



## **Aromatherapy for Pregnancy IFPA Accredited**

A two day interactive course presented by  
Jo Kellett TIDHA MIFPA CIMI

- An interactive two day course to develop your skills and knowledge of aromatherapy for pregnancy. Students will get the opportunity to practice massage routines and also to take part in various theory and practical exercises.
- Students will be encouraged to work in small groups, pairs and as a whole group. There is plenty of opportunity for questions and feedback and time to comment on personal experiences.
- The course will help you confidently put into practice, massage & aromatherapy techniques pertinent to pregnancy, labour and post natal recovery.
- Handouts are provided to back up all course material

### **Day 1**

- Physical & psychological changes in pregnancy
- Antenatal terminology and information re ante-natal checkups
- Back Massage for Pregnancy and positioning
- Essential Oils for pregnancy

### **Day 2**

- Labour overview including Essential Oils to use at this time
- Acupressure points for labour
- Post natal overview including Essential Oils to use at this time



## Venue

University College of Osteopathy  
275 Borough High Street  
London SE1 1JE

## Dates & Times

Saturday 21<sup>st</sup> November & Sunday 22<sup>nd</sup> November 2020  
9.30-5.00pm

## Cost

£260.00 payable on booking

## Course requirements

Previous aromatherapy diploma required

## CPD points

12– IFPA accredited

## Contact

jo@fromtheseed.co.uk  
www.fromtheseed.co.uk  
07970 773030

## You will need to bring

2 pillows  
2 Towels  
1 couch cover



## **Course T&C's**

### **1. Payments**

All courses must be paid for in one payment in advance to secure the booking

### **2. Refunds**

If you need to cancel for any reason [from the seed](#) can offer the following:

4 or more weeks notice – will give a 100% refund

2-4 weeks notice – will give a 50% refund

Less than 2 weeks – There is no refund offered

### **3. Cancellation of course**

If [from the seed](#) needs to cancel for any reason you will be notified by email at least 7 days in advance and you will be reimbursed a full refund of the course fee

Courses are non-transferable

### **4. Course notes**

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