

REFLEXOLOGY FOR HEALTH CARE PROFESSIONALS CERTIFICATION COURSES

(MTs, LMTs and all other Health Care Professionals)



BASIC FOOT REFLEXOLOGY (26 hours)

What is learned? Basic history, definition, theories, and benefits of reflexology, basic and advanced reflexology techniques, basic map of foot, basic S.O. and S.O.A.P. Reflexology documentations, basic map of foot, Reflex map, zones, anatomy terminology, planes of movement, contraindications, bones of the feet, warm-up and relaxation techniques, client reactions, business practices: memberships, liability insurance, business planning and marketing.

Required: 10 45-minute documentations are required for 200-hour certification.

Cost: \$375 plus an additional \$65 for 1 one-hour tutorial to be scheduled with instructor.

total: \$430 to be paid in total by day of first class.

NEXT CLASS: (2013): **Class 1:** Oct. 12-Sat; 8:30am to 3:30pm **Class 2:** Oct. 15 -Tues, 9:30am to 4:30pm
Class 3: Oct. 26 -Sat, 8:30am to 3:30pm **Class 4:** Oct. 29 -Tues. 9:30am to 4:30pm

INTERMEDIATE FOOT REFLEXOLOGY (30 hours)(Must have completed our Basic Reflexology Course or have 20-26 hours of Reflexology basic training in massage school.)

What is learned? Fine-tune basic techniques, advanced relaxation and reflex techniques; foot exercises for the client; advanced Reflexology history; anatomy and physiology reviewed; pathologies, health conditions and treatment protocols are taught in relationship to body organ systems; improved palpation and listening skills; detailed session documentations; proper body mechanics and posture.

Required: 15 professional 1-hour Reflexology sessions documented. In-class quizzes and take-home exam.

Cost: \$420 plus an additional \$130 for 2 one-hour tutorial to be scheduled with instructor.

total: \$550 to be paid in total by day of first class.

NEXT CLASS: November, 2013 (Dates to be announced.)

ADVANCED FOOT REFLEXOLOGY (30 hours)(Must have completed Intermediate Reflexology course.)

What is learned? In-depth anatomy and physiology, study of the foot and leg, including myofascial and meridian systems; acupoints on the feet; advanced foot exercises are taught; the role of biomechanics, gait analysis, foot dysfunction and distortions are studied; integrating reflexology into your massage or other bodywork sessions in various client positions; students will have a guided Reflexology Clinic experience; a review previous material learned

Required: 15 professional 1-hour Reflexology sessions documented. In-class quizzes and final exam.

Cost: \$420 plus an additional \$130 for 2 one-hour tutorial to be scheduled with instructor.

total: \$550 to be paid in total by day of class.

NEXT CLASS: January, 2014 (Dates to be announced.)

PAY FOR ALL THREE CLASSES FOR \$1335 (save \$195, that's 3 free tutorials!)

PAY FOR INTERMEDIATE and ADVANCED \$970 (save \$130, that's 2 free tutorials!)

This track is designed specifically for the massage therapist or health care professional. You will learn to administer this holistic healing art as a one-hour stand- alone session and as part of an integrated session with massage or other bodywork modalities, from various client positions on the table. Providing Reflexology in your practice will help expand and increase your clientele. You will get a certificate of completion and will be available to get Nationally Certified through the ARCB. Please contact Debra for further information.

Please contact Debra at e_pathways@mac.com for further information. Please give your name, email, best phone contact and class preference (Intermediate and Advanced or all three classes.)