAY</p> <p>30 MAY</p> <p>2021</p> <p>Both days</p> <p>10am-5pm</p>	<p>One workshop</p> <p>£75 ONLY</p> <p>£130</p> <p><i>for both days booked together</i></p> <p>6 CPD hours each day</p>
<p>A Light-Touch Approach</p>  <p>with Angela Sellens Drake</p> 	<p align="center">HAND REFLEXOLOGY</p> <p align="center">3 linked workshops</p> <p>Day 1:</p> <ul style="list-style-type: none"> • Understanding reflexology mapping on the Hands • Sensing & Assessing techniques for the hands • Core Treatment techniques and Sequence <p>Day 2:</p> <ul style="list-style-type: none"> • Developing a full Hand Reflexology sequence • Adapting techniques to work with specific conditions • Combining Hand and Foot Reflexology <p>Day 3:</p> <ul style="list-style-type: none"> • Additional and Advanced Techniques for Hands • When and why to choose Hand Reflexology • Introducing Hand Reading skills <p align="center">Open to all reflexologists</p> <p align="center">An opportunity to work in depth with Hand Reflexology.</p> <p align="center">Days need to be attended progressively</p>	<p>2021</p> <p>Day 1</p> <p>SUNDAY</p> <p>12</p> <p>SEPTEMBER</p> <p>2021</p> <p>Day 2</p> <p>SUNDAY</p> <p>17 OCTOBER</p> <p>2021</p> <p>Day 3</p> <p>SUNDAY</p> <p>14</p> <p>NOVEMBER</p> <p>2021</p> <p>all days</p> <p>10am-5pm</p>	<p>One workshop</p> <p>£60</p> <p align="center">✳</p> <p>ONLY</p> <p>£150</p> <p><i>for all 3 days when booked together</i></p> <p>6 CPD hours each day</p>

	<p>SPECIAL EVENT</p> <p>Chris Stormer-Fryer</p> <p>Be inspired!</p> <p>Come and experience the magic of one of Chris' presentations</p> <p>GETTING BETTER ALL THE TIME</p> <p>A one-day seminar/workshop</p> <p>"After a bout of illness or a spell of being 'under the weather' we generally proclaim that we 'feel so much better now'. But 'so much better' about what? Is it that we have become better at 'stomaching life' - and can 'breathe a sigh of relief' - once a crisis is over?"</p> <p>"Our body is our life-long companion - we feed it, wash it, clothe it, love with it, cry with it, speak with it - yet do we <u>really</u> know it?"</p> <p>THE FEET DO! By under-standing messages conveyed by our feet, we become increasingly aware of how to help ourselves and others to a better way of life."</p> <p>Chris is an internationally renowned author and much-loved presenter who has published 8 books on Reflexology. They include: <i>Teach Yourself Reflexology</i>, <i>Reflexology – the Definitive Guide</i> and <i>Language of the Feet</i>.</p> <p>Her presentations are famously up-beat and exhilarating experiences that frequently create much needed life-changing shifts in a safe, relaxed and friendly environment.</p> <p>Her most recent book <i>Reflexology – Hot Footing It To Health</i> was published in 2018 and offers yet more inspiring insights into understanding our feet, our bodies and ourselves.</p> <p>Open to all – and of particular interest to reflexologists and other physical therapists</p> <p>DON'T MISS OUT!</p>	<p>2021</p> <p>SATURDAY 26 JUNE 2021</p> <p>at Mangreen</p> <p>one day only in Norfolk</p> <p>9.30am- 4.30pm</p>	<p>£80</p> <p>❄</p> <p>6 CPD hours</p>
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New - PRACTICAL SPIRITUALITY AND WELLNESS



Level 3 Diploma course 2021

The first fully accredited professional qualification in UK integrating holistic spirituality and healthcare

in association with



- ❖ Explore and deepen your spiritual practice
- ❖ Discover the health benefits of spirituality
- ❖ Develop compassionate care for others
- ❖ Gain a qualification to offer person-centred spiritual support
- ❖ Join an open-hearted supportive community of like-minded peers

The course is planned to run over 8 weekends from March-November 2021*

Venue: Norwich Wellbeing Centre,
15 Chapel Field East, NR2 1SF

* course details may need to vary to adapt to the Covid-19 situation

please contact for more details and how to apply

LEAD TUTOR

Angela Sellens Drake



VISITING TUTOR

Dr William Bloom
Director,
Spiritual Companions
Trust



ABOUT ANGELA

Angela has been working with Reflexology since she trained in 1984 and has a well-established practice in Norwich, England. She opened Pathways School of Reflexology in 1996 to run high-quality, accredited professional training. She also offers introductory self-help workshops for the public and advanced CPD courses for practitioners.

Angela has worked extensively with light-touch techniques and Facial Reflexology Sorensensistem™ and has integrated these into her practice and teaching, in UK and Canada.

She has also trained in Temprana Reflex Therapy, a widely acclaimed rehabilitation programme for those with complex conditions and neurological damage and dysfunction. She offers treatment sessions for people living with a number of neurological conditions including dementia, MS, Parkinson's and also for those living with complex needs. Other special interest areas in her teaching and practice include working with fertility and pregnancy, with hypersensitivity and autoimmunity and assisting with trauma recovery.

Angela is a trained Spiritual Health Mentor and Spiritual Companion and runs Your Spiritual Health Programme sessions – a person-centred and holistic way to explore spirituality. She is an authorised tutor for the Diploma in Practical Spirituality and Wellness – the first UK accredited course integrating spirituality and healthcare.



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ADVANCED TRAINING BOOKING FORM 2021

REVISED PROGRAMME

Name(s).....

Phone(s).....

email

I would like to attend the following workshop(s)

.....

.....

please highlight/delete as relevant

I would like more information about -

The Practical Spirituality and Wellness Diploma

.....

MAKING A PAYMENT

- I enclose a cheque to: A Sellens Drake
- I have paid electronically to:
09-01-27; 81050817
(Santander; Angela Sellens Drake)

AMOUNT PAID

... as payment for course(s) as indicated

Please:

- post cheques/ booking form to:
247 College Rd, Norwich NR2 3JD

OR

- email booking form/ enquiries to:
info@pathwaysreflexology.co.uk

Venues

ALL FACE-TO-FACE CLASSES WILL BE HELD IN A COVID-SECURE ENVIRONMENT AND ALLOW FOR FULL SOCIAL DISTANCING

SOME ONLINE COURSES ARE BEING DEVELOPED – details to follow

PLEASE NOTE

Due to Coronavirus restrictions, there may be further revisions to dates and details of courses.

All updates will be forwarded to you if you are on this mailing list.

Please contact me for further information

and I hope to see you at one of our courses or workshops :)

Angela

info@pathwaysreflexology.co.uk OR phone 01603 503794/ 07949 129273