200 HOUR ADVANCED REFLEXOLOGY

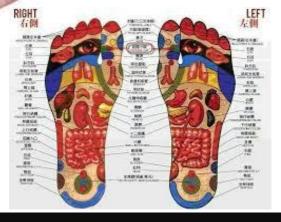
(Ear. Face, Hands & Feet)





Learn About the Healing Art of Reflexology as a Form of Alternative Treatment for Better Health &

Relaxation



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2017

SEPT. $11TH-NOV.15^{TH}$ (10 WEEKS)

MON-WED 5PM-9:30PM & (2) WEEKENDS: OCT.14TH/15TH & NOV. 4TH/5TH 9AM-5:30PM

CLASSROOM LECTURE/LAB 120 HOURS, PRACTICE 25 HRS, CLINICAL 25 HRS, WKD ATTENDACE WITH 30 HRS APPT. PREP

*MUST BUY TEXTBOOK: "BETTER HEALTH WITH FOOT REFLEXOLOGY" BY **DWIGHT C. BYERS**

> **TUITION** \$2600.00



Reflexology is a therapy modality that applies pressure to reflex zones on your feet, hands or outer ears and face (much like Acupressure, yet approached in a more gentle & unique way) to affect your entire body. ... Your body has reflex zones from head to toe.

In in this class will learn:

- History & Theory of Reflexology
- Ethics, Professionalism, Business Practices and Marketing
- Anatomy, Pathology for Ears, Face, Hands & Feet
- Terminology, Organs / Systems, Functions & Assessment
- Reflexology Techniques
- Appropriate Application of Time, Pressure & Rate of Movement
- How to customize sessions based on client-specific issues.
- Tools of the Trade for Reflexology

Reflexology education has become more available for the past 25 years and continues to grow today. It is a very popular of alternative therapy for its effectiveness in reducing stress and relieving a number of common health problems, including chronic pain, allergies and digestive issues.

Ear, Face, Hand & Foot Reflexology has been practiced by so many ancient cultures for hundreds of years. It is based on the theory that there are specific "reflex" points or zones on the hands & feet that correspond to every part of the body. By using special finger pressure techniques, it is believed that the body can enjoy relaxation and stress reduction, aid in pain relief, digestion and elimination problems, help improve sleep and increase mental and physical well-being. Reflexology is based on the understanding that certain parts of the body reflect the whole body. These parts are referred to as microsystems. In the practice of reflexology some of these microsystems are worked to relieve stress and tension throughout the body. It is observed that frequently this relief of stress and tension will effectively relieve pain and facilitate natural healing. Reflexology is proven to provide therapeutic benefits for a wide range of health conditions and complements all other therapies.