

REFLEXOLOGY LEVEL 1

Taught by Melody Bryant CMT

Class is a 20 hour class @ \$325

In this class you will learn the ancient but effective techniques of working on the zones of the feet to treat problems of the body such as headaches, sinus and allergy problems, low back problems and much more.

Reflexology uses specialized touch techniques specifically to the hands and feet to restore balance and harmony to the body, so it can heal. Every single organ in the body can be located in the foot. The miraculous results of the Foot and Hand Reflexology can be applied as a separate specialization or as a complement to a massage making it useful in a variety of modalities.

The class consists of:

- *Training in the history of Reflexology*
- *Zone Theory*
- *Reflex Locations for all regions of the body, Muscular/Skeletal, Glands and Organs*
- *Contraindications and benefits of Reflexology*

Julie's Massage Therapy & School
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