

Exciting One-day Weekend Courses at New College

WELLBEING & COMPLEMENTARY THERAPIES

Indian Head Massage

How to perform an Indian Head Massage to help combat stress and aid relaxation.

Sat 10.00am - 4.00pm 6-Feb £40

Thai Foot Massage

Massage of the lower legs and feet using hands-on stretching to 'open' energy lines.

Sat 10.00am - 4.00pm 20-Feb £40

Oriental Face Massage

Using techniques drawn from India, Japan and Tibet, learn face massage and discover how to ease tension, smooth away lines and increase elasticity.

Sat 10.00am - 4.00pm 23-Jan £40

Oriental Hand Massage

Combining Eastern hand massage techniques, reflexology and acupressure, discover how to carry out a relaxing arm, hand and shoulder massage.

Sat 10.00am - 4.00pm 20-Mar £40

Hopi Ear Candling

Learn the skills of auricular thermal therapy. Everything you need to know to complete a full ear-candling treatment safely and with confidence.

Sat 10.00am - 4.00pm 27-Feb £40

Reflexology Intensive Day

Introduction to the principles of reflexology. You will be able to carry out a 30-minute reflexology routine by the end of the day.

Sat 10.00am - 4.00pm 13-Mar £40

Emotional Freedom Technique (Self Help)

Learn how to clear any emotional issue, from phobias to post-traumatic stress disorder, quickly and effectively.

Sat 10.00am - 4.00pm 13-Feb £40

Everyday Meditation and Visualisation

Learn basic meditation and visualisation techniques. Topics such as the importance of posture, lighting, fragrance and music will be discussed. You will also learn how to set up a meditation space.

Sat 10.00am - 4.00pm 20-Mar £40

Beginners Guide to Crystals and Energy

Magical workshop on which you will gain an insight into dowsing, working with your chakras, how to see auras, how to find out how to buy, cleanse and use crystals.

Sat 10.00am - 4.00pm 30-Jan £40

ARTS AND CRAFTS, CREATIVE SKILLS

Life Drawing Saturday Workshops

Develop techniques such as composition, form, colour theory, measuring proportion and perspective devices.

Sat 10.00am - 4.00pm 6-Feb £50

scroll down for more...

ART & DESIGN

Face Painting

Mixed ability, covering make-up application and creating exciting designs.

Sat 10.00am - 4.00pm 20-Mar £40

Introduction to Media Make-up

Gain skills in special effects make-up. Cost includes materials.

Sat 10.00am - 4.00pm 6-Feb £55

Apply Your Own Make-up

Learn to apply make-up correctly to create the look you want, when you want. Find products and colours that suit you.

Sat 10.00am - 2.00pm 6-Feb & 20-Mar £30

Floral Arrangements for Beginners

Basic arrangements with colour theory and conditioning of materials.

Sat 10.00am - 4.00pm 23-Jan £45

Contemporary Floral Designs for the Home

Sat 1.30 - 4.30pm 6-Feb £45

OTHER

Food Safety in Catering- Food Hygiene

Introduction for all food handlers. Learn the basic principles of food hygiene, ensuring food is handled and stored correctly to prevent contamination.

Sat 9.30am - 5.00pm 6-Feb £80

Tarot Card Reading

Discover the meanings of tarot cards and their interpretations.

Sat 10.00am - 4.00pm 6-Feb £40

Introduction to Past Life Regression

Sat 10.00am - 4.00pm 20-Mar £40

Web to Success

Learn more about making the internet work harder for your business. Discover the importance of keywords, assess competition and build traffic by marketing your site.

Sat 10.00am - 4.00pm 6-Feb & 20-Mar £45

Press and Publicity for Small Organisations

Professional advice on how charities, societies, clubs and other groups can get better publicity within a small budget.

Sat 10.00am - 4.00pm 6-Feb £40

Feature Writing for Beginners

Write a feature, column or review and give editors what they want, and more.

Sat 10.00am - 4.00pm 20-Mar £45

Enrol online or call:
0808 172 1721

