

Australian School of Reflexology & Relaxation

Introduction to Reflexology



This hands on 2 day workshop introduces students to some theoretical background, basic concepts and application of Reflexology. Upon completion you will be able to perform simple Reflexology techniques on family and friends.

This workshop will cover: History of Reflexology, Precautions, Introduction to body systems and zones, Relaxation Techniques and Basic Ingham Reflexology Techniques.

This Workshop is presented by Lyn Fava – Feet Reader, Reflexologist and Principal of ASRR.

- WHEN:** 16th & 17th May, 2015
- TIME:** 10am – 4:30pm
- WHERE:** Shambhala Wellbeing Centre
1/14 Salmon St
Port Melbourne VIC 3207
- COST:** \$300
- RSVP:** Email: info@asrr.com.au
Phone: 9749 7946

**BOOK
NOW!**