

NEWSLETTER

MARCH 2010

RAC BC CHAPTER

RAC BC MISSION STATEMENT

The mission of the Reflexology Association of Canada BC Chapter is to advance the understanding and knowledge of Reflexology both for its members and for society as a whole. We will accomplish this by focusing on education, publicity and activism in local health events and forums. We will provide a supportive environment for mentorship and camaraderie amongst BC practitioners

RAC BC CHAPTER—NEWSLETTER

March 2010

Message from Chair

Hello members:

Just a short note for this edition.

Ryan (BC Chapter Development Committee) and I have been traveling around the Province to introduce and promote our new programs and benefits. It was a great pleasure to personally meet all persons who attended.

For those of you who I haven't personally met yet, I hope to do so at our Annual General Meeting in April. This AGM will be informative and promises to be an unforgettable event. Don't miss it.

See you there,
Helga

P.S. We have Board Positions opening up this year. If you are interested in serving your Association, please submit your name now or at the AGM.



Helga Petersen
Chairman
Vancouver Librarian
Surrey, B.C.
(778) 574-7732
helgap@shaw.ca



Denise Deleuw
Secretary Treasurer
Summerland, B.C.
(250) 494-0476
summerlandreflexology@telus.net



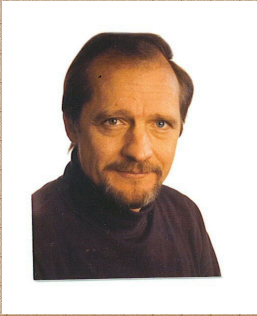
Shirley Marcotte
Membership Director
Williams Lake, B.C.
(250) 392-5702
smarcotte@shaw.ca

Dianne Faux
Director and
Island Librarian
Nanaimo, B.C.
(250) 754-3478

diannefaux@hotmail.com

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Ryan Gunther

Chapter Development
Committee
Phone: (778) 574-7732
rgunther@shaw.ca



Linda Baril

RAC Registered Certified
Practitioner/Instructor
Home (250) 725 3733
Cell (250) 726 5300
lindabaril@shaw.ca



Chiquita Hessels

Certified Advanced Foot
Reflexology, RCRT,
Foot Course Instructor
Dermo-Neural Reflexology
Clavithery
Phone: 250 753 5656
Fax (250) 753-5656
Cell: (250) 741 7535
www.midislandhealingcentre.ca

Indian Head Massage
Weekend Intensive

March 26 (pm), 27 and 28, 2010

A highly experiential weekend course crammed with ample practical instruction, demonstrations and hands on learning. You'll learn the principles, movements and techniques of this extensive, non-invasive massage sequence for the upper back, shoulders, arms, neck, scalp, face and ears. The weekend will end with a full Indian Head Massage exchange.

It's ideal for beginners and for those wishing to augment and complement their existing professional modalities.

HeartQuest Holistic Wellness Centre
#204 - 250 Commercial Drive,
Vancouver

contact Susan by
phone 604-215 4379
or email
headmassagevancouver@hotmail.com

\$325 course manual, audio CD, quick glance card and certificate of participation

Diploma in Cranio-Sacral Reflexology
2010

(International course)

Would you like to become an MCSRI Practitioner?

Would you like to open extend the treatments you offer?

Now is the time. This CSR course is only offered this April in 2010 in Penticton, BC and Montreal. Dr. Martine is advancing in age and realizes that it is getting more difficult to take the six long flights to get here.

We hope that everyone in the BC Chapter can take this opportunity to be a part of this Diploma advance training course, led by one of the most experienced Reflexologists in the world today. This is an international diploma course with Dr. Martine Faure-Alderson from England & Paris, Cranio-Sacral Reflexology Institute.

Payment plan available. Discount hotel rates available at CSR Course. RV campgrounds. Car pool from Vancouver, North BC etc. For more details phone Maria at 1 250 493 0106 or check out <http://okinhealth.com/craniosacral-reflexology-courses-2010.html>. Also: April 15—book at treatment one on one with Dr. Martine.

The SR course was extraordinary to say the least. I was in awe of Martine Faure-Alderson; a fascinating teacher who was bursting with so much information all relating to cranial-sacral reflexology. It was a privilege to learn from this woman! Thank you Maria for bringing Martine to Penticton...from Kathryn.

About Dr. Martine Faure Alderson - is a fully qualified Osteopath with 40 years experience in private practice. In addition, in 1970, Dr. Alderson was awarded a Doctorate in Homeopathy and General Medicine. She is also qualified in Acupuncture, Herbal Medicine and Reflexology. She has a school in Paris and has taught Postgraduate students of reflexology since 1968. She holds her CSR seminars throughout Europe and teaches in America, South Africa, Australia and New Zealand.



Virginia Sevilla
 RAC Registered Certified
 Practitioner/Instructor
 604-817-0466
www.we-q.net/Reflexology



Helga Petersen
 RCRT Instructor /Apprentice
 778-574-7732
helgap@shaw.ca



Lee Hinrichs
 RCRT Instructor /Apprentice
 250-664-6492
hindrichsfamily@gmail.com

ANNUAL GENERAL MEETING 2010

Saturday April 24 & Sunday April 25



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.

Register now!

Just print out this page - cut out the Registration Form and send the completed form with your cheque payable to

"RAC-BC Chapter"

to Denise Deleeuw

14811 Garnet Ave., Summerland, B.C. V0H1Z3

Controversy Corner

Views or opinions expressed are not necessarily those of the Editor or Chapter Executive.

“TEAM RAC” OR “TEAM WRECK”

All my fellow RAC-BC members have undoubtedly received the March edition of RAC's Canadian Journal of Reflexology. As I read the "Greetings from the Executive Director" I had to pause and reflect on how his words were undoubtedly directed at the great majority of RAC Members. In principle, I agree with the improved educational requirements but as I continued to read, I could not help but realize that Mr. Summerfield is "out of touch" with the membership, as he fails to understand the plight of the average member." The concept of an Association is also being misunderstood, which by purpose works for all members and not just those, who by various means are more fortunate than others.

I question the future health and prosperity of RAC as an Association. It is clear to me that the RAC executive has a one-track mind and does not consider the consequences of their actions. I am quite certain that the real reason for the additional training requirements, which is being heavily handed down to all members is associated with Association Finances. The one question that leads to this conclusion is "Other than personal development, how are all these added demands on the membership really going to benefit Reflexology in Canada, the Reflexologist and the Reflexology Association of Canada." When asked, this brings up other questions, such as "Will this lead to recognition by the Health Insurance Companies?" The answer to this is **No**. For years, I have heard and repeatedly read about the "push" to have our services recognized by Health Insurance Companies to no avail. Why? All one need do is pick up the phone and ask them and they will tell you. It won't happen the way it is being approached. Another question; "Will these demands on members help in the regulation of the Occupation?" **No** again. A recognized and regulated industry must regulate itself. There are too many egos, opinions and there is too much squabbling in the circle of Reflexology in Canada to make this happen, so regulation and recognition will never be achieved until these indifferences are put aside. There are many other questions that also arise, all of which have a resounding "**No**" when answered. I truly wonder where the "Nay" that is spoken of within the Association originates.

RAC has not yet earned the right to be "the leader of Reflexology in Canada" and I believe its course will take it further away from this goal. Reflexology in Canada is by occupation an "unregulated industry". RAC is not the "College of Physicians" of Reflexology that establishes and endorses high standards for all and where membership is mandatory and activity strictly monitored. Membership in RAC is voluntary and RAC is properly aligned in the class of Associations having voluntary membership and minimal regulatory and occupational influence. This class of Association works through encouragement and not by demand.

Mr. Summerfield, you state that you have "spent many hours, days and months" trying to determine why people resist the changes that you have tried to implement within RAC. To put it plainly, "progress" in RAC commonly means more cost to the member. An additional burden that many find increasingly hard to carry. This is also simply the reason why a lot of members do not attend the Annual General Meetings, as you fail to realize that even with discounts, the cost of air, hotel and the AGM is for most prohibitive. As women make up the majority of RAC membership, the inconvenience placed on their families also acts a deterrent for attending meetings in most cases. In addition, Reflexology is not the primary occupation for most, limiting one's ability to take the time. Yet you label and consider these members as being "hobbyists" or less of a member than those, who by fortune have the time and means to attend. It is not a case of not having the desire, as most members I know, would like to participate in Association functions. They envy those who can and understandably this compels some to complain, just to become a sense of being a part. They are not "nay-sayers"; they are members who have no choice, as they are less fortunate by way of freedom or resources. I should add, I do not know one member who considers Reflexology a "hobby".

You speak of professionalism and not having the desire to settle for a sloppy or cheap approach to the future, yet a lack of professionalism and sloppy practices exists within the core of team RAC, especially when it comes to dealing with it's members. I ask can this shortcoming really provide the foundation for the future that you speak of?

I recognize that RAC is set on a path that can eventually alienate the majority of its membership, which historically has proven to result in dysfunction and eventual dissolution of an Association. Ask the question, if alienation of the voluntary membership occurs, who will pay the salaries? Will it be the exclusive group of "Professional Winners" that you speak of? Be assured when circumstance forces a rise in Membership Fees to outrages and astronomical levels, they won't stick around for long. It would be wise to remember that there are other Reflexology Organizations in Canada that are just as dedicated in the promotion of Reflexology as RAC.

A concerned RAC-BC member.

THE VICTORIA HEALTH SHOW

October 16 and 17, 2009

The members of the Victoria Community Group have once again proven their professionalism, not only for their Reflexology skills, but also as a unified group capable of organizing a successful presentation within local trade events.

Congratulations to all who participated and a special thank you to Ada Harrison, the event organizer. Well done Victoria.

Living in Greater Victoria and not a part of the Victoria Community Group?

Contact Julia Bump our Victoria Group Leader at julesthecanadian@hotmail.com

A slide show with a few photos can be viewed in the Photo Gallery on our website: www.racbc reflexology.com



An Interview with HANNE MARQUARDT The Pioneer of European Reflexology

*This article was first published in Danish for the European Reflexology Association meeting in 2000.
This translation was provided for Hanne Marquardt's upcoming visit to the Northwest in September 2010,
where she will be teaching in Vancouver Canada and in Washington and Oregon USA.*

The organizers of the European Reflexology Association Conference in Odense, Denmark, succeeded in attracting Europe's most experienced Reflexologist, Hanne Marquardt from Germany. Hanne Marquardt is a student of the "mother" of modern Reflexology, Eunice Ingham. During Hanne's lifetime she has further developed and refined Reflexology and thanks to her efforts, this health modality has become widely known in Europe.

You have to travel deep into the countryside to find the famous German Reflexologist, Hanne Marquardt. More precisely, to the small town of Burgberg in the Black Forest of Southern Germany. She lives in a beautiful wooden house. In the lower level we find her renowned Reflexology School, where more than 30,000 Reflexologists over the years have earned their Reflexology diploma. "I'm a trained nurse and massage therapist" tells HM. "I was working in a German sanatorium when I first came across Eunice Ingham's book, *"Stories the feet can tell"*. Her book provoked me! It was too simplistic to be true." HM decided to challenge Ingham's theory.

"That was actually my drive" she smiles. "I wanted to prove that a theory so simple couldn't possibly have such an incredible effect. But the more I experimented, the more I became convinced that I had a remarkable tool in my hands. Before I searched her out in the US, I explored Ingham's theory for 9 years, during which time I experimented with other reflex areas in my massage practice". Soon requests came for Hanne Marquardt to lecture, and shortly thereafter she decided to open a reflexology school. Today she has 17 schools in nine countries.

The 'new' reflex points

HM's discussions with Eunice Ingham combined with her own clinical work prompted a further development of Reflexology, with the discovery of many 'new' reflex areas. "I started with Ingham's zones and the theory of the connection between the body and the foot. Each time I had a new idea, I spread the word to the teachers in my schools. They helped me try out the reflex in what we call the 'teacher's kitchen'. Here the teachers 'cooked the new dish' for a year or more, before the reflex area was either thrown out or published in our annual newsletter. This is how we worked, even today."

A major moment came for HM one morning when she was still in a dreamy state. In her mind's eye, she suddenly saw how the resting foot looks like a sitting person. "Take the bladder reflex, for example, and I have - in contrast to Ingham - placed it on the heel across from the hip reflex, right behind the pubic symphysis. This placement is more logical if you look at it from an anatomical perspective. By examining the reflexes on many clients with bladder problems we found that this area was always involved. Ingham's original reflex area was also affected. The explanation is that this zone corresponds to the lower part of the spine and the nerves that have connection with the pelvic cavity, originate in this area (sacral plexus). So when Eunice massaged what she considered to be the reflex for the bladder, she in fact was massaging the origin of the nerves to the bladder, and she still obtained an indirect effect." The placement of the heart, solar plexus and knee reflexes are other examples of how HM's inner vision of the sitting person has had an impact on Reflexology.

Symptomatic zones

When Hanne sees a new client, she first gets an overall impression of the person that is primarily based on appearance, stature, looks, voice strength, etc. She then talks with the client about the problem that brings him or her to the reflexology session. This gives a picture of what HM calls 'the symptomatic zone'. "The symptomatic zone can be likened to the top of an iceberg. When a ship's captain sees an iceberg, he knows that the visible part of the iceberg is not what is dangerous. The real danger is in the 90% that is hidden below the water. "The same is true in my clinic. The clients usually come in with a single symptom, as an example, a sore neck. Aside from this specific symptom most people consider themselves healthy. So I define the neck reflex as the symptomatic zone. But that reflex area actually isn't of much interest to me. It doesn't tell me anything about the reason for the problem. A sickness is never anything local. There is always a connection with other parts or abnormalities in the body."

"It is important for me to note that we never treat diseases or symptoms, we always treat the whole person," underlines HM. "And there is a major difference between: the symptomatic zone, which is the same for all clients with a sore neck, and the background zone which will be different from one person to the next."

"I have always been fascinated by what you can learn from a language. Think of the word "individual", the word consists of "in" and "divide", and means un - divisible. So an individual is something indivisible, a whole!"

Checking the feet

"Once the symptomatic zone has been established, you thoroughly check the feet from A-Z, which you may not necessarily be able to complete in the first visit. To evaluate the level of abnormality I use three different indicators:

The feeling of pain

The condition of the tissue. It can be difficult to evaluate the reflex area based on the condition of the tissue, and the method works just fine without the therapist feeling anything. But in my later years I have started to put more and more emphasis on the qualitative impression of the tissue. An evaluation closely tied to intuition and needing many years of practice.

Reactions from the client's autonomic nervous system. These reactions are by far the most important and most objective. When you work on an abnormal zone, there will almost inevitably come a reaction from the autonomic nervous system in the form of altered breathing, change in facial expression, sighs or groans, temperature change in face or hands, sweat or cold sweat. We keep a close eye on the client's reaction and ask several times during the session. These reactions often take place even though the reflex isn't sore."

When it comes to pain, Hanne Marquardt's attitude toward this has changed over the years. "Years ago I felt a session should be painful. Now I teach my students a trick. At the initial visit we test the spine reflexes thoroughly. Most people are tender in this area, so it's a good place to test the client's tolerance level. It helps determine a pressure that definitely can be felt, but which the client can stand without tensing the body."

Analogy of shape

Subsequently, to create an overview of the different observations, Hanne Marquardt uses another concept, something she calls 'analogy of shape'. "Every shape serves a purpose. There is a reason for why different parts of the body look alike. In a big perspective there is, for example, the similarity between the foot and the sitting person. A more detailed example could be the morphological similarity between the joints of the jaw and the hip. It has been shown that there is also a functional similarity here. And on top of that there are embryological connections, i.e., connections between body parts, which in the embryonic stage were developed from the same stem cells. One example of this would be that in a client with upper respiratory infections.

I always check the digestive tract, because the mucus linings in the air passages and the intestinal tract have evolved from the same embryological essence (endoderm).”

Even though Hanne Marquardt’s many years of expertise have given her a vast practical and theoretical insight, which she of course passes on to her students, she doesn’t forget the importance of intuition. “Ideally I would work and teach without the maps,” she says with a glimmer in her eyes. “I believe it is of utmost importance to develop intuition and to heighten the student’s feeling on how to ‘contact the client’s life force’. But I also have to accept that people need a certain degree of systematic organization and intellectual satisfaction. I trust we are meant to use the two parts of the brain we were given - the intellectual/logical and the creative/intuitive.”

Marquardt’s theory on colic

“My treatment is based on my understanding of what causes colic - namely that 99% of all colicky infants have been exposed to one or more shocks before, during or after the birth. This causes a reaction in the autonomic nervous system, which among other things tenses the sphincter muscles. I treat the abdominal zones, the back, and other area where there may be tension, in a sedating manner. To that I add reflexes associated with connections to the autonomic nervous system, especially the solar plexus.

“An untreated colic can cause many other problems later in life. If there is a fundamental blockage in the nervous system, many other blockages can appear, not only on the physical level, but also psychologically. When something so fundamental is affected, it is only logical that a person’s entire development will become affected.”

By Dorthe Krogsgaard and Peter Lund Frandsen

About the authors: Dorthe Krogsgaard and Peter Lund Frandsen are the founders of *Touchpoint* in Denmark. Dorthe has a thriving reflexology practice in Copenhagen, and Peter is the translator of Hanne Marquardt’s book “Reflexotherapy of the Feet” into Danish. Both travel extensively all over the world giving reflexology workshops. RAC, BC Chapter plans to invite both in 2011.





QUESTIONS AND ANSWERS

To your reflexology questions

Ask Shirley

smarcotte@shaw.ca



Reponses will be printed in the newsletter

Hi Chris,

Thank you for this further information on these issues! This type of member interaction on different issues is exactly what I was hoping to receive with the Question & Answer section.

Regards Shirley

From: [Chris Shirley](#)

To: smarcotte@shaw.ca

Sent: Thursday, December 03, 2009 11:55 AM

Subject: Q & A

Hi Shirley,

I was reading your Q & A in the RAC BC newsletter and want to offer to you the following:

Sciatica: Working deeply in the fourth zone of the sciatic reflex area on the plantar surface of the heel on the side of the body which is producing sciatica symptoms, is very effective in alleviating the pain from sciatica.

Bone Spurs: These are a build up of calcium. The spur itself is soft compared to a bone, and, it can be broken down by physical manipulation. This process is painful, so, the client needs to understand and give permission. With the clients permission, if you aggressively dig into the sore area with your thumb to the point of the spur, you will in effect break up the calcium deposit, if not completely, then sufficiently to remove the sharp point. Once you have finished - their will be great relief for the client. If they were unable to put pressure on the area because of the pain - they will now be able to do that without any more pain. People who were unable to walk have walked out after this treatment. The build up of calcium indicates that calcium in the body is not being regulated properly. Therefore, I will work the thyroid & parathyroid glands as well as the kidneys: the regulators of calcium in the body.

Fungal Infections in the feet: These thrive in the feet because of the moist, warm environment in which feet reside. It is highly unlikely that your hands will become infected from touching because they do not reside in the same environment. In addition, simply washing your hands thoroughly with soap will remove any potential infection, as well as protecting your next client from becoming infected.

Honey diluted in water is a very potent remedy to clear any fungal infection. If the infection is in the nail, soaking the feet in a bowl of water with a tablespoon or more of honey diluted will be effective. Tea Tree Oil does not dilute into water and therefore is harder to administer to the depths of the nail where the fungus is.

Thanks for your sharing,

Chris Shirley

Christopher Shirley

PACIFIC Institute of REFLEXOLOGY,

535 West 10th Avenue,

Vancouver, B.C. V5Z 1K9

CANADA

(604) 875-8818 or 1(800) 688-9748

chrisshirley@pacificreflexology.com

<http://www.pacificreflexology.com>

REFLEXOLOGY: SUMMERS NUMBER ONE BAREFOOT EXPERIENCE!



Coming Events 2010

With RAC BC Instructors



Linda Baril
RAC Registered Certified
Practitioner/Instructor
Home (250) 725 3733
Cell (250) 726 5300
lindabaril@shaw.ca

Linda Baril Workshops 2010

HAND REFLEXOLOGY

April 30, May 1 & 2, 2010
Tofino Botanical Gardens, Tofino, BC

EAR REFLEXOLOGY

July 9, 10 & 11, 2010
Victoria, BC

September 24, 25 & 26, 2010
Tofino Botanical Gardens, Tofino, BC

FOOT REFLEXOLOGY

Intensive 5 day Certification Training
July 19 - 24, 2010
Tofino Botanical Gardens, Tofino, BC

TEACHER TRAINING

August 25 - 27, 2010 (5 days)
Tofino Botanical Gardens, Tofino BC
(Please contact RAC as soon as possible if interested in order to ensure that all pre-requisites for this Instructor Training will be completed prior to this course.)



Helga Petersen
Certified Foot Reflexology, RCRT,
RAC Foot Course Instructor
Touch for Health Instructor

Phone: 778 574 7732
Cell: 604 825 4645
helgacp@shaw.ca

Helga Petersen Workshops 2010

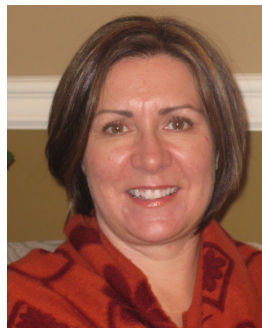
FOOT REFLEXOLOGY

May 21, 22 & 23, 2010
June 11, 12 & 13, 2010
Williams Lake, BC

July 10, 11, 17, 18 & 24, 2010
Surrey, BC

October 2, 3, 16, 17 & 23, 2010
Surrey, BC

November 13, 14, 27, 28 & December 4, 2010
Surrey, BC



Chiquita Hessels
Certified Advanced Foot
Reflexology, RCRT,
Foot Course Instructor
Dermo-Neural Reflexology
Clavithrapy

Phone: 250 753 5656
Fax (250) 753-5657
Cell: (250) 741 7535

www.midislandhealingcentre.ca

Chiquita Hessels Workshops 2010

February 6, 7, 20, 21
March 13
September 11, 12, 25, 26
October
November 6, 7, 20, 21
December 4

THAI FOOT REFLEXOLOGY

Bodywork from Thailand is taking North America by storm! The latest to reach our shores is Thai foot reflexology, a marriage between the ancient healing arts of reflexology, Chinese tuina, Japanese shiatsu and Indian ayurvedic yoga. Thai foot reflexology is offered either on a massage table or chair, and is easy and fun to learn. Working with the feet, lower leg and knees, this 2000 year old, highly reputed session frees up blocked energy within the body's many sen lines (Thai-based meridians) to produce a deep and unique feeling of balance, relaxation and well-being.

In this class you will learn:

- the history and philosophy behind Thai foot reflexology
- how to give a full 60-minute Thai root reflexology session, using correct traditional techniques and sequencing order
- how to safely use both your hands and a traditional Thai foot stick within a session
- the difference between Thai-based reflexology and conventional American reflexology
- how to incorporate hydrotherapy into your Thai reflexology session
- how to choose efficacious lubricants for a Thai reflexology session
- how to prepare and care for your Thai foot stick

You will receive an illustrated manual, a Thai foot stick and a bottle of organic Thai oil. **Please bring** a massage table, set of coloring pencils, one regular-sized towel, two hand towels, bottom sheet, a simple tub/bowl to soak your feet, a pillow and a jar of pure shea butter. Please wear clothes that allow access to your lower legs and knees.

Facilitator - Karen Ball: Karen Ball, NBCR, LMT, CAP, has been a licensed practitioner of bodywork since 1983. She was trained and certified by the Reflexology Association of Canada as an instructor in 1985. After graduating from the Florida School of Massage in Gainesville, she was invited to join the teaching faculty there, and has remained a vital contributor to the school's highly reputed massage training program ever since. Karen is the creator of the *Therapeutic Hand & Foot Reflexology Professional Certification* offered in Florida since 1996. Karen also conducts advanced classes with spa and clinical therapists and students throughout the United States and in 2002 she created an online continuing education class for massage therapists.

VANCOUVER

May 22nd & 23rd, 2010 9AM-6PM

EDMONTON

May 29th & 30th, 2010, 9AM-6PM

MONTREAL

June 5th & 6th, 2010, 9AM-6PM

HALIFAX

June 12th & 13th, 2010, 9AM-6PM

Cost:

\$290 + GST (received by 19/4/2010) **\$325 + GST** (received 20/4/2010 & after)

Approved by the Reflexology Association of Canada for the RCRT CEU Program.

Registration: Reflexology Association of Canada
304-414 Graham Avenue, Winnipeg, Manitoba R3C 0L8
204.477.4909 (phone) 204.477.4955 (fax)

Mandatory RCRT Membership

Mandatory RCRT Membership For all RAC members is in effect for all RAC Professional Members. See the "news" on our website for more information.

Coming Events

Please see inside for particulars about events:

March 26	Indian Head Massage, Vancouver
April	Cranio-Sacral Reflexology, Penticton
April 24-25	BC RAC Annual General Meeting, Tsawwassen
May 22-23	Thai Foot Reflexology, Vancouver Various locations for additional courses
Sept 16-19	Hanne Marquardt Workshops, Vancouver
2010	Linda Baril Workshops Various locations
2010	Chiquita Hessels Workshops Various locations
2010	Helga Petersen Workshops Various locations

We're on the Web!

www.racbc reflexology.ca

Look on our website for more information about the following!

About Reflexology

Courses

RAC Registered Certified Teachers/
Instructors

Course Calendar 2009 for

Reflexology Certification
Instructor/Teacher Courses
Continuing Education Courses

Events

Local, National, International

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Books/literature/therapy aids

Hanne Marquardt Verlag (Bookstore)
Reflexology Association Canada Book
The Larkin List of Reflexology Books
Reflexology Research
Reflexology World Magazine

Forums

Israeli Forum for Reflexology