

FOOT REFLEXOLOGY WORKSHOP

Beginners class: Date: Tuesday, July 1st 2008 Time 6.00 - 9PM Fee: \$45

Advanced and Refresher class: Date: Tuesday, July 15th 2008 Time 6.00 - 9PM Fee: \$25

Reflexology, is the practice of stimulating points on the feet, hands, or ears, this will have a beneficial effect on some other parts of the body, or will improve general health. The most common form is foot reflexology. The foot is divided into a number of reflex zones corresponding to all parts of the body, and that applying pressure to tight or "gritty" areas of a person's foot will stimulate the corresponding body part and cause it to begin healing itself.

*Learn the special way to massage the feet to relax the body and increase circulation so the body can heal itself.
You will learn the Barker method of Foot Reflexology, taught by Sylvia Barker, certified foot reflexologist.
This class is of interest to healers, nurses, massage therapists and anyone interested in healing.*

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Advanced class and Refresher class:

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Place: THE REIKI HEALING CENTER & LEMURIA GIFT STORE

85 South Union Street, Spencerport, NY 14559

To register or for additional information

call: **349-3400**

Email: barbara.carlton@earthlink.net www.TheReikiHealingCenter.com