



DESCRIPTION: This hands-on workshop is a one-day introduction to the exciting world of reflexology! Reflexology can reduce stress, improve circulation and immune system function, stimulate nerve function and increase energy. You will learn some basic techniques to apply to yourself and others, using the feet. You might like to bring your favourite hand or foot cream to use in class.

No prior reflexology or bodywork experience required.

OVERVIEW:

1. History, benefits and definition of Reflexology
2. Zone theory and basic contraindications
3. Basic corresponding areas of the body to foot
4. Demonstration of holding and thumb-walking techniques
5. Demonstration of 3 pre-reflexology relaxation techniques
6. How to reflex the foot using basic horizontal and vertical thumb-walking techniques

**ABOUT
MARTINA
NUSSBAUMER:**

Martina Nussbaumer is a complementary medicine practitioner who has taught at Nature Care College since 2002. She received an award for Excellence in Lecturing in 2007.



Her enthusiasm for complementary approaches to healing was woken in Austria where tactile treatments were readily prescribed by the medical profession. As part of her hospitality/ tourism studies Martina was also trained in balneology, diets for special needs and how to design and run a health spa.

After leaving hospitality, she studied and now specializes in reflexology, remedial massage, sports therapies, remedial therapies, lymphatic drainage, Reiki, Touch for Health and nutritional medicine. She also works very closely with the medical team in her practice.

Martina is currently undertaking post graduate studies to further enhance her treatments and teaching, as she is very passionate in sharing knowledge with patients and students alike.

DURATION: 7 hours (1 day workshop)

WHAT TO BRING: Please bring a notebook and pen. You might also like to bring your favorite hand or foot cream.

AFTER THIS COURSE: You might like to consider the following related short courses:

- Reflexology 1
- Swedish Massage
- Warm & Cool Stone Facials
- Head, Neck & Shoulder Massage
- Baby Massage for Parents

CPE POINTS: Members of ATMS (Australian Traditional Medicine Society) can receive Continuing Professional Education points for this course. 1 hour = 1 point with a maximum of 5 hours.
Please bring your ATMS CPE form to have signed by your trainer at the end of the course.

Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.