

The Academy of Ancient Reflexology presents **THAI FOOT REFLEXOLOGY**

Bodywork from Thailand is taking the United States 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 sens 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 Foot Reflexology session, using correct traditional techniques and proper 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 Reflexology
- ♥ how to incorporate hydrotherapy in your Thai Foot Reflexology session
- ♥ how to choose efficacious lubricants for a Thai Foot Reflexology.
- ♥ how to prepare and care for your Thai foot stick

You will be given an illustrated manual, a Thai foot stick, a bottle of Thai oil and lubrication. 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, and a pillow.

MAY 5th & MAY 6th, 2008, 9AM to 6PM

Eastland Park Hotel

157 High Street, Portland, Maine

\$310 (postmarked 3/15/2008 or earlier)

\$350 (postmarked after 3/15/2008)

Instructor: Karen Ball, LMT, was trained and certified by the Reflexology Association of Canada as a practitioner in 1983 and an instructor in 1985. She has maintained an active teaching and clinical bodywork practice in the United States since 1989, a significant portion of which is devoted to hand and foot work. She is a graduate of the Florida School of Massage in Gainesville and on staff there as an instructor. Karen is the creator of the 250 hour *Therapeutic Hand & Foot Reflexology Professional Certification* offered in Florida since 1996. For a more detailed biography and further information please see www.academyofancientreflexology.com

Please make cheque payable to *Karen Ball* and mail to 4811 Serena Circle, Saint Augustine, Florida 32084. Refunds will be given with 48 hours notice only. Insufficient registration may cause the class to be cancelled, in which case all monies received will be fully refunded. Please bring license number(s), if applicable. For further information please call or e-mail Karen Ball at **904/553.4067** or **karen@academyofancientreflexology.com**

18 massage CEs (National, Florida, Mississippi)