



Foot Reflexology Introductory Workshop

Reflexology for Carers

This hands-on workshop is perfect for people wanting to learn some background and knowledge of the basic concepts and application of reflexology. Upon completion, you will be able to perform simple reflexology techniques for family, friends or for those in your care. This is also a great way to experience reflexology prior to enrolling in a professional reflexology course.

Workshop includes:

- Introduction to reflexology philosophy
- History of reflexology
- Precautions
- Relaxation techniques
- Basic reflexology techniques
- Reflexology manual
- Certificate of completion

Date: 8th & 15th October 2017
Time: 10am – 4.00pm
Cost: \$300
Venue: 18 Church St. Werribee, 3030
Presenter: Lyn Fava
Contact: mob 0412 353 385

Booking is essential as numbers are limited to 8.
To enrol, fill in an application form and email/ post it to the ASRR
Payment is required for confirmation of booking