

Pathways  
School of  
Reflexology  
30  
Years  
Anniversary

# Pathways School of Reflexology



## REFLEXOLOGY

for Wellbeing

## Level 3 DIPLOMA

## COURSE PROSPECTUS 2026-27

Course begins 1 March 2026

Pathways School of  
Reflexology  
is proud to have been a  
**Founder Member**  
of the former  
**AoR Affiliated Schools**  
programme

This qualification is regulated and accredited to national standards and is fully endorsed by AoR - the Association of Reflexologists.

*Pathways is an AoR Gateway School and is proud to have been a Founder Member of AoR's Affiliated Schools programme, offering a training that meets standards over and above the qualification's core requirements.*

Successful graduates are eligible to apply for membership of UK's leading recognised professional associations, including:

- **Association of Reflexologists (AoR)**
- **Professional Reflexology (PR)**
- **Federation of Holistic Therapists (FHT)**
- **Complementary Therapists' Association (CTHA)**



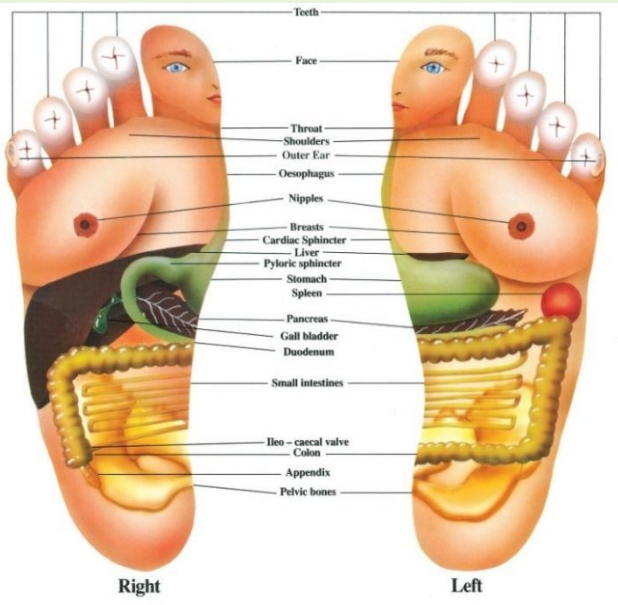
Graduates will also be able to register with the **Complementary and Natural Healthcare Council (CNHC)**, the government-supported UK voluntary register for complementary therapists.

Principal & Tutor  
**Angela Sellens Drake**  
AoR (Fellow), PRM, CNHC Regd



# ABOUT REFLEXOLOGY

**Reflexology** - also known as *Reflex Zone Therapy* – is thought to derive from techniques used in many ancient and traditional cultures.



In the West, modern reflexology grew out of *Zone Therapy* practices in the United States, in the early part of the twentieth century. Since then, it has developed its own theory and further specialised techniques. Eastern practices such as acupuncture have informed reflexology's development and broadened its understanding and scope.

**Reflexology** works on the principle that the functioning of the entire body is represented in reflexes in the hands and feet.

**Using gentle thumb and finger techniques**, the practitioner seeks to activate the body's self-healing mechanisms, 'rebalancing' and revitalising energy throughout the entire body system.

In working to help the body help itself, Reflexology offers a gentle and holistic treatment, and its effects may be experienced as profound and far-reaching.



**Pathways' gentle precision techniques** are responsive and non-invasive, offering a unique holistic and sensitive treatment for each client. These special techniques help to develop sensitivity and the ability to *read* and *respond* to the condition of the reflexes by touch. Combined with visual assessment techniques, students learn how to adapt pressure and technique to suit different needs.



**Techniques for both Foot and Hand Reflexology** are taught within Pathways' *Reflexology for Wellbeing* Level 3 Diploma course.

# STUDYING AT PATHWAYS

## IN-PERSON sessions are held at College Road, Norwich

### Quiet & friendly home-based venue:

- Close to City centre
- Organic shop & cafes nearby
- Parking available for Sunday classes

### Please note:

A separate local venue will be used for 3 x Student Clinics, which will be held later in the course. Details will be given during the course.

## PATHWAYS' SPECIAL FEATURES

- **More than 100 hours of face-to-face supervised tuition** – to offer in-depth training
- **Varied and creative teaching methods** – to support different styles of learning
- **Personal 90-minute practical tutorial** – to build skills and confidence
- **Small, friendly classes and private online community** – for person-centred learning and shared peer support

## You will learn:

- **Foot and Hand Reflexology** – holistic mapping offers complementary ways to connect with the whole body
- **Unique and gentle, precision techniques** – powerful, responsive techniques to adapt to your client's needs
- **'Foot-Reading' skills** – discover how feet indicate your client's health and wellbeing
- **Special Focus Treatment Planning sessions** – how to adapt treatments for common and complex conditions
- **Adapted and Additional Techniques** – explore additional ways to extend core skills
- **Listening skills for the practitioner** – help you notice and assess your client's needs
- **Anatomy, Physiology & Pathology** – to understand the body as an integrated 'whole'

## Pathways' students form a vibrant and supportive community



## ABOUT THE COURSE

**Pathways School of Reflexology** offers the

### **SEG Awards Level 3 Reflexology for Wellbeing Diploma course**

Accepted by all major Reflexology and Complementary Therapy organisations including the Association of Reflexologists (AoR) & Complementary and the Natural Healthcare Council (CNHC).

## 4 UNITS OF STUDY

1. **Reflexology** - history and theory, research, development and practice
2. **Anatomy, Physiology and Pathology** – how the body functions in health and disease
3. **Complementary Therapies** – principles and practice of complementary therapies
4. **Business Practice** - planning your complementary therapy business

## COURSE FEES INCLUDE - for your Student Journey

### MAKING THE RIGHT CHOICE – BEFORE THE COURSE STARTS

- **Introductory Reflexology workshop** –
  - find out about Reflexology and learn some simple techniques
- **Personal interview and treatment session** –
  - meet with the tutor to experience *Pathways'* unique approach

### ESSENTIALS - REGISTRATION, STUDENT MEMBERSHIP AND INSURANCE

- **Awarding Body Registration fees** for all Course Units
- **Student membership of AoR** (*Association of Reflexologists*) for benefits of membership see below
- **18 months' Student insurance** with AoR's insurer Alan Boswell covers you for completing treatments and case studies and includes free business equipment cover up to £1000 (if living in UK)

### INCLUDED - AS PART OF YOUR COURSE

- **Professional Ergonomic Advice session** to help prevent injury and strain for therapist and client
- **Detailed course notes and videos** to enhance your learning
- **One personal tutorial per term** to guide and support learning
- **One personal 90-minute practical tutorial** to build skills and confidence
- **Full student email support** throughout the course & for 3 months after you complete the course
- **Certificated First Aid in-person training** to help you know what to do in emergency situations

### EXTRA BENEFITS - as an AoR Student Member:

- **AoR's Quarterly professional e-magazine Reflexions** for AoR & Reflexology facts and information
- **Access to the Student area** of AoR's website for support materials & access to seminars & webinars
- **Regular e-newsletters from AoR** to keep you up-to-date with AoR & the field of reflexology
- **Access to discounts** with AoR partner companies



# COURSE PROSPECTUS 2026-27

## What the course covers

### 1. REFLEXOLOGY

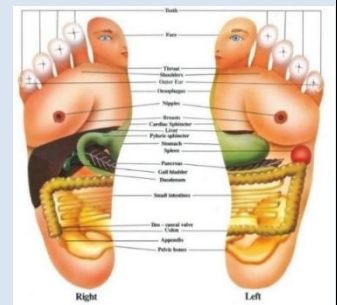
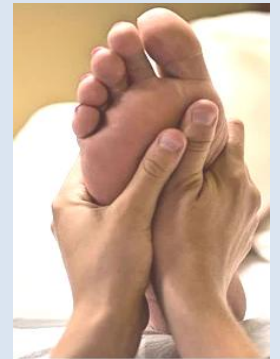
You will study all the theory and practice you need practice Reflexology professionally

#### Reflexology History, Theory and Practice

- History and theory of Reflexology
- Client observation and assessment techniques
- Listening and observational skills; ‘foot-reading’
- Precautions and contra-indications to treatment
- Gentle precision treatment techniques for feet and hands
- Techniques for adapting treatments to individual needs
- Professional ergonomic advice to guide working practice

#### Casework and Clinics

- Supervised practice in class sessions and Student Clinics
- Reflective Practice is built into all your practice and learning
- Casework is built-up from treatments offered to your friends and family



### 2. ANATOMY, PHYSIOLOGY & PATHOLOGY (A,P&P)

You will learn Anatomy, Physiology and Pathology through a combination of self-guided study and class teaching. This provides essential background knowledge for you to work professionally as a Reflexologist.

- A comprehensive *Anatomy and Physiology manual* & workbook will guide your study\*
- *Holistic Anatomy, Physiology and Pathology* is explored in class sessions to help you connect theory and practice to enhance your learning

**START EARLY ... you can begin your study of Anatomy, Physiology & Pathology study once you've completed enrolment, and before the course begins ...**

**Just contact us for how to get started 😊**

#### **NB: \*Accredited Prior Learning (APL)**

If you have already gained a Level 3 Certificate in Anatomy, Physiology & Pathology (A,P&P), or equivalent, you may not need to study the full Unit again – although a Refresher course or selected additional study may be recommended.

To check, please contact to find out whether any additional study may be needed.

### 3. COMPLEMENTARY THERAPIES

You will learn *about* other therapies within the field of Complementary Healthcare, including:

#### History & Theory of Complementary Therapies

- **How complementary therapies** have developed
- **A study of selected Complementary Therapies**
- **Standards and Regulation** in Complementary Therapies



#### Guidelines for the Practice of a Complementary Therapy

- **Responsibilities of the practitioner:** legal and ethical considerations and requirements
- **Communication skills and the Consultation process;** record keeping
- **Support agencies** and their role in Complementary Therapy practice
- **How Reflexology** can work alongside orthodox and complementary healthcare

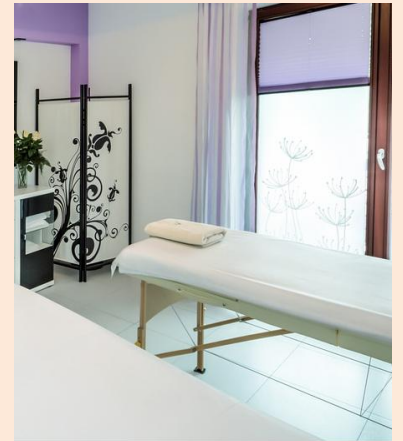


### 4. BUSINESS PRACTICE

You will study the skills needed to plan, promote and maintain a successful practice as a Reflexology practitioner, including:

#### Understanding Business

- **Legal and insurance issues:** what to be aware of when setting up a practice
- **Different modes of practice:** exploring what kind of business would work best for you and how to get started
- **Marketing and promotion:** explore possible ways to help your future business grow



#### Business Practice

- **Health & Safety for the practitioner** and **certificated 1<sup>st</sup> Aid training** – staying safe when you're running a practice
- **Creative planning:** designing your business the way *you* would like it to be



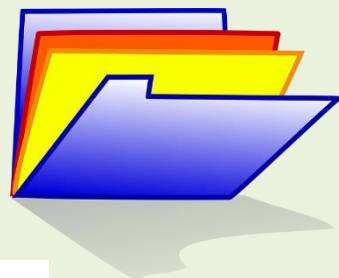
## HOME STUDY

Over the course you will create a Coursework Portfolio

This brings together all the assignments and casework you complete throughout your training. Some will be submitted and assessed electronically.

The portfolio is:

- how your work will be assessed for your Diploma
- an invaluable resource for you to use in the future



It includes:

- Home Assignment work – written assignments, worksheets, diagrams and charts
- Home study and assessments - for Anatomy, Physiology and Pathology
- Practice treatment paperwork – from 97 treatments offered to friends and family



We advise that you set aside 8-10 hours per week to complete your practical and theory work

- As everyone learns at their own pace, these times are only a general guide
- Please ask for support if you feel you need help planning your learning

Full guidance will be given throughout the course on how to organise and complete your work

## ASSESSMENT

There is no exam for the Level 3 Diploma course in *Reflexology for Wellbeing*.

Your coursework, casework and practical work will be assessed throughout the course

Assessment takes place within the School, and...

- This is sampled and checked by internal and external moderators
- 3 supervised practical assessments take place within Student Clinic sessions

Home assignments and tutorials provide evidence of your learning:

- Assessments of all Units must meet the required standards to gain a 'pass'
- final overall assessment of your portfolio requires a 'pass' in all Units
- you will be asked to submit some work electronically

Students should aim to attend all classes:

- People learn at different rates. We will advise if extra time, practice or study is needed
- Missed or additional classes may need to be made up at the student's expense

The SEG Awards Level 3 Diploma in Reflexology for Wellbeing will be awarded when all aspects of the course have been successfully completed.

If you would like to achieve the separate VTCT Level 3 Certificate in Anatomy, Physiology and Pathology, an exam and additional fees may be required.

Please ask to discuss with us 😊

## REFLEXOLOGY AS A CAREER

**Reflexologists** are usually self-employed, often working from home or from Complementary Health Clinics, and sometimes working within business environments or visiting clients in their own homes. Some practitioners have treatment rooms at GP practices and may provide treatments within hospices or may offer their services within hotels and health spas.

**There is a growing interest in Reflexology** among health care professionals - doctors and nurses, midwives, occupational therapists and physiotherapists - and many are now seeking to learn how to use Reflexology within their field of work.

## ENTRY REQUIREMENTS

**Reflexology is essentially a practical art.** All the necessary theory and practical techniques are taught within the course.

**No formal qualifications are required to enable you to learn**, although it is recommended – where possible - that students will have achieved passes in five GCSEs at Grade C, or equivalent in training or work experience.

**People of different ages and backgrounds** and from many walks of life are drawn to study Reflexology, bringing with them their skills, experience and motivation, which should enrich their learning and their work as practitioners.

Everyone's situation is unique so please let us know if there's anything you would like to discuss.

## REGISTRATION

**Applications to join the Level 3 Diploma in Reflexology for Wellbeing** course are invited from those with a genuine interest in studying and working with Reflexology, who feel able to offer the commitment such a course would need.

**The qualification is open to learners over the age of 16** irrespective of gender, ethnicity, nationality, disability, sexual preference, religion or belief.

## PRE-COURSE INTRODUCTORY WORKSHOPS, INTERVIEW and TREATMENT

**See our Introductory Workshop Flyer for details of dates, times and costs**

Please note – payment for the Introductory workshop and treatment (see below) will be refunded against course fees, for those who join this training course.

To clarify if training in Reflexology is 'for you', Pathways offers:

- **an Introductory Workshop – online (£25) or in-person (£35)** - where you can find out more about Reflexology and learn some simple techniques to use for self-help, friends and family.
- **pre-course 'interview' – by phone or video call (no cost)**, to discuss any questions or any particular queries you have about the training.
- **an introductory treatment with the tutor (£35) – may include the 'interview' session** - to get a feel for how we work and what techniques you will learn if you join the Diploma course.





## COURSE CLASS DATES 2026-27

**A twelve-month course beginning SUNDAY 1 MARCH 2026**

**THE COURSE WILL INCLUDE:**

**14 FULL DAY SUNDAY CLASSES at 10am-6pm**  
**and**

**ONE ONLINE ZOOM SESSION/month (dates/times to be agreed with students)**

**PLEASE RESERVE ALL DATES**

**NB: THERE WILL BE NO IN-PERSON CLASSES JULY, AUGUST or DECEMBER 2026**

YEAR	MONTH	SUNDAY 10am-6pm
<b>2026</b>		
	<b>MARCH</b>	<b>1, 15, 22</b>
	<b>APRIL</b>	<b>19</b>
	<b>MAY</b>	<b>10, 31</b>
	<b>JUNE</b>	<b>7, 21</b>
<b>NO in-person CLASS JULY OR AUGUST 2026</b>		
	<b>SEPTEMBER</b>	<b>6</b>
	<b>OCTOBER</b>	<b>4, 18</b>
	<b>NOVEMBER</b>	<b>15, 29</b>
<b>NO in-person CLASS DECEMBER 2026</b>		
<b>2027</b>		
	<b>JANUARY – LAST SUNDAY CLASS</b>	<b>10</b>
	<b>FEBRUARY – COURSEWORK SUBMISSION DATE</b>	<b>10</b>
	<b>MARCH – COURSE MODERATION DATE (tbc)</b>	<b>1</b>

### IMPORTANT

- **Creative Teaching:** in-person live training + video and online resources to help your learning
- **Individual Guidance:** Each student will be offered 3 x 30-minute online tutorials, and a 90-minute in-person practical tutorial. Dates and times are arranged to suit the student and the school.
- **Individual support:** Each student will have email access to the tutor throughout the course and for 3 months after the course ends.
- **Qualification can only be gained following final Moderation process.** Please allow up to 8 weeks beyond the Moderation date to anticipate starting to practice. Discuss any questions with your tutor.
- **Every effort will be made to keep to the course schedule:** Any changes or adaptations will be made in discussion with students.
- **You should aim to attend all sessions:** Missed sessions may need to be made up at the student's expense. Please discuss any known absences with as much advance notice as possible. Thank you!

## **FEES for Level 3 Reflexology Diploma COURSE beginning March 2026 : £2150**

**THIS INCLUDES EVERYTHING** you need to become a **FULLY** qualified, professional Reflexologist  
(+see page 4 for more details)

**Payments may be made once a place on the course has been offered and accepted**

- **DEPOSIT is £500:** **this will secure your place**  
It also allows you to begin your Anatomy, Physiology & Pathology study, if you feel ready.
- **BALANCE OF FEES is £1650:** **payable by 14<sup>th</sup> FEBRUARY 2026**
- **EARLY PAYMENT DISCOUNT:** **fees are reduced to £2050 if paid in full by 31<sup>st</sup> DEC 2025**  
If you prefer to pay by Instalments, please ask to discuss

**PAYMENT METHODS:** payment may be by electronic transfer or cheque (ask for payment details)

## **ADDITIONAL ITEMS**

Over and above course fees, you should make allowance for the following possible extra costs:

- **Additional tuition fees:** may be asked if you need additional teaching sessions to cover absences or in the case of an extension for course completion. Current charges are £40/hr.
- **Professional equipment:** Pathways recommends a professional treatment couch with a large treatment 'wedge'\*. The School provides treatment equipment for class sessions. However, you should aim to provide your own for student Clinics (where possible) and for home practice.
- **There are many sources for treatment equipment:** including AoR partners offering discounts to AoR members. This will be discussed in class to guide you on important features to be aware of.
- **The specially designed large treatment 'wedge'\*:** supports a client's entire spine in a raised position. It may be ordered through Pathways at a recent cost of £95, uncovered (cost tbc).

**\*Please note, second-hand Treatment couches and 'wedges' may be available through Pathways**

## **OTHER ITEMS**

You will also need to provide items appropriate for professional practice at the three supervised Student Clinics. These will be discussed in class and include:

- **'Clinic clothes':** Black trousers, white polo shirt and black or navy cardigan/ sweater (as needed); black/navy flat indoor shoes (appropriate for therapy), eg. light trainers, 'cros'
- **'Clinic items':** 'Couch-cover' plus white or pale /pastel colour-co-ordinated sheets; pillows & blanket; muslin squares or white hand-towels; small footstool; colour-coordinated foot-mat; small table/ trolley; clipboard and pens.

These and any additional sundries (as needed) will be discussed on the course.

## ABOUT YOUR TUTOR

Angela Sellens Drake has worked in natural health and healing since 1974. She worked at Tyringham Naturopathic Clinic in England and also at centres of natural healing in France and Scotland, and at London's 'East-West Centre' and 'Chalk Farm Nutrition Centre'.

Angela trained in Reflexology in 1984 with Jane Vukovic, who worked with Doreen Bayly and helped set up the Association of Reflexologists (AoR).

Angela has a well-established practice in Norwich, England. She continues to explore and develop different approaches to Reflexology and healing.

In 1994, Angela trained in Chris Stormer's pioneering 'light-touch' (Universal) Reflexology techniques and 'Language of the Feet'. These have profoundly influenced her work.

In 2004, she trained in *Facial Reflexology* with Lone Sorensen and has taught on the Sorensen *Facial Reflexology Diploma* course in both England and Canada.

Her further training with Lone includes *Meridian and Neuro-Foot Reflexology*; '*Intestinal Links*'; *Japanese Cosmo-Facial treatment*; *Tibetan Neck and Scalp Reflexology*; *Ocular Therapy* and *Bipolar Trauma therapy*. She has also trained in Temprana Reflex Therapy – a widely acclaimed rehabilitation programme for those with complex conditions and neurological damage and dysfunction.

Angela set up *Pathways School of Reflexology* in 1996 to offer high-quality, accredited, professional training. She also offers Advanced/CPD training for reflexologists and other practitioners.

She has given presentations for the Schools of Midwifery and Nursing at the University of East Anglia (UEA), on reflexology's role in pregnancy and childbirth and in palliative care.

She took part in 'Shifting MS: A Young Person's Guide to MS', a film created by the Norwich and District MS Society and co-produced by Pathways' student Gloria Morris. Pathways' students provided foot, hand and facial treatments, demonstrating therapies recommended for those living with MS.

Angela has piloted a research project using reflexology in a School for children with complex needs and has provided reflexology and touch sessions for carers and those living with dementia.

She presented at the 'Shining a Spotlight on People, Practice & Dementia Care' Conference in December 2009 for the Norfolk & Waveney Mental Health NHS Foundation Trust and served as patron of the *Forget-me-Nots*, a Norwich charity helping those with memory loss. She is a trustee at *Mangreen Trust*, and has coordinated its *Living Well* and *Making Friends with Dementia* programmes, as well as its open-faith *Reflective Gatherings*. Angela has been guest speaker on Radio Norfolk, Future Radio and Norfolk Hospital Radio.

Angela has also trained in *Touch for Health* techniques and *Brain Gym* (Kinesiology), and in the *Metamorphic Technique* and has taught *Fertility Awareness Methods* (for Natural Family Planning).

In 2018, she gained the *Diploma in Practical Spirituality and Wellness* and is a *Spiritual Health Mentor and Educator* for the *Spiritual Companions Trust*, assisting on its two recent Diploma courses.

In 2020, she completed the 'Trauma Healing and Transformation' training with Capacitar International.

In 2014, Angela was awarded the Fellowship award by AoR (Association of Reflexologists), giving her AoR (Fellow) status. She is also a Life Member: AoR (Lifetime).

She is also a member of Professional Reflexology (PR) and the International Institute of Reflex Therapy and is registered with the Complementary and Natural Healthcare Council (CNHC).



## Level 3 DIPLOMA COURSE in REFLEXOLOGY 2026-27 APPLICATION FORM

Full Name(s)		Date of birth	
Address		postcode:	
Phone		Other (if applicable)	
email		Website (if applicable)	
How did you hear about this course?	Website (which)	Advertising (which)	Word of Mouth/other
Why do you want to train to be a <i>Reflexologist</i> ? How would you like to use this training?			
Have you done any previous training in Reflexology?			
Have you received any reflexology treatment?			
If yes, what was your experience of it?			
Occupation/ Interests			
Previous occupation(s): qualifications:			
Is there anything else you'd like to add? ( <i>please continue on extra page if needed</i> )			



## Level 3 DIPLOMA COURSE in REFLEXOLOGY 2026-27

### PRE-COURSE PAYMENT DETAILS AND ENROLMENT AGREEMENT

PAYMENT OPTIONS	Payment amount £
<b>FULL COURSE FEES – to be paid by 14 February 2026</b>	2150 (total)
<b>EARLY PAYMENT DISCOUNT- to be paid by 31 December 2025</b>	2050 (total)
<b>COURSE DEPOSIT - secures your place on the course</b>	500
<b>BALANCE OF COURSE FEES - to be paid by 14 February 2026</b>	1650 (+ 500 deposit)
<b>OR with EARLY PAYMENT DISCOUNT – if fees paid in full by 31 December 2025</b>	1550 (+ 500deposit)
<i>If you prefer to pay by Instalments, please ask to discuss</i>	

### PAYMENT METHODS - Electronic payment details available on request

#### ENROLMENT

I have read & understood details of the **Level 3 Diploma in Reflexology for Wellbeing**

- I would like to enrol on the **Sunday course starting 1 March 2026**
- I would like to arrange payment for (deposit/ full payment) please ✓ or highlight above as relevant

#### Acceptance onto the course:

I understand that acceptance onto the course is at the discretion of the School and normally follows:

- attendance at an *interview and/or treatment session and/or Introductory Workshop*
- the signing by both parties of the *Contract/ Learning Agreement (provided to applicants)*

#### PAYMENTS

**Different payment options are available, including a discounted early price, and pre-course deposit and balance payments, up until 14<sup>th</sup> February 2026**

**Instalment payment agreements** may be made available to suit your needs by agreement with the course director. These will need to incur some additional costs. Please ask to discuss.

#### REFUNDS

**Course deposit payment:** I understand that course deposits paid on acceptance of a place on the course are usually non-refundable and that the deposit is only refundable if:

- the school is unable to offer me a place on the course I have been accepted for
- or if I change my mind within 14 days of booking my place or making my payment (whichever is the earlier) and if I have not accessed any course materials or tuition.

#### Cancellation of a place on the course:

I understand that, once the course has begun, all fees are usually non-refundable but *may be transferable* (at the discretion of the School)

**And that, should I need to cancel my place once the course has begun** - within 14 days of booking my place on the course or making payment (whichever is the earlier), and if I have accessed course materials or tuition, an appropriate proportion of fees paid only may be refundable.

#### AGREEMENTS

I have disclosed any information, such as health or personal circumstances, that may impact on my ability to complete the course

- I am willing and able to commit the time and energy needed to complete the course and know of no reason why I should not train to practice reflexology
- I enclose a recent portrait/passport-size photo and the names and contact details of two referees with this application (*people who know me in a professional and/or in a personal capacity*)
- I understand that my personal details as given will be kept confidential and stored securely in line with the General Data Protection Regulation (GDPR) Act 2018, and only shared with tutors/assessors/ moderators as required for the qualification - and that I will be asked to sign a GDPR Privacy statement as confirmation of this

Signed ..... Date .....