

Introduction to Reflexology weekend workshop

28-29 April

Live at Ease Reflexology and Reiki is excited to offer a fun, relaxed **Introduction to Reflexology** weekend workshop for those wishing to learn more about this increasingly popular therapy. The workshop combines a little background on Reflexology plus lots of hands on practical learning. Participants will learn techniques they can use on themselves, on family and friends, or in their practice with clients in related fields such as massage.

Workshop content:

- History & Origins of Reflexology
- Benefits of Reflexology
- Relaxation Techniques
- Working the Central nervous system, and
- Working the spine.

What is Reflexology?

Reflexology is a gentle, non-invasive hands-on therapy working on the feet, and helping to heal the whole person. It works on the principle of reflex areas in the feet that correspond to all organs and systems of the body. These reflexes are worked by applying pressure with fingers and thumbs to restore the body's natural capacity to heal. Reflexology is profoundly relaxing and contributes greatly to restoring and maintaining good health. Reflexology is suitable for all ages, from babies to the elderly, and works well alongside other natural therapies and western medicine.

When:

Sat 28-Sun 29 April 2018

9:00am - 4:30pm both days.

Where:

Live at ease Studio, Studio 8, Clyde St Studios, Cnr. Grey & Clyde Sts., St Kilda, 3182.

Cost:

Early bird: \$350 (book and pay by 5 April); 6 April onwards: \$380, for 2 days small group tuition (practical and some theory), yummy morning tea both days, course materials and supplies.

What to expect:

The group will be small to allow hands on tuition and support as you learn. Your teacher is an experienced Reflexologist and Educator with a passion for her subject.

The Clyde Street Studios are an oasis in the heart of St Kilda. The studio is a charming room, with kitchenette and bathroom close by.

There is a courtyard with benches downstairs where you can eat your own lunch, or dine at the café alongside.

What to bring:

Wear comfortable clothing, short clean finger nails please with minimum jewellery. Bring your own lunch optional.

For more information or to register:

Email the registration form overleaf to adevos@liveatease.com.au

Text a picture of the completed form to 0418606331

Or after 19/2/18, register online at www.liveatease.com.au by clicking on the 'Events' link on the home page.

Registration form

| | |
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| Name: | |
| Address: | |
| Preferred phone number: | |
| Email address: | |
| Reasons for registering: | |

Payment Details:

Full payment is required with registration.
 Direct debit preferred.
 Please include your full name in the transaction.

Account Name: **Anita Devos**
 Bank: CBA
 BSB: 063 010
 Account Number: 12874679

Cancellation Policy:

Our group is small and places are limited. In light of this, refunds will not normally be granted for change of mind.

