

Wisdom Reflexology

*Mind, Body and Spirit Reflexology
... For your journey to well-being.*



Introduction to Reflexology for Self Care Workshops

Sure relaxing makes me **feel better**, but does it really help with my health? Yes, it can.

Homeostasis, or your natural state of balance, is not just “who-who”. This seminar will provide a basic introduction to reflexology and relaxation for your well-being. Participants will also have the opportunity to learn simple, self-care reflexology techniques. **Reflexology works with mini-maps** that guide accessing the reflexive areas of the entire body from a single are – the ears, the hands or the feet. Participation in all 3 sessions is helpful, but not required.

Introduction to Reflexology for Self-Care Workshops

Ear Reflexology: Our ears are easy to reach and can produce deep relaxation. This class will specifically address ways to support relaxation in the lower back and neck. Please bring your curious hat and your finger nails trimmed.

Footwear: Can my shoes impact my health? Yes. Your feet are your foundation, not just those things at the bottom of your legs. Come learn simple tools to apply when purchasing shoes from sizing to shape. I'll even bring examples of mistakes I have made.

Feet Reflexology: A light hearted fun class intended to help you feel comfortable in working and thinking about your feet in a different way. Concise information and lots of practice with individualized attention are part of the class. Please bring a towel and a pillow.

South Whidbey General Hospital

Foot Reflexology – February 6, 2010
10:00am – 11:30 am

Footwear – February 13, 2010
10:00am – 11:30 am

Ear Reflexology – March 20, 2010
10:00am – 11:30 am

Workshop Cost: \$25 per session

Register: whidbeygen.org

Wisdom Reflexology and Healing Arts

6441 Harding Ave, Ste. 1, Clinton, WA 98236 Tel 360.632.4186

Email: wisdomreflexology@whidbey.com

www.wisdomreflexology.com

*Nydia Stephens, NBCR
American Board Certified Reflexologist*