

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