

Integrating Reflexology into Client & Patient Care



with instructor,
Hallie Sawyers, LMT, APP, BCTMB

Monday, March 13, 2017 \$80
Finger Lakes School of Massage, Mt. Kisco, NY
2 p.m. – 6 p.m.

Save 10% when registering 30 days in advance.

Imagine being able to support the entire body in its return to balance by working solely with the feet or hands. Reflexology is an ancient and time-honored therapeutic technique which does just that. Specific areas of the feet and hands 'reflex' distant aspects of the body, sending a signal to return to equilibrium and bringing about relaxation, healing and balance. Pain is eased, nerves are calmed, circulation is returned to a free-flowing norm and the entire body is harmonized. It enables us to gain and maintain good health in a natural way, revitalizing and rejuvenating ourselves.

Healthcare Professionals: envision being able to quickly and effectively create relaxation for your clients and patients. Begin any treatment with reflexology and prime the entire body for whatever comes next whether that is a full body massage, a manicure, pedicure, or simply putting a client or patient at ease. **LMTs:** If reflexology was a part of your educational path in becoming a massage therapist, this is a great refresher course and offers 3 CE credits through NYS & NCBTMB!

This introductory training offers: an overview of reflexology basics including history, benefits, cautions/contraindications, foot maps showing reflex points, a demonstration of the elements of a basic reflexology session, supervised, hands-on practice giving and receiving reflexology techniques which can be put into practice with clients and patients, or used as self-care. Participants also receive an introductory manual including all of the above-mentioned information. **Prerequisites:** This course is intended for massage therapists and licensed healthcare professionals.

Register with Finger Lakes School of Massage: 607-272-9024 or workshops@flsm.com

Approved for 3 CE credits by both NYS & NCBTMB