

Health and Well Being at Idea Store Whitechapel.

These are some of our not to be missed courses! They are relaxing, fun and informative.

Get Started in Reiki Healing

This popular course is for those students that are interested in healing and / or prefer a non-hands-on approach to complementary therapies.

Tuesday 3 November 6.30 – 8.30, 5 weeks

Thursday 5 November 10.30am – 12.30pm, 5 weeks

Get Started in Aromatherapy Gift Making for Christmas

Learn about aromatherapy, essential oils and how to make your own hand, face and body creams, masks and scrubs. Great fun and each week you will learn and be inspired to make some wonderful lotions and potions for you, family and friends. Gift ideas for the festive season! Materials are provided.

Wednesday 4 November 1 – 3pm, 5 weeks

Get Started in Anatomy and Physiology

An understanding of Anatomy and Physiology is essential for success in many of our Complementary Therapy, Fitness, Health, Nutrition and Sports courses. So, forget those boring human biology books of old! This course has been designed to provide a fun and interesting insight into how the body works.

Looking at a range of body systems, this course will wet your appetite for you to progress onto our ITEC Diploma in Anatomy and Physiology course.

Wednesday 4 November 6.30 -8.30pm, 5 weeks.

How Do I Enrol?

You can enrol in person at your local [Idea Store](#) or [learning centre](#) or by telephoning Information, Advice and Guidance on 020 7364 5665 between the hours of 10am - 4pm, Monday to Friday. If you have a credit or debit card, you can enrol over the phone for most courses.

www.learningladder.co.uk

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