

Acupressure Classes 2010



An introduction to some simple acupressure points and combinations to support the treatment of conditions such as headaches, digestive problems and anxiety. Learn acupressure techniques and how they can be used to treat yourself, friends or family. The courses are run from the Woodland Herbs clinic.. The tutors are Acupuncturist Francesca Howell and Shiatsu practitioner John Williamson.

7pm - 9pm

Acupressure for Headache Relief £10

Wednesday 24th February

Repeated Wednesday 25th August

Acupressure for Abdominal Problems £10

Wednesday 24th March

Repeated Wednesday 29th September

Acupressure for Stress Relief £10

Thursday 1st April

Repeated Wednesday 27th October

Acupressure for Period Problems £10

Wednesday 26th May

Repeated Wednesday 24th November

To Book contact:



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