

GARDENFIELD HOLISTIC THERAPIES AND SCHOOL OF REFLEXOLOGY

Gardenfield Monagea, Newcastle West Co Limerick

Tel 086 8660063

School Principal: Susan Harnett

REFLEXOLOGY PRACTITIONER DIPLOMA COURSE 2025/2026

This course is accredited by the NRRI (National Register of Reflexologists Ireland)

COURSE DETAILS

This course is open to applicants over the age of 18 years, or those who will turn 18 during the academic year.

The syllabus is compiled of the following seven modules covering a minimum of 150 tutorial hours over a period of 12 months. Tutorials will take place 1 weekend per month Saturday & Sunday 9am to 4pm. There will be 3 online classes during the course these will be approx. 2 hours each. In line with government guidelines regarding Covid 19 restrictions or similar being enforced during the academic year, class will be moved to online, and it is the responsibility of each student to have a sufficient internet connection.

Modules

1. Anatomy & Physiology
2. Reflexology Practical & History
3. Therapeutics
4. Basic Nutrition
5. Clinical Training / Case Studies
6. Practitioner Development & Ethics
7. Research
- 8.

The above modules may be taught in conjunction with others and not in the specific order listed above.

As part of the course, you will be required to complete 60 case study treatments these must be completed by each student prior to your exam on July 18th 2026. The case studies will be done outside of tutorial hours and each student is responsible for finding suitable candidates for the case studies.

There is an element of home study required throughout this course. This is time outside of class tutorials so it is important to factor this in.

Costs:

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| Course fee: | €2500 |
| Examination fee: | €100 |
| Deposit required: | €250 |

Terms and conditions:

The deposit is non-refundable prior to the course commencement, and if a student decides to resign from the course at any time after commencement, then all monies paid to that date shall be forfeited.

If the school needs to defer the course in the unlikely event that minimum numbers are not acquired, then the deposit will be returned in full to the student.

An easy payment plan of €250 deposit followed by payment of €187.50 on the 1st of each month for the 12 months of the course is available. The exam fee of €100 will be payable by 1st May 2026.

The course cost includes all tuition fees, first aid, capitation fees and student membership of the National Register of Reflexologists.

Students will be required to supply their own books, towels, pillows, blankets, wipes, balm and writing materials.

A lafuma chair or a plinth will be required for case studies (these will commence in December 2025)

The classes will be held in Monagea Newcastle West Co Limerick.

On successful completion of the course and examinations you will become a fully qualified reflexology practitioner and eligible to become a full member of the National Register of Reflexologists Ireland and to apply for insurance cover.