

## Reflexology Training Class Details: 175-200 Hour for Certification and Non-Certification



*"The feet are our roots, the foundation and support to all our organ systems."*

### Path 1 ~ Reflexology Training: 175 up to 200 Hours, for Certification and Non-Certification

This path is for those with little or no previous bodywork experience. You can choose this path if you are not a health-care professional. (Health-care professionals may wish to take this path and refresh their anatomy and physiology knowledge. \*) Understanding the organ systems is a significant component to Reflexology and is tested on the national certification exam.

This path allows you to be eligible for national certification through the American Reflexology Certification Board (ARCB), which requires 110 in-class hours of training, plus 90 professional 1-hour documentations. (These are outside of the 60 documentations that are part of this training and are for learning and practice purposes.) A 3-hour written exam and a practical exam with a proctor are also part of the ARCB certification process. (This exam is separate from the quizzes and exams given in this training.)

Certificates of completion are given after each class once requirements are fulfilled.

\*Path 2 - 140-165 hours follows the same classes as Path 1 except it skips the anatomy and physiology of the body organ systems of **Advanced Foot Level 2**. Path 2 has different class requirements.

#### BASIC FOOT REFLEXOLOGY LEVEL 1

24 hr. certification \*/22 hr. non-certification

**Prerequisite:** none

**What is learned?** This class is a comprehensive introduction to the study of foot reflexology as a practice, science and art. You will be introduced to the history, benefits and theories of reflexology. You will learn the basic reflex techniques and warm-ups. Focus is on the reflexology foot map and zones, as well as anatomical terminology, client response to reflexology, documentations, and contraindications. The use of good body mechanics and proper hands-on techniques are emphasized.

#### Certification Requirements:

- 10-50 min. documentations (Basic SOAP notes)
- 2 one hr. tutorials with instructor

#### Cost:

- \$520 up to 2 weeks prior to first day of class (\$560 thereafter and paid in full by day one)
- For those not seeking certification please subtract \$100 from above
- 50% deposit is required to reserve space

\* Included are 2 one-hour tutorials to be scheduled with instructor. Additional tutorials are \$65/hour. Non-certification does not include tutorials.

**NEXT CLASS:** January, 2014

**Class 1:** Jan. 11, Saturday: 9am - 4:45pm

**Class 2:** Jan. 12, Sunday: 11:30am - 3:30pm

**Class 3:** Jan. 25, Saturday: 9am - 4:45pm

**Class 4:** Jan. 26, Sunday: 11:30am - 3:30pm

#### BASIC FOOT REFLEXOLOGY LEVEL 2

22 hr. certification\*/20 hr. non-certification.

**Prerequisite:** Completed Basic Foot Reflexology Level 1

**What is learned?** This class builds upon the concepts learned in Basic Foot Reflexology Level 1. Additional advance reflex techniques, foot relaxation and warm-ups are learned. Focus is placed on the muscular and skeletal anatomy of the lower leg and foot. Body organ systems are introduced and reflected on the foot reflex map. We will talk about the business components aspects of reflexology.

#### Certification Requirements:

- 15-50 min. documentations (Basic SOAP notes)
- 2 one hr. tutorials with instructor
- Take-home quiz

#### Cost:

- \$490 up to 2 weeks prior to first day of class (\$530 thereafter and paid in full by day one)
- For those not seeking certification please subtract \$100 from above
- 50% deposit is required to reserve space

\* Included are 2 one-hour tutorials to be scheduled with instructor. Additional tutorials are \$65/hour. Non-certification does not include tutorials.

**NEXT CLASS:** February-March, 2014

**Class 1:** Feb. 15, Saturday: 9am - 3:45pm

**Class 2:** Feb. 16, Sunday: 11:30am - 3:30pm

**Class 3:** Mar. 1, Saturday: 9am - 3:45pm

**Class 4:** March 2, Sunday: 11:30am - 3:30pm

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## ADVANCED FOOT REFLEXOLOGY LEVEL 1

32 hr. certification\*/30 hr. non-certification

**Prerequisite:** Completed Basic Level 1 & 2

**What is learned?** The class moves past the basic general relaxation approach. Documentations will look more professional with anatomical descriptions a doctor could understand. We delve deeper into the anatomy of the lower leg and foot as well as locate meridian endpoints in the feet. A good portion of this class is devoted to body organ systems (anatomy and physiology) and how these systems relate to our reflexology sessions. More talk of professional business matters continues.

### Certification Requirements:

- 15-50 min. documentations (Adv. SOAP notes)
- 2 one hr. tutorials with instructor
- Take-home exam

### Cost:

- \$670 up to 2 weeks prior to first day of class (\$730 thereafter and paid in full by day one)
- For those not seeking certification please subtract \$100 from above
- 50% deposit is required to reserve space

\* Included are 2 one-hour tutorials to be scheduled with instructor. Additional tutorials are \$65/hour. Non-certification does not include tutorials.

**NEXT CLASS:** March-April, 2014

**Class 1:** Mar. 15, Saturday: 9am - 4:45pm

**Class 2:** Mar. 16, Sunday: 11:30am - 3:30pm

**Class 3:** Mar. 23, Sunday: 9am - 4:45pm

**Class 4:** Mar. 30, Sunday: 9am - 4:45pm

**Class 4:** April. 6, Sunday: 9am - 4:45pm

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## ADVANCED FOOT REFLEXOLOGY LEVEL 2

32 hr. certification\*/30 hours non-certification

**Prerequisite:** Completed Basic Levels 1 & 2 and Advanced Level 1

**What is learned?** In this class we will combine visual and hands-on foot observation with information provided by our client. Using knowledge of the organ systems studied in the previous class, specific reflex areas are emphasized. We will examine foot pathologies, gait, biomechanics and footwear. Chinese medicine's 5-element theory and the chakra energy centers will be introduced. The role of a reflexologist and good health practices are addressed. A further look at the fascinating history of modern day reflexology is studied and reviewed. Business matters will be fine-tuned, professional memberships discussed and we will go over the ARCB application.

## ADV. FOOT REFLEXOLOGY LEVEL 2 continued:

### Certification Requirements:

- 20-50 min. documentations (Adv. SOAP notes)
- 1 one hr. tutorials with instructor
- 1 Reflexology case study
- Reflexology clinic (must have liability insurance)
- Final 3 hr. exam

### Cost:

- \$670 up to 2 weeks prior to first day of class (\$730 thereafter and paid in full by day one)
- For those not seeking certification please subtract \$100 from above
- 50% deposit is required to reserve space

\* Included are 2 one-hour tutorials to be scheduled with instructor. Additional tutorials are \$65/hour. Non-certification does not include tutorials.

**NEXT CLASS:** May-June, 2014

**Class 1:** May 9, Friday: 5pm - 9pm

**Class 2:** May 10, Saturday: 9am - 4:45pm

**Class 3:** May 17, Saturday: 9am - 4:45pm

**Class 4:** May 18, Sunday: 11:30am - 3:30pm

**Class 5:** June 7, Saturday: 9am - 4:45pm (clinic)

**Class 4:** June 8, Sunday: 11:30am - 3:30pm

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## INTRO: HAND, FACE & EAR REFLEXOLOGY

25 hr. certification

**Prerequisite:** Basic Foot Reflexology Level 1 & 2

**What is learned?** The hands, face and ears have reflexology maps. This class introduces the benefits, theories and maps. We will learn basic techniques, anatomy, contraindications and client reactions. We talk about incorporating the hand, face and ear into your sessions.

### Certification Requirements:

- 3-50 min. documentations (one for hand, face and ear basic SOAP notes)

### Cost:

- \$400 up to 2 weeks prior to first day of class (\$440 thereafter and paid in full by day one)
- 50% deposit is required to reserve space

**NEXT CLASS:** June, 2014

**Class 1:** June 14, Saturday: 9am - 4:45pm

**Class 2:** June 15, Sunday: 11:30am - 3:30pm

**Class 3:** June 28, Saturday: 9am - 4:45pm

**Class 4:** June 29, Sunday: 11:30am - 3:30pm

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To register for any of the above classes a 50% deposit is required to reserve space. For discounted price, balance due two weeks prior to first day of class; without discount, by first day of class.

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\*ALL 4 CLASSES PAYED BY FIRST DAY OF EACH CLASS COMES TO A TOTAL OF:  
**\$2550**

\*ALL 5 CLASSES PAYED BY FIRST DAY OF EACH CLASS COMES TO A TOTAL OF:  
**\$2990**

### SPECIAL SAVINGS!

~PAY FOR EACH CLASS 2 WEEKS PRIOR TO THE FIRST DAY OF CLASS  
and YOU SAVE **\$200**

~ PAY FOR ALL 4 CLASSES (Basic and Advanced Level 1 & 2)  
IN ONE SINGEL PAYMENT 2 WEEKS PRIOR TO THE FIRST DAY OF CLASS FOR **\$2200**  
and YOU SAVE **\$350**

~ PAY FOR ALL 5 CLASSES (Basic and Advanced Level 1 & 2, plus Intro: Hand, Face, and Ear)  
IN ONE SINGEL PAYMENT 2 WEEKS PRIOR TO THE FIRST DAY OF CLASS FOR **\$2590**  
and YOU SAVE **\$400**

Please contact Debra at [DebraBernath@gmail.com](mailto:DebraBernath@gmail.com) or call 917-353-7363 for more information.