

# Learn Reflexology!

**Foot Reflexology is approved for  
14.75 contact hours.**

**This continuing nursing education activity was approved by Michigan Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.**

**16 hour format: Introductory Course**

**The purpose of this 2 day class is to give you a working knowledge of Reflexology**

**Includes a general overview, charts, manual plus hands on practice to help family and friends, enhance your massage or holistic health practice and for nurses.**

***This class is 50% hands-on learning!***

## ***What is Reflexology?***

“Reflexology can be defined as specific massage-like techniques applied to the feet. When these techniques are applied with intense enough pressure they provoke an action potential. An action potential is a self-regenerating wave of electrochemical activity that allows nerve cells to carry a signal over a distance. When action potentials (also known as nerve impulses or spikes) occurs in the body through pressure, many structures of the body are affected by this stimulation including nerves, muscles, the central nervous systems, organs, and glands. Reflexology is healing experience through deep relaxation or stimulation that allows the body to initiate its own internal healing mechanism.” Charlotte Irwin

## ***This Course Covers:***

History of Reflexology  
Conceptual Basis  
Benefits  
Contraindications  
Foot Anatomy Terms

Physiology of Stress  
Reflex Locations of Foot  
Basic Reflex Techniques  
Taking a Client Assessment  
Relaxation Techniques

## ***Learning Approach***

This course is presented by PowerPoint/lecture, demonstrations, and hands-on learning.



**Jo Brennan**  
Certified Reflexologist & Instructor  
586-419-0205  
joatyourfeet@yahoo.com  
www.atyourfeetonline.com

***At Your Feet LLC***  
Wellness & Education Center

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Class size is limited  
Cost \$195.00 - Includes manual, charts  
& all printed material  
Dates: Current schedule posted on website  
2 Day Class  
Time: 9:00 am—6:00pm  
Location: Clinton Township, MI

\$50.00 deposit required to reserve seat

