

Maternity Reflexology: for Reflexologists- Information Sheet

Workshop 1

| | TOPIC | THEORY | PRACTICAL |
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| DAY 1 | | | |
| Module 1 <i>Hormones of fertility and pregnancy</i> 2 ½ hours | <i>Endocrine system</i> | <i>Review the hormones of fertility (maid-matriarch) and pregnancy</i> <i>Review the reflex zones of endocrine system</i> | <i>Reflexology endocrine balance</i> |
| Infertility 1 ½ hours | <i>Pre-conception care</i> <i>Infertility</i> | <i>Causes of infertility – PCOS</i> <i>Support care</i> | <i>Reflexology colour endocrine chakra balance</i> |
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| Module 2 <i>Pelvis- bones and organs</i> 3 hours | <i>Bones of the female pelvis</i> | <i>Review pelvic bones</i> <i>Review foot bones</i> <i>Foot reflex zones of pelvic bones</i> | <i>Locate the reflex zones of the pelvis on the feet</i> |
| | <i>Female pelvic organs</i> | <i>Review reflex zones of female pelvic organs</i> | <i>Locate the reflex zones of the pelvic organs on the feet</i> |
| DAY 2 | | | |
| Module 3 Pregnancy 7 hours | <i>Cautions, Precautions & Contraindications</i> | <i>General Care</i> | <i>Adapting reflexology techniques - pregnancy</i> |
| | <i>Physiology of pregnancy</i> | <i>Supportive care</i> <i>Minor ailments and major problems</i> | <i>Reflexology lymphatic technique</i> |

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Workshop 2

| | <i>TOPIC</i> | <i>THEORY</i> | <i>PRACTICAL</i> |
|--|-----------------------------|--|--|
| DAY 3 | | | |
| Presentations 3 hours | | 15 minutes for each participant to present his/h maternity reflexology work ie 1 x case study. | |
| Module 4 Pregnant feet 4 hours | The incoming soul | Physical & metaphysical development; Trimesters of Pregnancy | Metaphysis |
| DAY 4 | | | |
| Module 5 Birthing 3 hours | Reflexologist's preparation | Physiology of birthing Role of reflexologist Acupressure points | Vertical Reflexology techniques Acupressure points |
| Module 6 Postnatal period Baby 4 hours | Postnatal care | Postnatal care Physiology changes Some problems | Trigger point release Review reflexology techniques |
| | The baby | The well/unwell baby | Teaching parents |