



TEMPLE ACADEMY
OF REFLEXOLOGY

**L5 DIPLOMA IN
PRACTITIONER REFLEXOLOGY**

COURSE PROSPECTUS 2024/25

Invest in your future. Invest in your success.





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Welcome

We are delighted to introduce the Agored Cymru Level 5 Diploma in Practitioner Reflexology. Designed to empower aspiring reflexology professionals like you. Our experienced tutors will guide you every step of the way, ensuring you receive a top-quality education and hands-on training that will enable you to excel in reflexology.

We invite you to embark on this fulfilling journey with us, where you will unlock the transformative power of reflexology and pave the way for a rewarding career promoting health, wellbeing and balance.



Regulation

At Temple Academy of Reflexology we believe in upholding the highest standards in both the teaching and practice of Reflexology which is why we have chosen to deliver the Agored Cymru Level 5 Diploma in Practitioner Reflexology. The course is recognised by The Office of Qualifications and Examinations Regulation (Ofqual) and Qualifications Wales (QW). This qualification is also on the European Qualification Framework which means that employers and education establishments in Europe can easily understand and appreciate the high level to which you have studied. As a regulated qualification, it undergoes quality assurance through internal and external moderation by appropriately qualified and experienced verifiers.

Integrated Reflexology Consortium (IRC)



Temple Academy of Reflexology is honoured to be an Affiliated Training Centre with the Integrated Reflexology Consortium (IRC), a collaboration of the leading reflexology training organisations in England. In 2023 the IRC became the new registered centre for the Agored Cymru Level 5 Diploma in Practitioner Reflexology and thoroughly revised and updated all the content to ensure the course is comprehensive and relevant for today's professional clinical reflexologist.

Association of Reflexologists (AoR)

The AoR was established in 1984 and is a not-for-profit organisation. Today it is the foremost independent professional association for reflexology in the UK. The letters MAR after a practitioner's name denotes their membership status, a sign of assurance that they have met the strictest standards of reflexology practice, are insured to practise and are committed to continually developing their skills and knowledge. All student members receive comprehensive indemnity and public liability insurance which covers them to complete their case studies whilst training and includes business equipment cover for up to £1000. Student membership is for 18 months and has many benefits including access to support materials in the dedicated Members Area on the AoR website.



Gateway Schools

The AoR recognise quality and have one of the highest eligibility criteria for membership in the industry. We are proud to be an AoR Gateway School, demonstrating that we have met the rigorous standards set by the AoR. This means that Temple graduates immediately qualify for AoR Membership. The first three months of full AoR membership is free to Gateway School Graduates.



Endorsed by the AoR



The Level 5 Diploma in Practitioner Reflexology is the highest level of attainment available in the UK. When delivered by an IRC Partner Centre, it is the only Level 5 Reflexology qualification endorsed by the Association of Reflexologists.

On Graduation

Upon successfully completing the course, graduates receive a nationally recognised qualification enabling them to gain insurance and practice as a reflexologist working with the general public. Graduates can also apply to register with the Complementary and Natural Healthcare Council (CNHC), which is the UK voluntary regulator for complementary therapy practitioners.

Course Structure

The Agored Cymru Level 5 Diploma in Practitioner Reflexology was revised in 2023 by the Integrated Reflexology Consortium Founder Partners in order to offer the latest cutting-edge information and techniques available to reflexologists. Our course has been carefully designed to encourage creativity, confidence, competency, knowledge and professionalism; empowering graduates to develop successful reflexology businesses in the complementary health industry as it continues to evolve.



Ofqual assigns the Level 5 Diploma in Practitioner Reflexology units under the Skills for Health, Nursing, and Subjects Allied to Medicine sector. Each of the five units is reflexology-specific and has been designed, revised, and updated by experienced reflexologists in collaboration with Agored Cymru.

Level 5 is equivalent to a foundation degree or an HND in England and Wales. In contrast, a Level 3 qualification equates to an 'A' level standard. This qualification has been levelled at Level 5 for the reflexology units and Level 4 for the anatomy, physiology and pathophysiology for reflexology and business planning for reflexologists by the awarding body Agored Cymru.

The Agored Cymru Level 5 Diploma in Practitioner Reflexology consists of five mandatory units.



Reflexology Skills in Practice

This unit introduces your toolkit of hand and foot reflexology techniques and skills. We also cover clinical skills such as communication, ethics, and professionalism in detail. Theories on how reflexology works are discussed and analysed.

Providing Reflexology for Specific Conditions

In this unit, we examine the current research in reflexology and what comprises good research. We explore the use of reflexology in different stages of life, including its application in supporting babies, children and clients experiencing conditions related to the reproductive cycle, such as fertility, maternity, andropause, and menopause. We will also study the stress response, its far-reaching impacts on health, and how to use Adaptive Integrated Reflexology© AIR to support clients; including those in palliative care and with chronic ill health.

Incremental Development of Applied Reflexology Skills in Practice

This unit aims to enhance your skills and techniques in reflexology. You will deliver 100 treatments outside class hours, documenting them as comprehensive case studies with detailed rationale and analysis. The focus is on advancing your proficiency as a practitioner, introducing advanced techniques such as hand reflexology, energy techniques, "Inner Intent" reflexology, and more. Throughout this unit, there is an emphasis on the customisation of treatment plans for individual clients and specific conditions. For the course you will need a minimum of ten clients. You will carry out the 100 treatments in your own home or the client's home. On average you will deliver two treatments a week.

Knowledge of Anatomy, Physiology and Pathology for Reflexology

Studied at level 4, we take a holistic and applied approach to understanding how our bodies are organised and how they work. We focus on stress and its physical and psychological effects on us. We consider how our body will naturally strive to bring itself back into balance and what we can do to encourage this. Assessment is mainly by workbooks and a few essays.

Business Skills for Reflexology Practice

In this module you will write a business plan, choose a name and logo, and draft leaflets and content for a website, as well as set up a cash flow forecast. We cover legal requirements for running your own business so that by the time the course is completed your new reflexology business can be up and running.

Temple Academy of Reflexology Elements for Enrichment

Introduction to integrated meridian reflexology.
Working with energy techniques including intention, auras, chakras, colour and sound.
Facial reflex therapy



Overview of What is Included

- 23 days of in-person tuition (161 hours)
- Monthly 1 to 1 Zoom tutorials
- Ongoing support and feedback from tutors
- Comprehensive course materials
- Reflex charts
- Video recordings demonstrating the techniques
- Practical foot and hand reflexology
- Facial reflex therapy
- Anatomy and physiology
- Pathophysiology of disease
- Business planning and marketing
- Supporting fertility and pregnancy through reflexology
- Reflexology and the menopause
- Reflexology for babies and children
- Reflexology to support clients with chronic illness or in need of palliative care
- Introduction to integrated meridian reflexology
- Understanding energy

Learner Support

Please talk to us about any additional needs you may have in order to complete the course. As you progress you may find that you require some extra support; please ensure you discuss this with your tutor as soon as possible so that the necessary arrangements can be made.

Temple Academy of Reflexology provides a comprehensive support package for learners including:

- Small class sizes of 8-10 learners enable us to create a supportive and conducive learning environment that promotes individualised attention and increased interaction.
- Monthly tutorial via Zoom offering you the opportunity to discuss your progress and development with your tutor.
- Temple Academy Student Facebook Community – a place to connect with colleagues and share useful information and resources.
- Contact with tutors via email or telephone.

Our growing community at Temple Academy is always there to offer support after graduation:

- Ongoing support and guidance is available from tutors.
- Temple Academy Alumni Facebook Community.



Commitment Required

The Agored Cymru Level 5 Diploma in Practitioner Reflexology requires a minimum of 160 face to face contact hours with your tutor. You will undertake approximately 15 hours per week of home study, including case study work and a couple of essays. Tutorials are usually scheduled via Zoom between class days.

This course has both academic and practical components. Due to its depth and the extensive workload required to complete portfolios of evidence, it may only be suitable for some. Please carefully consider how you will manage your time and integrate the course into your life.

To fully benefit from the learning opportunities provided, you must be organised, motivated, dedicated and have a robust support system.

Managing this course can be challenging for those with full-time employment and numerous family or social commitments.

This Level 5 course, equivalent to a foundation degree or Higher National Diploma (HND), requires research and referencing skills.

Entry Requirements

There is no requirement for any previous training or experience of complementary therapies.

- Age 18+ at enrolment
- You do not need to have any formal qualifications; however it is preferable to have the equivalent of five GCSE passes at grade C or above and an adequate level of written and spoken English. A desire to learn and the motivation you need to progress and develop.
- Sufficient ability to perform reflexology techniques, we will discuss what is required at interview Sound experience of working with computers, downloading and uploading to a cloud
- Laptop (Chromebook and tablet devices are not suitable) with Microsoft Word, Dropbox, Zoom and Facebook accounts, and access to a printer.

Locations, Venues & Dates

Temple Academy of Reflexology hosts training courses and events within local community settings. By choosing these venues, we create a safe and inclusive atmosphere and foster a sense of community connection.

Class Times are 09:30 to 17:30

Parking is available onsite at all our venues.

**Daventry, Northants****Venue**

Braunston Village Hall
Welton Road
Braunston
Daventry
Northamptonshire
N11 7HW

Tutor

Rachel Webb CRM5, MAR

Dates

14 & 15 September **2024**
12 & 13 October
09 & 10 November
07 & 08 December
11 & 12 January **2025**
08 & 09 February
08 & 09 March
26 & 27 April
17 & 18 May
14 & 15 June
12 & 13 July
09 August

Milton Keynes, Bucks**Venue**

Portfields Primary School
Westbury Lane
Newport Pagnell
Buckinghamshire
MK16 8PS

Tutor

Alex Clark MAR

Dates

14 & 15 September **2024**
19 & 20 October
16 & 17 November
07 & 08 December
11 & 12 January **2025**
15 & 16 February
15 & 16 March
12 & 13 April
10 & 11 May
07 & 08 June
05 & 06 July
10 August

Watford, Herts**Venue**

Westfield Academy
Tolpits Lane
Off Croxley Lane
Watford
Hertfordshire
WD18 6NS

Tutor

Jan Kleiner-Mann CRM5, MAR

21 & 22 September **2024**
12 & 13 October
09 & 10 November
07 & 08 December
11 & 12 January **2025**
08 & 09 February
08 & 09 March
05 & 06 April
10 & 11 May
07 & 08 June
05 & 06 & 26 July



Course Fee

We are currently enrolling for September 2024 and the cost of the course is £3,400. This includes a booking fee of £500 to secure your place. Please note there is an additional fee of £100 for learners enrolling at the Watford venue.

Payment Options

Daventry and Milton Keynes

- Full course fee of £3400 paid in advance (this includes a £500 Booking Fee)
- £500 booking fee, then balance of £2900 prior to commencement of the course
- £500 booking fee, one payment of £260 and then 11 monthly payments of £240

Watford

- Full course fee of £3500 paid in advance (this includes a £500 Booking Fee)
- £500 booking fee, then balance of £3000 prior to commencement of the course
- £500 booking fee, 12 monthly payments of £250

We appreciate that some people may need to make smaller payments over an extended period of time. Please contact us to discuss the options available; certificates won't be received until full payment has been made.

Booking Fee to be paid via BACS and monthly payments via standing order

Please note that payments will be made directly to the tutor.

Additional Costs

These fees are subject to annual change.

- £39.00 Student membership of the Association of Reflexologists (includes insurance)
This is paid directly to the relevant association just prior to the commencement of the course.

- £276.50 Agored Cymru Awarding Body registration and certification fees
Payable to Agored Cymru, via Temple Academy of Reflexology just prior to the commencement of the course.

Missed Sessions

Learners are expected to attend all class sessions, should this not be possible due to unforeseen circumstances, a catch-up session must be attended of which a charge of £150 will apply. This will be at the convenience of the Tutor.

**Equipment** We have included links for guidance only.LaFuma Reclining Chair

RSXA Batyline, Futura Batyline, Evolution Batyline or Futura Air Comfort are all suitable - standard or XL. If we could pick one would be Evolution Batyline as it has a full seat and no head/foot bars with Futura Air Comfort as a close second.

NB. The RT Velio and R clip Batyline are not suitable. They do not support the client's back sufficiently and tend to bounce up and down during treatment.

15% Discount is available for AoR members directly from LaFuma but shop around as online garden centres often have good offers on.

<https://www.lafuma-furniture.co.uk/relaxation.html>

<https://www.garden4less.co.uk/shop-brand/lafuma>

Therapist Stool

There are two main types; standard stools and saddle stools - this is a personal choice. The stool must have good quality caster wheels and it is important that it is height adjustable up to a minimum of 65cm. NB must be a stool not a chair.

Folding Table

Dunelm folding TV rubberwood table

<https://www.dunelm.com/product/rubberwood-tv-table-1000004916>

Cream Fleece Blanket x2

We recommend you have two single blankets rather than a double. Clients tend to get cold during treatments so make sure the blankets are not too thin.

Some students purchase a king size fleece and cut it into 2 or 3 blankets, simply hemming the edges.

Half Moon Memory Foam Bolster

This is to support the client's feet during treatment. The bolster must be memory foam, half moon

<https://www.amazon.co.uk/Master-Massage-round-Bolster-America/dp/B01C9LPZJ8?th=1>

Pack of 6 White Cotton Baby Muslins

70cm x70cm

Pack of White Reusable Baby Wipes

You will need four per treatment. We do not recommend the microfibre cloths as they tend to snag on toenails and dry skin. 10% Discount is available for AoR members directly from Cheeky Wipes but shop around as often cheaper elsewhere.

<https://www.cheekywipes.com/cloth-baby-wipes.html>

Small Lidded Container

Like this one from Ikea

Reflexology Medium



You won't need this initially as we will provide a few samples and a discount voucher

Teaspoon or Reusable Spatula

Prevents cross contamination in reflexology medium

Micropore Tape 1.25cm

To cover verrucae and broken skin

Non-Toxic Washable Felt Tips, Pencil and Rubber

Clipboard with Cover

For confidentiality when taking client notes

Uniform

Smart white top and black trousers covered shoes. Polo shirt or therapy tunic preferred.

No jeans, leggings or joggers but smart yoga pants are ideal.

(only required in class for practical assessments)

Skeleton Foot

<https://www.anatomystuff.co.uk/budget-foot-model.html> Delivery can take a while so order early

Permanent Markers

Fine tips, 4 colours

Required Books

Anatomy & Physiology for therapists and healthcare professionals, Ruth Hull

Your Body Speaks Your Mind, Deb Shapiro

Recommended Books

500 of the most important Health Tips you'll ever need, Hazel Courtney

The Complete Guide to Precision Reflexology, Jan Williamson

Ready to Get Started?

Taking the first step towards an exciting journey in holistic healing, we're here to guide you through the simple and seamless enrolment process.

Apply: send the Application and GDPR forms to learn@templeacademyreflexology.com

Interview: on receipt of your completed application & GDPR forms you will be invited to a Zoom Interview with the Tutor at your choice of venue.

Enrol: following a successful interview you will formally be offered a place. Complete the Enrolment form and pay your booking fee, a Welcome email will be sent to you and your journey begins. These forms can be downloaded from the website

**Time Study**

The course requires approximately 15 hours a week study time in addition to class time. This of course varies from week to week and depends on the individual student and their learning style. How many hours do you have available to give treatments and study? Where can you make changes to free some time up? Who might be able to help you do this?

To answer some of these questions fill in the units of time on the chart to assess if you have the time available.

Sleeping	Eating	Childcare	Family time	Social time	Me Time
Working	Shopping	Housework	Travel	Social Media	Exercise

Hours	Sun	Mon	Tue	Wed	Thu	Fri	Sat
06:00							
07:00							
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