



ADVANCED TRAINING REVISED PROGRAMME 2021



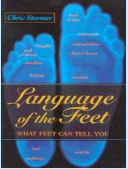


COVID-19 UPDATE:
SOME COURSE MODULES ARE GOING ONLINE
 All face-to-face classes will be held in a Covid-secure venue to allow for social distancing
DATES MAY BE SUBJECT TO CHANGE

OVERVIEW OF COURSES AND WORKSHOPS - see pages 2-5 for details & how to book

WORKSHOP/ COURSE	REVISED DATES	DETAILS
<p>LANGUAGE OF THE FEET New ONLINE format 6 linked Zoom workshops <u>each session 2-5pm</u> with Angela Sellens Drake</p>	<p>WORKSHOPS 1 – Sun 17 Jan 2 – Sun 7 Feb 3 – Sun 21 Feb 4 – Sun 7 March 5 – Sun 21 March 6 – Sun 11 April</p>	<p>6 linked Zoom workshops LIVE ONLINE TEACHING interactive teaching and guidance with course downloads and resources to support your learning</p>
<p>FACIAL REFLEXOLOGY Sorensenssystem™ Introductory Workshop One day workshop <u>9am-5pm</u> with Angela Sellens Drake</p>	<p>WORKSHOP NEW DATE Sun 13 June 2021</p>	<p>One-day workshop IN-PERSON TEACHING with guidance and practice</p>
<p>REFLEXOLOGY & FERTILITY Two linked day workshops <u>each day 9am-5pm</u> with Angela Sellens Drake</p>	<p>WORKSHOPS 1 - Sun 25 April 2 - Sun 30 May</p>	<p>2 linked workshops IN-PERSON TEACHING with guidance and practice</p>
<p>HAND REFLEXOLOGY Three linked day workshops <u>each day 9am-5pm</u> with Angela Sellens Drake</p>	<p>Three 6-hour face-to-face WORKSHOPS 1- Sun 12 Sept 2 - Sun 17 Oct 3 - Sun 14 Nov</p>	<p>3 linked workshops IN-PERSON TEACHING with guidance and practice</p>
<p>GETTING BETTER ALL THE TIME with Chris Stormer-Fryer</p>	<p>One of Chris' special one-day seminars</p>	<p>POSTPONED UNTIL 2022 New dates tbc</p>
<p>SECRETS OF SPIRITUAL HEALTH AND HAPPINESS A 6 session programme <u>Each class 90 minutes</u> with Angela Sellens Drake</p>	<p>NEW Six 90-minute linked sessions This also serves as an induction for the Level 3 Practical Spirituality and Wellness Diploma course</p>	<p>IN-PERSON or LIVE ONLINE TEACHING with guidance and practice Dates tbc</p>
<p>PRACTICAL SPIRITUALITY AND WELLNESS with Angela Sellens Drake</p>	<p>NEW Fully accredited Level 3 Diploma course</p>	<p>POSTPONED UNTIL AUTUMN 2021 New dates tbc</p>

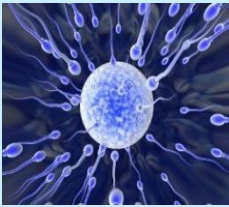



Pathways School of Reflexology

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

2021	NEW DATES		
<p>LANGUAGE OF THE FEET based on the teaching of Chris Stormer</p>   <p>with Angela Sellens Drake</p>	<p>LANGUAGE OF THE FEET 6 linked Zoom workshops LIVE ONLINE TEACHING</p> <p>The Language of the Feet workshops offer a truly holistic way of looking at feet.</p> <p>Three exciting workshops, inspired by Chris Stormer-Fryer and 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>WORKSHOPS 1 & 2: FIRST STEPS 17 Jan & 7 Feb</p> <ul style="list-style-type: none"> • Understand what feet are showing you • Read each toe's message and meaning <p>WORKSHOPS 3 & 4: SOLE-SEARCHING 21 Feb & 7 March</p> <ul style="list-style-type: none"> • Detailed observation of each area of the foot • How our feet chart our life's 'journey' <p>WORKSHOPS 5 & 6: FINDING YOUR FEET 21 March & 11 April</p> <ul style="list-style-type: none"> • Making sense of different 'foot readings' • Sharing your insights with others <p>Open to all – and of special interest to reflexologists and other physical therapists Days to be attended progressively</p>	<p>SUNDAY WORKSHOPS</p> <p>LIVE ONLINE</p> <p>1 –17 JAN</p> <p>2 – 7 FEB</p> <p>3 - 21 FEB</p> <p>4 –7 MARCH</p> <p>5 –21 MARCH</p> <p>6 –11 APRIL</p> <p>ALL SESSIONS LIVE ONLINE 2--5pm</p>	<p>One pair of workshops</p> <p>£60</p> <p>❄</p> <p>ONLY £150 <i>for all 3 days booked together</i></p> <p>❄</p> <p>6 CPD hours each day</p>
<p>FACIAL REFLEXOLOGY Sorensensistem™</p>  <p>with Angela Sellens Drake</p>	<p>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>Open to all – and of particular interest to reflexologists and other physical therapists</p>	<p>SUNDAY 13 JUNE</p> <p>❄</p> <p>10am-5pm</p>	<p>£50</p> <p>❄</p> <p>6 CPD hours</p>

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2021	NEW DATES		
<p>REFLEXOLOGY AND FERTILITY</p>   <p><i>with</i> Angela Sellens Drake</p>	<p>REFLEXOLOGY AND FERTILITY</p> <p>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>Open to all reflexologists</p> <p>Days to be attended progressively</p>	<p>Day 1 SUNDAY 25 APRIL</p> <p>✪</p> <p>Day 2 SUNDAY 30 MAY</p> <p>✪</p> <p>Both days 10am-5pm</p>	<p>One workshop</p> <p>£75</p> <p>✪</p> <p><i>both days ONLY</i></p> <p>£130</p> <p>✪</p> <p>6 CPD hours each day</p>
<p>HAND REFLEXOLOGY</p> <p>A Light-Touch Approach</p>   <p><i>with</i> Angela Sellens Drake</p>	<p>HAND REFLEXOLOGY</p> <p>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 • When and why to choose Hand Reflexology • Adapting to work with specific conditions <p>Day 3:</p> <ul style="list-style-type: none"> • Additional and Advanced Techniques for Hands • Combining Hand and Foot Reflexology • Introducing Hand Reading skills <p>Open to all reflexologists</p> <p>An opportunity to work in depth with Hand Reflexology.</p> <p>Days to be attended progressively</p>	<p>Day 1 SUNDAY 12 SEPTEMBER</p> <p>✪</p> <p>Day 2 SUNDAY 17 OCTOBER</p> <p>✪</p> <p>Day 3 SUNDAY 14 NOVEMBER</p> <p>All days 10am-5pm</p>	<p>One workshop</p> <p>£60</p> <p>✪</p> <p>ONLY</p> <p>£150</p> <p><i>for all 3 days booked together</i></p> <p>6 CPD hours each day</p>

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New - **SECRETS OF SPIRITUAL HEALTH AND HAPPINESS**

6-session programme

There's a wealth of evidence that spirituality can be good for our health, happiness and wellbeing.

Discover how to bring these benefits into your life.

This short programme is the result of ten years of research and development, exploring the connections between spirituality and good health.

"Grounded in reliable physiology and psychology, this 'Spiritual Health Programme' is relevant to all those involved in health care".

Professor David Peters MD, Centre for Resilience, Westminster University

Not affiliated with any particular spiritual or religious tradition, this course is open to anyone interested.

Six 90-minute linked sessions

IN-PERSON or LIVE ONLINE TEACHING

serves as an induction for the **Practical Spirituality and Wellness**

Level 3 Diploma course

in association with



Dates and details to follow

please contact to be notified when details are confirmed

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 has been postponed until Autumn 2021

Dates and details tbc

please contact to be notified when details are confirmed

with

Angela Sellens Drake



VISITING TUTOR

Dr William Bloom



Director,

Spiritual Companions Trust



GETTING BETTER ALL THE TIME

Please note: this event is postponed until 2022

A message from Chris Stormer-Fryer - in South Africa ...

"After a lot of Soul Searching, I feel that travelling in 2021 is not wise.

There is just SO much uncertainty worldwide, and travelling is becoming increasingly challenging.....

I shall instead make professional videos and finish my other books from which those Souls unable to physically attend my presentations can also benefit. These will be freely available."

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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 the **Secrets of Spiritual Health and Happiness** programme – a person-centred and holistic way to explore spirituality. She is an authorised tutor for the **Diploma in Practical Spirituality and Wellness** – first UK accredited course integrating spirituality and healthcare.



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 –

- **Secrets of Spiritual Health and Happiness** programme
- **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) 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**

MORE ONLINE COURSES ARE BEING DEVELOPED – details to follow

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