

AURORA FAMILY.

Self care and Mindfulness

This series focuses on wellbeing and relaxation - and the importance of looking after yourself

Introduction to holistic health and alternative therapies

An introduction to the principles of self healing and home remedies, exploration of the importance of nurturing the self when caring for others

Introduction to massage and aromatherapy

Explore the benefits of touch and the age old healing properties of essential oils learn to complete a basic hand massage.

Introduction to Reflexology

Learn more about the history and principles of pressure point massage. explore the relationship between the points on the feet and the wider benefits on the body

Introduction to mindfulness and relaxation techniques

Our bodies repair themselves and heal when we rest we are conditioned by society to be on the go all the time, discover the benefits of meditation and mindfulness and helpful suggestions on how to relax

Why train with us?

Aurora family CIC is a locally based community interest company who join up a network of experienced professionals united in their passion to share knowledge and to safeguard and support young people and their carers. Our training courses are devised and delivered by qualified specialists with direct experience of the wellbeing and therapy and social care

How much does it cost?

Individual sessions cost £35 per delegate

Block booking (four sessions) £100 per delegate

Group bookings for discounted rates (5 or more delegates) available upon request

Questions? email us at admin@aurorafamily.co.uk
Check out our website www.aurorafamily.co.uk
for more details about our current projects and
what we have to offer