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REFLEXOLOGY COURSES

The following pages will give you details about the Bayly School and the reflexology courses that we offer. These are part-time non-residential courses with home study and practice in addition to attendance at the different modules. The courses are normally held at weekends over 2 days and there can also be weekday courses, please don't hesitate to contact me directly for more details.

ABOUT THE BAYLY SCHOOL OF REFLEXOLOGY

The BAYLY SCHOOL OF REFLEXOLOGY was founded in 1978 by the late Doreen Bayly and was the first Reflexology training school to be established in Great Britain. Doreen Bayly is considered by many to have been the pioneer of Reflexology in Great Britain and introduced reflexology to the UK in the 1960's. Her teachings are continued by the Bayly School of Reflexology and students attending the courses will learn to give a reflexology treatment using the unique practical technique developed by Doreen Bayly which is taught by few other schools – The Bayly Method.

The Bayly School is the official teaching body of THE BRITISH REFLEXOLOGY ASSOCIATION and thousands of students have attended the courses offered.

The Director of the Bayly School is Nicola Hall who trained with Doreen Bayly and used to assist her at the training courses. She has run the Bayly School since 1980.

WHY TRAIN WITH THE BAYLY SCHOOL?

There are many reflexology courses available but if you want a professional course leading to a well-respected, high level qualification then we can offer this. Our fees may seem quite high but our training classes are for small groups so you can be assured of individual attention. Support is also offered to students not only during the courses but also once they are in practice.

Once trained you will have a rewarding profession for life. Our qualified practitioners mostly work as self-employed practitioners in private practice. There are limited opportunities at present to be employed as a reflexologist. However, there are a number of voluntary opportunities that arise within the NHS and hospice settings and those with a Bayly School qualification have the necessary training to apply for these posts.

We want you to be certain that the Bayly School course is the course for you and although we do not hold formal interviews for prospective students, we are happy for you to contact us to discuss the course. It is also possible on some occasions to receive a treatment at a course from one of the students training. It is necessary to book these possible visits in advance.

No prior qualifications are required when applying for a course, but it should be remembered that the diploma course contains a considerable amount of theory work in addition to practical work. It will be necessary to have time for home study and the required practical work between the modules. Please apply for all of the courses in good time as numbers are restricted.

COURSE STRUCTURE

Foundation Course – for those interested in learning the basics of reflexology

2 two-day modules which are the first part of the Practitioner Diploma course.

After the Foundation course students should have a basic understanding of reflexology and will have sufficient information to know how to give a reflexology treatment and therefore be able to practise on

family and friends. If at a future date students wish to apply to attend the diploma course then this would be possible provided there has been no significant change to the course structure.

Practitioner Diploma Course – for those wishing to train to become a professional reflexologist

7 two-day modules with contact teaching and additional guided learning hours scheduled as required, home study and practice in between the courses and online learning. The course format takes into consideration material present in the National Occupational Standards (NOS) for Reflexology and the Core Curriculum for Reflexology of CNHC (Complementary and Natural Healthcare Council). The qualification offered is a private one though equivalent to those available for reflexology at level 3 on the Regulated Qualifications Framework (RQF).

Each module is made up of morning lecture sessions and afternoon practical sessions with short refreshment breaks during the day. Teas, coffees and water are provided but not lunch. The days normally run from 9.30am to 5.45pm. Although course notes are supplied, students will need to take their own notes at the courses. For the practical sessions, students give supervised treatment to other students in the group and on some occasions to other people invited to attend to receive treatment from the students who are training.

Examination Day - on completion of the full diploma course an Examination Day may be attended at which a written and a practical test are taken and students successful in these tests are awarded a Practitioner Diploma from the Bayly School of Reflexology.

COURSE CONTENT

FOUNDATION COURSE (Modules 1 - 2)

Learn the basics of the method of reflexology – where the reflex areas are situated in the feet and how these relate to the different parts of the body. There is a brief introduction to anatomy & physiology, how reflexology may be helpful in the treatment of common disorders, how to carry out a treatment session, when to treat and when not to treat and possible reactions to treatment. At the practical sessions, the particular type of massage (The Bayly Method) required to obtain the best results when giving Reflexology treatment is taught. The dvd 'Reflexology: A Way to Better Health' is usually shown at the Module 1 course and demonstrates how to give a reflexology treatment.

PRACTITIONER DIPLOMA COURSE (Modules 1 - 7)

Modules 1- 2: Foundation course as above.

Modules 3–6: A more in depth look at the method to provide students with the information required in order to be able to practise as a professional practitioner.

Lectures at these modules will cover the different body systems (Skeletal System, Endocrine System, Nervous System, Digestive System, Urinary System, Muscular System, Respiratory System, Skin, Circulatory System and Lymphatic System) with a detailed look at the anatomy and physiology of the system, specific disorders involving the system and how to apply reflexology in the treatment of disorders involving the system.

For the practical sessions, the basic technique is expanded on during these course modules to include pressure variations, additional techniques and the reworking of areas. The use and application of Hand Reflexology is also covered.

Module 7: The business aspects of setting up a reflexology practice plus a mock written test and a mock practical assessment in preparation for the Examination Day.

ONLINE COURSE

We are affiliated to Essential Training Solutions (ETS) to include as part of the diploma course an online Anatomy & Physiology course. Although anatomy and physiology are taught at the courses, the online A&P course will be of particular benefit to those who have not studied these subjects before plus act as a refresher to those who have previously studied these subjects. The Anatomy & Physiology course needs to be completed within one year of enrolling and students will be enrolled after completing the Module 3 course and a full explanation is given to students at the course.

CASE WORK

100 hours of treatments will need to be completed throughout the course and a full explanation of the case work will be given at the course. It involves case studies (56 hours) and individual treatments (44 hours). For the case studies, the spread is:

2 case studies of 4 treatments (between Modules 2 and 3)

3 case studies of 4 treatments (between Modules 3 and 4)

2 case studies of 6 treatments (between Modules 4 and 5, between Modules 5 and 6 and between Modules 6 and 7)

Also a short project will need to be completed between Module 7 and the Examination Day.

DURATION OF COURSE

On average the length of the course before obtaining a Diploma will be approximately one year. Students can choose the dates on offer which are most convenient for them and since the courses are for small groups, the dates for modules 3-7 can be arranged to suit those wishing to attend.

There is a recommended minimum interval of 6 weeks between each module of the course, except for between Modules 1 and 2 when there may be a shorter interval. The time interval can be longer if students wish. The interval between each module allows students time for study and practice and in particular to complete the necessary case work. For those students with no prior knowledge of anatomy and physiology more home study will be required.

Between modules of the course, students may contact the Bayly School for any assistance required in connection with course work.

EXAMINATION DAY

A 3-hour written test and a practical assessment.

The 3-hour written paper covers reflexology, anatomy & physiology, different disorders which can affect the body and the application of reflexology to different disorders. The practical assessment involves giving a full reflexology treatment.

BOOKS, CHARTS AND TREATMENT CHAIRS

In addition to the materials given to those on the courses, The Bayly School can supply various other reflexology books and charts as shown on the price list. These items are available at the courses.

ASSOCIATION MEMBERSHIP

Students on The Bayly School of Reflexology courses are offered FREE student membership of The British Reflexology Association for a period of one year from the date of completion of their Module 2 course (this would normally cost £25.00). On obtaining a Practitioner Diploma from The Bayly School of Reflexology, students are eligible to join the British Reflexology Association as an ordinary member. The British Reflexology Association runs regular CPD courses for those who have trained and post-graduate courses are also held by The Bayly School of Reflexology.

British Reflexology Association members are eligible to join the CNHC (Complementary and Natural Healthcare Council) Register. CNHC was set up with government support to protect the public by providing a UK voluntary register of health practitioners. In November 2015 the Government and Professional Standards Authority recommended that when a patient or service user chooses to visit a health or care practitioner who is unregulated, only those on an accredited register are consulted. CNHC's register has been approved as an Accredited Register by the Professional Standards Authority for Health and Social Care, a body accountable to Parliament.

THE BAYLY SCHOOL OF REFLEXOLOGY

Venue: Bishop's Sutton, Hampshire

Tutor: Francesca Spalletta MBRA

COURSE DATES for 2026

Module 1 – **March 7th/8th**

Module 2 – April 11th/12th

Module 1 – **March 21st/22nd**

Module 2 – April 18th/19th

Module 1 – **May 16th/17th**

Module 2 – June 13th/14th

Module 1 – **September 12th/13th**

Module 2 – October 10th/11th

Module 1 – **November 7th/8th**

Module 2 – December 5th/6th

Module 2 dates are confirmed following the Module 1 courses.

Dates for Modules 3-7 are made available at the Hampshire venue for the full practitioner diploma course to suit those wanting to attend.

COURSE FEES

Foundation course (Modules 1 and 2 only): **£500.00**

Included in the course fee is a reflexology book (Reflexology for Women by Nicola Hall), a small reflexology colour foot chart, a reflexology dvd (Reflexology: A Way to Better Health) - these items would normally cost about £32.

Practitioner Diploma course (Modules 1 - 7): **£1975.00**, reduced to **£1875.00** if the full course fee is paid in advance. (If transferring to the Practitioner Diploma course having completed the Foundation course then the £500 paid for the Foundation course is deducted from the full course fee for the diploma course).

Included in the course fee is a reflexology book (Reflexology for Women by Nicola Hall), a small reflexology colour foot chart, a reflexology dvd (Reflexology: A Way to Better Health), an anatomy & physiology study manual and a pathology textbook - these items would normally cost about £85. Also included is the enrolment on the ETS online Anatomy & Physiology course.

Any student wishing to repeat a part of the course may do so at a reduced course fee – details on request.

Examination day: **£80.00** (to include practitioner diploma).

PAYMENT OPTIONS

For all courses a deposit of £250.00 is required on application.

Foundation course

You can pay for Module 1 before the start of the course and then pay for Module 2 prior to attendance at Module 2.

Diploma course

We have tried to offer payment options which will be helpful to students and we hope that students will ensure that whichever option is chosen that the monies due are paid on time. This eases the administration of the courses.

Option 1: For students choosing to pay the full course fee (excluding the examination day fee) in advance then a £250.00 deposit is required on application and the balance of the course fee, £1625, is required two weeks before the start of the Module 1 course.

Option 2 - Payment by instalments – BACS

For those students wishing to pay by instalments, a deposit of £250.00 is payable on application and a further amount of £250.00 is payable two weeks before the start of the Module 2 course. Further amounts of £295.00 are payable two weeks before each of the next modules (Module 3 to 7).

For all students, the Examination fee is payable at or before the Module 7 course to be attended.

TERMS AND CONDITIONS

The deposit of £250.00 is strictly non refundable.

Should a student need to cancel attendance at a course, then the course fee can be transferred to another date on one occasion provided the reason for cancellation is received in writing prior to the course taking place. Any further requests to transfer on courses will incur an administration charge.

Should a student withdraw from the course once the course has started, then the student is liable for the payment of the course fee in full before the end of the course regardless of whether or not they complete the training.

In special circumstances, and at the discretion of The Bayly School, should a student feel they wish to withdraw from the course at any time then this must be put in writing to the school and any payment due up to the time of withdrawal must be paid but consideration will be given as to whether any further payment will be required or refund due if full course fee paid in advance.

The Bayly School reserves the right to alter the course dates, venues and fees or to postpone or cancel courses if necessary.

In the unlikely event that The Bayly School of Reflexology has to cancel a course then the course fee for the modules cancelled will be refunded or the fees paid can be transferred to another course. Fees paid for modules attended will not be refunded. The Bayly School will not be responsible for any expenses which students may have incurred in connection with a cancelled course.