

<b>Weekend</b>	<b>Time</b>	<b>Day 1</b>	<b>Day 2</b>
<b>1</b> - 28 <sup>th</sup> and 29 <sup>th</sup> April	9.30	Meet and Greet	Meet and Greet
	10:00 - 12.30	<b>Introduction to the Principles of Reflexology</b>	<b>Therapeutics - A comprehensive understanding of reflexology therapy.</b>
	12.30- 1.30	Lunch	Lunch
	1.30 - 3.30	Practical Work	Practical Work
	3.30 - 4.30	Recap on Day's Work and Preparation for the next day	Recap on weekend's learning and homework outlined for next weekend
<b>2</b> - 26 <sup>th</sup> and 27 <sup>th</sup> May	9.30	Meet and Greet	Meet and Greet
	10:00-12.30	<b>Anatomy &amp; Physiology - the Definitions</b>	<b>Anatomy &amp; Physiology - Respiratory System</b>
	12.30-1.30	Lunch	Lunch
	1.30-3.30	Practical Work	Practical Work
	3.30 - 4.30	Open Discussion Meditation Practice Outline for next day	Open Discussion Meditation Practice Homework for next month.
<b>3</b> - 30 <sup>th</sup> June and 1 <sup>st</sup> July	9.30	Meet and Greet	Meet and Greet
	10.00-12.30	<b>Anatomy &amp; Physiology - Urinary System</b>	<b>Anatomy &amp; Physiology - Reproductive System</b>
	12.30-1.30	Lunch	Lunch

	1.30 -3.30	Practical Work	Practical Work
	3.30 -4.30	Open Discussion Meditation Practice Outline for next day	Open Discussion Meditation Practice Outline for next month
<b>4</b> - 28 <sup>th</sup> and 29 <sup>th</sup> July	9.30	Meet and Greet	Meet and Greet
	10.00-12.30	<b>Anatomy &amp; Physiology - Digestive System Part 1</b>	<b>Digestive System Part 2</b>
	12.30-1.30	Lunch	Lunch
	1.30-3.30	Practical Work	Practical Work
	3.30-4.30	Open Discussion Meditation Practice Outline for next day	Open Discussion Meditation Practice Outline for next month
<b>5</b> - 29 <sup>th</sup> and 30 <sup>th</sup> September	9.30	Meet and Greet	Meet and Greet
	10.00-12.30	<b>Anatomy &amp; Physiology - Nervous System</b>	<b>Anatomy &amp; Physiology - Endocrine System</b>
	12.30-1.30	Lunch	Lunch
	1.30-3.30	Practical Work	Practical Work
	3.30-4.30	Clinical Training/Case Studies - detailed brief on what is required Meditation Practice Outline for next day	Open Discussion Meditation Practice Outline for next month
<b>6</b> - 27 <sup>th</sup> and 28 <sup>th</sup> October	9.30	Meet and Greet	Meet and Greet

	10.00-12.30	<b>Anatomy &amp; Physiology - Cardio-Vascular System</b>	<b>Anatomy &amp; Physiology - Lymphatic System and Immunity</b>
	12.30-1.30	Lunch	Lunch
	1.30-3.30	Practical Work	Practical Work
	3.30-4.30	Case Studies Reviewed Open Discussion Meditation	Case Studies Discussed for next month Open Discussion Meditation
<b>7</b> - 24 <sup>th</sup> and 25 <sup>th</sup> November	9.30	Meet and Greet	Meet and Greet
	10.00-12.30	<b>Anatomy &amp; Physiology - Muscular &amp; Skeletal Systems</b>	<b>Anatomy &amp; Physiology - Integumentary System</b>
	12.30-1.30	Lunch	Lunch
	1.30-3.30	Practical Work	Practical Work
<b>8</b> - 15 <sup>th</sup> and 16 <sup>th</sup> December	9.30	Meet and Greet	Meet and Greet
	10.00-12.30	<b>Anatomy &amp; Physiology Mock Exam</b>	<b>Introduction to Nutrition</b>
	12.30-1.30	Lunch	Lunch
	1.30-3.30	Practical Work	Practical Work

	3.30-4.30	Case Studies Review Open Discussion Mediation	Case Studies Prep for next month Open Discussion Mediation
<b>9</b> - 26 <sup>th</sup> and 27 <sup>th</sup> January	9.30	Meet and Greet	Meet and Greet
	10.00-12.30	<b>Nutrition part 2</b>	<b>Nutrition Part 3</b>
	12.30-1.30	Lunch	Lunch
	1.30-3.30	Practical Work	Practical Work
	3.30-4.30	Case Studies Review Open Discussion Mediation	Open Discussion Mediation
<b>10</b> - 23 <sup>rd</sup> and 24 <sup>th</sup> February	9.30	Meet and Greet	Meet and Greet
	10.00-12.30	<b>Practitioner Development and Ethics</b>	<b>Practitioner Development and Ethics</b>
	12.30-1.30	Lunch	Lunch
	1.30-4.30	Practical Work	Practical Work

	4.00-4.30	Review of Case Studies Open Discussion Meditation	Review of Case Studies Homework on Research for next month Open Discussion Meditation
<b>11</b> - 23 <sup>rd</sup> and 24 <sup>th</sup> March	9.30	Meet and Greet	Meet and Greet
	10.00-12.30	<b>Research</b>	<b>Research</b>
	12.30-1.30	Lunch	Lunch
	1.30-3.30	Practical Work	Practical Work
	3.30-4.30	Open Discussion Progress Evaluation Meditation	Open Discussion Progress Evaluation Meditation
<b>12</b> - 20 <sup>th</sup> and 21 <sup>st</sup> April	9.30	Meet and Greet	Meet and Greet
	10.00-12.30	<b>Hand Reflexology</b>	<b>Hand Reflexology</b>
	12.30-1.30	Lunch	Lunch
	1.30-3.30	Hand Reflexology	Hand Reflexology
	3.30-4.30	Open Discussion Mediation	Open Discussion Review of learning Mediation
<b>13</b> - 25 <sup>th</sup> and 26 <sup>th</sup> May	9.30	Meet and Greet	Meet and Greet
	10.00-12.30	<b>Baby and Toddler</b>	<b>Baby and Toddler Reflexology</b>

	12.30-1.30	Lunch	Lunch
	1.30-3.30	Baby and Toddler	Baby and Toddler
	3.30-4.30	Exam Prep Open Discussion Mediation	Exam Prep Open Discussion Meditation
<b>14</b> - 22 <sup>nd</sup> and 23 <sup>rd</sup> June	9.30	Meet and Greet	Meet and Greet
	10.00-12.30	Integration Weekend	Integration Weekend
	12.30-1.30	Lunch	Lunch
	1.30-3.30	Integration Weekend	Integration Weekend
	3.30-4.30	Exam Questions Prep Open Discussion	Exam Questions Prep Open Discussion
<b>15</b> - 27 <sup>th</sup> and 28 <sup>th</sup> July 2019	9.30	Meet and Greet	Meet and Greet
	10.00-12.30	<b>Exam Written</b>	<b>Exam Practical - External Examiner</b>
	12.30-1.30	Lunch	Celebration Lunch
	1.30-3.30	Prep for practical Exam	