

Emotional Release Reflexology

according to Helga Dittmann



Author of the book "Emotional Release Reflexology, according to Helga Dittman"

Coming to New Hampshire Seacoast April 22nd-23rd, 2024-Course 1

In this course you will get a toolkit to help your clients deal with repressed, painful emotions.

While working on the reflex areas of the feet, you will learn to ask specific questions about your client's body awareness and inner images.

In combination of the stimulation of a blocked reflex zone, deep relaxation and questioning techniques, it becomes possible that forgotten and yet stressful experiences become conscious again and can be processed through the gentle guidance by the reflexologist.

This has a positive effect on the client's health and attitude towards life.

You can integrate the knowledge you learn in this first course into your reflexology treatments immediately afterwards. Even though you will gain additional knowledge in further courses.

You will also learn to guide your client back into a positive state of mind and relaxation whenever the need arises.

In addition to a deep understanding of the topics addressed, you will receive intensive practical training in the method.



 **4/22 Monday & 4/23 Tuesday 9:00am–5:00 pm**

 **Course fee: \$415 USD**

 **For Questions & Registration: e-mail helgaditt@gmail.com**

Location: Baker Ave, Rye NH 03870 (20mins from Portsmouth)

RAA conference attendees can arrange for a carpool.

As a secondary education instructor, reflexologist and naturopath, Helga Dittmann has been teaching foot reflexology for 40 years and later in addition hand & ear reflexology according to Bill Flocco. Her interest has always been not only the effect of reflexology on the body, but also the effect on the soul. This motivated her to develop the method of Emotional Release Reflexology and to teach the method internationally.

