

**Advanced Foot Reflexology (5 CPD points)
Accredited Workshop**

Teresa Rich
ITEC, MIGHT, IFL
Lecturer, Speaker, Practitioner

Teresa Rich delivers ITEC Reflexology, and workshops for therapists based in Continual Professional Development in Advanced Foot Reflexology and Hand Reflexology. My workshops have taken me around the UK, Northern Ireland, and Glasgow. I have also delivered seminars in these subjects to audiences of 150 plus at Health and Beauty Exhibition, Donnington Park, Excel Exhibition in Holistic Health in London and NEC Birmingham. I have written articles in hand reflexology for FHT and Capital Hair and Beauty.



Course Outline

The aim of the workshop is to give an advanced introduction to Advanced Foot reflexology and its many health benefits combining demonstration and practice.

You will learn how to give an Advanced Reflexology Treatment and gain an in-depth understanding of how to use, body weight and breathing techniques to help with the following reflexology techniques: hooking in and backup, caterpillar walking, finger techniques and reflex rotation technique. Reflexology techniques will be taught on precision and accuracy of specific organs within the feet, by pressing two points at the same time

We will also cover metaphysic techniques.

Also, an Introduction to Infertility and Maternity will be covered.

An excellent workshop for those wanting to help your clients recover quickly!

Testimonial:

“Teresa’s teaching methods took into account that we all learn in different ways. She encouraged all of us and trained us to a very high standard of work. Teresa gave me the confidence to practice and adapt the skills. Reflexology has become one of my most popular treatments!”

Gillian, Dorchester, Complementary Practitioner
www.unicare.org.uk

Course Venue / Contact Details	Groesffordd Village Hall Groesffordd Brecon LD3 7SN (for sat nav)	Helen Sheppard 01874 665 461 07976 546 051 helensheppard9@googlemail.com
Delegates	Knowledge of reflexology to ITEC,NVQ, BABTAC, etc standards would be advantageous.	This workshop is designed for reflexologists and lecturers in reflexology.
Course Times	18th March, 2012 10am – 4.30pm includes a 1hr lunch break	Please arrive 15 minutes early for registration
Price	£85.00	
Certificate	The delegates will also gain an accredited certificate stating that they have attended an “Advanced Foot Reflexology workshop”.	
Refreshments will be provided throughout the day however <u>lunch is not provided</u>. Delegates can bring a packed lunch or a pub lunch can be pre-arranged with Helen.		
Parking at the venue / other venue information	Parking available at village hall & in surrounding village. Please contact to confirm disabled access if required.	
What to bring?	Please bring pen, writing pad, two large towels, foot moisturiser, a large comfortable blanket and wet wipes with you to the workshop. Also be prepared to bring a couch as one is needed for every 2 delegates.	
Payment Details		
Payments to be sent and made payable to: Helen Sheppard. The Conifers, Llechfaen, Brecon,Powys, LD3 7SP. Tel 01874 665 461 Mobile 07976 546 051 E.Mail helensheppard9@googlemail.com A Non-Refundable deposit of £25.00 is required to book your place on the workshop. Full payment is due 6 weeks before course.		
DVD's		
Attendees of the workshop will received a FREE Advanced Foot Reflexology DVD from the tutor on the day.		
Thanks		
Thank you for your interest in this workshop. Please feel free to contact us, for just an informal chat or instructions on joining the workshops. We would be delighted to hear from you. Kind Regards Teresa Rich		