

Reflexology Association of Canada
British Columbia Chapter
ANNUAL GENERAL MEETING 2010

Date: Saturday, April 24 & Sunday, April 25, 2010
Location: The Coast Tsawwassen Inn

1665 - 56th St., Tsawwassen, B.C. Tel: 604-943-8221 Reservations: 1-800-716-6199

REGISTRATION REQUIRED - DEADLINE IS MARCH 31 - COST IS FOR CATERING SERVICES

Registration

Registration Deadline: March 31, 2010

Cost is \$45.00 (with Sunday's Buffet - \$67.00)

Registration forms will not be processed without payment.

Late Registrations:

Cost is \$60.00 (with Sunday's Buffet - \$82.00)

Hotel accommodation is not included in Registration Fee.

Name: _____

Address: _____

Telephone: _____

Email: _____

Program Highlights - see next page

I would like to attend:

- Saturday only
- Saturday and Sunday
- I am also attending Sunday and would like the Buffet that is being provided. (**PLEASE ADD AN ADDITIONAL \$22.00 ONTO THE COST OF REGISTRATION**)
- (What's on the menu? See next page)

Send completed form with your cheque to:

Denise Deleeuw Blouin
14811 Garnet Ave.
Summerland, B.C. V0H 1Z3

Stay informed and participate in this exciting event brought together specifically for you.

"This is your Association, be a part"

Your B.C. Chapter Board of Directors

Make the AGM a "mini holiday" for your spouse, family or friends. Let them enjoy the hospitality and amenities of the Hotel, while you also enjoy camaraderie and the benefits of your membership

For Islanders and Out of Town Members

The Coast Tsawwassen Inn is a "Suite Hotel" and is holding a block of two-room suites for RAC-BC members, offering a significant reduction in cost for an overnight stay. A "Comfort Suite" is \$108.00 per night, double occupancy. Two additional persons may share a suite at an additional cost of \$15.00 per person. If you would like to overnight on a cost sharing basis, but do not know of other members who are wanting to share, please email the Chapter Development Committee at rac-bc@shaw.ca, with your name, telephone number and email address and we will advise you of others that are looking as well. Suites and hotel information can be viewed on the internet at:

<http://www.tsawwasseninn.com/>

Reservations must be made directly with the Hotel. RAC-BC will only provide names for those members looking to share.

PROGRAM

Saturday, April 24, 2010

9:00 - 9:30 am - Sign in and Coffee/Tea

10:00 - 10:30 am - Welcome

**10:30 - 11:50 am Speaker - Denise Cambiotti
Reflexology and Specialized Kinesiology**

12:00 - 1:00 pm - Buffet Lunch

1:15 - 3:30 pm Annual General Meeting

3:30 - 3:55 pm - Coffee/Tea/Refreshments

**4:00 - 5:30 pm Speaker - Merrie Bekker
Life Blood and Nutrition**

5:30 - Day concludes

Sunday, April 25, 2010

9:00 - 9:30 am - Coffee/Tea

**9:30 - 12:20 pm - Workshop
Chiquita Hessels & Rod Westaway
Neuro-Reflexology - Clavithery
(Refreshments at 11:00 or as called by Instructors)**

12:30 - 1:30 pm - Buffet Lunch** (Optional)
(An additional \$22.00 must be submitted at time of Registration)

**1:40 - 5:00 pm - Workshop
Heike Walker
The Alexander Technique
(Refreshments at 3:00 or as called by Instructor)**

5:00 pm - AGM/Conference concludes

RAC-BC Shirts, Reflexology Charts and other
Products and Material will be available
for purchase on Saturday at the AGM

AGM Guest Speakers and Workshops

Common Ground between Reflexology and Specialized Kinesiology

by **Denise Cambiotti**

Observe how foot reflexes support the muscles of the body. Discussion of the value of the Lymphatic and Vascular system in healing and how to further activate them easily and non-invasively to support Reflexology sessions. Demonstration on the use of Emotional Stress Release Techniques to support Reflexology when Reflexes are especially tender.

Life Blood and Nutrition

by **Merrie Bekker**

Nutrition and how it affects the blood. A demonstration and an amazing look at what goes on and how various blood components interact in a drop of blood under a high powered microscope.

Neuro-Reflexology - Clavithery

by **Chiquita Hessels and Rod Westaway**

An introduction to a form of Dermo-Neural Reflexology. Clavithery, an effective method to relieve stress on the central and peripheral nervous systems by regulating the electric potentials of the body. Learn some history and participate in hands on sessions to experience and see how it works and feels.

The Alexander Technique

by **Heike Walker**

Looks at the dynamic relationship between the head, neck and torso and shows you how to use your body more efficiently in daily life and in such a way as to avoid hardships, tension and other habits that can lead to exhaustion. The technique is a learning method that provides a better awareness of the body and for relieving body pain and muscle discomfort. The Reflexologist will find the Alexander Technique especially helpful for maintaining and improving focus and the all important distance from the client, with the use of less physical effort during a session.

What's on the Menu?

Saturday Buffet

Chef's Daily Soup

&

Tossed Green salad with your choice of
Ranch or Raspberry Vinaigrette Dressing

&

Pan Seared Wild Salmon with Lemon
and Herb Cream Sauce
and/or

Pan seared Chicken Breast with Goat Cheese,
Artichoke & Sun-dried Tomato Sauce

Entrees served with seasonal fresh Vegetables, garlic
roasted Potatoes and assorted Bread Rolls and Butter

&

Chef's selection of Desserts

&

Torrefazione Italia Coffee
and Tazo Regular and Herbal Teas

Sunday Buffet

(optional for workshop attendees - extra cost)

Chef's choice Soup of the Day

&

Vegetable Crudités Tray with Yogurt and Curry Dip

&

Sandwich Selection

Char-grilled vegetables and Brie on
Olive Bread and Whole Wheat Tortilla

Baby Shrimp Salad on Croissant and
Sun-dried Tomato Tortilla

Smoked Salmon on Marble Rye and Spinach Tortilla

Smoked Turkey on Cranberry Bread and
Sun-dried Tomato Tortilla

&

Chef's Dessert Tray

&

Torrefazione Italia Coffee
and Tazo Regular and Herbal Teas

Special Dietary Requirements?

Email the Chapter Development Committee with
particulars and we will do our best to accommodate you.
rac-bc@shaw.ca