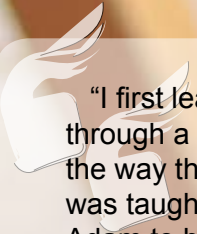
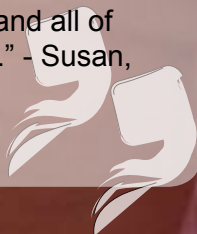


SEPTEMBER - DECEMBER 2010

Balancing Touch Course Schedule

 "I first learned of Balancing Touch through a friend who raved about the way the Reflexology Course was taught. I signed up and found Adam to be patient, accommodating and extremely knowledgeable. The personalized and at times one-on-one teaching was thorough, efficient, insightful and varied in methodology. Adam creates an environment that encourages enthusiasm and excitement of the topics and digressing to related topics. I learned so much more than just the intended coursework. I am so glad I met Adam and continue to learn from him, enriching my massage practice. I highly recommended any and all of his courses and bodywork." - Susan, Oceana Massage 

*A Centre For
Reflexology
and Holistic
Continuing
Studies*

Balancing Touch

www.balancingtouch.ca

REFLEXOLOGY

Reflexology is based on the principle that there are reflex areas in the feet and hands which correspond to all of the glands, organs and parts of the body. By using a walking technique (a compression technique) reflexology loosens muscles, breaks up crystals and restores circulation to congested areas. Reflexology is known to help numerous maladies including stress, headaches, cancer, bunions and many, many more! In a non-invasive manner reflexology jump-starts your body's own natural healing process and of course it feels great!

THE REFLEXOLOGY PRACTITIONERS CERTIFICATE PROGRAM

The reflexology practitioner's certificate program is a **90hour** (30hr in class/60hr practicum) comprehensive exploration into the world of reflexology. At the successful conclusion of this course, students are recognized as Certified Reflexologists and are specialized to confidently start their practice in Spas, Health centers, or in their own business, to promote and improve circulation, assimilation, relaxation and elimination.

The reflexology practitioner's certificate program is broken down into **30hours** of in class, hands on instruction; which is taught in 4 main modules:

THE BEGINNINGS (3HOURS)

Touches on a little history why reflexology has stood the test of time and how important the feet really are. Covers the relaxation techniques known as the desserts that get you familiar with touch.

THE FUNDAMENTALS (12HRS)

This section teaches you the "walking" technique (the Reflexologist secret). You will

then walk all over the foot learning all the different reflex areas. You will also begin to learn a little anatomy naturally through the process.

THE VISUALS (6HRS)

Now that you can walk your way around the foot you will now be introduced to the idea that just by looking at the foot you can find out where your client holds there tension, what calluses tell you, and emotionally how are they doing. We will learn a lot about how posture affects the body. We also get into record keeping and charting.

THE PRACTICUM (9HRS IN CLASS)

This is where you put all the pieces together and working through an entire reflexology session; once receiving the benefits and then giving a session to other classmates. You then will complete 3 sessions on clients that are provided to you by Balancing Touch.

60HOUR PRACTICUM

(which can be optional and has not cost)

This practicum is carried out on your own paying clients that will be charted and logged. You then may send this in and you will receive a "Certificate of Practitioner of Reflexology". By doing this 60hour practicum and 60 logged sessions you are also eligible to join the Reflexology Association of BC as a practitioner.

TUITION: \$625.00 (\$45 EARLY BIRD DISCOUNT)

DATES: SEPTEMBER

12TH 10AM-5PM

15TH 6:30PM-9:30PM

19TH 10AM-5PM

22ND 6:30PM-9:30PM

26TH 10AM-5PM

29TH 6:30PM-9:30PM

Phone Adam Thomas: 604-872-1251

Email: adam@balancingtouch.ca

Bonus you may retake this course for FREE if you agree to lend your expertise in class and assist the instructor during class. If you simply wish to join the class the cost is half the tuition.

WORKSHOPS

GIVE YOUR FEET SOME LOVE.

Your feet do so much for you, why not learn a variety of simple techniques and self care tools to show your feet some appreciation. In this workshop you will learn effective and beneficial exercises, corrections, and overall TLC for your feet. We will be making and applying natural products to our feet and pampering our feet in luxuriating foot baths. You will be revived and your feet will love you for it!!!

DATE: OCTOBER 17TH 11AM - 3:30PM
COST: \$50.00 (EARLY BIRD \$45.00)

YOUR WALK THROUGH LIFE.

Reflexology is more than just points on your foot. Our walk tells a story and imprints the story on our foot. This class focuses on revealing the story our feet are telling us. How the past is imprinted, how the future looks and what's going on now. Seeing and understanding what our feet are trying to tell us is fascinating and can reveal physical, emotional, and spiritual clues as to who we are and where our feet are leading us!!!

DATE: OCTOBER 24TH 11AM - 2PM
COST: \$25.00

THE BALANCING TOUCH RE-FREASHER

This is a great workshop to re-fresh and re-fine those amazing Reflexology skills you have burried deep in your brilliance. We will be working on each other, going step by step answering questions and cleaning up any messy techniques. This workshop is intended for past students but anyone who has taken a Reflexology course is welcome.

DATE: SEPTEMBER 14TH OR NOVEMBER 14TH
6:30PM - 9:30PM
COST: \$20.00 OR BY DONATION.

“As a recent graduate of the West Coast College of Massage Therapy, I had the pleasure of participating in Adam’s Reflexology class. This was a core component of the curriculum and I’m glad to say it was one of the most rewarding courses offered in the program.

Adam’s serious, yet gentle teaching style made learning the material a happy event every week. His passion for reflexology was evident every class. He also encouraged us to believe in our new abilities, even when we were unsure of what we were doing. As a student, that kind of teaching support is invaluable.” - Gary

COURSE REGISTRATION

To register for any of the courses or workshops that Balancing Touch Reflexology has to offer please contact:

Adam Thomas
Phone: 604-872-1251
email: adam@balancingtouch.ca

For more information please Visit:
WWW.BALANCINGTOUCH.CA

