

Wisdom Reflexology

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



Introduction to Reflexology Course Description

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 area – the ears, the hands or the feet. Participation in all 3 sessions is helpful, but not required.

For more information go to:
http://wisdomreflexology.com/newsletter/s/November_2008.pdf

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.

Hand Reflexology: Hands are “user-friendly” for self-care reflexology. This is the class for aching hands!

Feet Reflexology: The most common known form of reflexology in the US, this seminar is designed to give suggestions for preventing foot pain as well as support for those already in pain.

Whidbey General Hospital, Coupeville

Ear Reflexology- Jan. 24, 2009
Noon – 2pm

Hand Reflexology – March 21, 2009
Noon – 2pm

Foot Reflexology – April 4, 2009
Noon – 2pm

Workshop Cost: \$25 per session
Register: Community Relations at
(360) 321-7656 ext. 4005

Llynva's, Freeland

Ear Reflexology – Feb. 6, 2009
7pm – 8:30pm

Hand Reflexology – March 6, 2009
7pm – 8:30pm

Foot Reflexology – May 1, 2009
7pm – 8:30pm

Workshop Cost: \$25 per session
All 3 for \$70
Register: Llynva (360) 331-3696

