



Officers: Ted Helms, President; Carrie Wagner, Secretary; Larry Hill, Treasurer; Brenda Carlson and Rev. Leslie Hall; Board of Directors

We are on the Web at: www.tnreflexology.org

Fall Reflexology Workshop:



The Tennessee Reflexology Association (TRA) is sponsoring a fall Reflexology seminar/workshop on Saturday October 2, 2010, from 12 noon until 4 p.m., with registration starting at 11:30 a.m. The workshop, which will be held at the Farragut Town Hall Community Room, 11408 Municipal Center Drive, in Farragut (West Knoxville), will be presented by Judy Addington, who is an authorized CARE instructor, a licensed massage therapist, Board Certified Raindrop Specialist (BCRS), and a Registered Certified Reflexologist (RCR). The title of the workshop will be "Vitaflex with Essential Oils."

Vitaflex is an ancient healing modality that was rediscovered by Stanley Burroughs in the late 1920's. Vitaflex is a digital pressure technique that activates neuro pathways, delivering benefits of the essential oils throughout the body while assisting the body to heal itself. The body has a self-regulating electrical system that Vitaflex stimulates. It can be done with or without essential oils. Vitaflex is done on the head, face, ears, back, legs, feet and/or hands, or anywhere else on the body. The cost for the seminar is \$40 for TRA Members and \$60 for non-members. Please RSVP to Larry Hill via e-mail at lhill_hand@hotmail.com or phone (865-522-1447) **by September 30, 2010**, to pre-register to reserve a space. Please note that if we do not have at least 5 people to pre-register, the class will not be held.

Directions to the seminar are as follows:

From I-40, take the Campbell Station Road (Exit 373) and go south until you reach the 5th stop light, which is diagonally across from Aubrey's restaurant. Turn right onto Municipal Center Drive and go about a quarter mile and turn left into the Town Hall parking lot. The Community Room is on the far right end when facing the front of the building.



Annual Membership Dues:

The annual membership fee of \$20 (\$15 if we have your e-mail address) for 2010 is now due to remain in good standing. The membership application and mailing address is on the TRA Website at www.tnreflexology.org or by contacting Larry Hill at lhill_hand@hotmail.com. Please let us know if you want your e-mail address to be listed on the TRA website. The following individuals have joined or renewed their membership since the last listing in the July 2010 newsletter.

Lisa C. Malone
Hendersonville, TN

Danae Miley
Knoxville, TN

Celeste Tipton
Knoxville, TN

Leigh G. Sterling
Maryville, TN

Upcoming Seminars:

1. **Ko Tan Workshops:**

Ko Tan, Massage Therapist, Reflexologist, and Teacher of Chinese Medicine, will present the following seminars in August and September (for detailed information go to www.AcademyOfRadiantHealth.com):

- *Advanced Integrated Reflexology*, Sept. 11, 12, 17, 18 and 19 from 9am – 5pm, Hudson, WI, SCCCHA, 35 hours
- *Lymphatic Massage*, September 25 & 26, 9am – 5pm, Atlanta, GA, 14 Hour

2. **Science-Based Principles of Reflexology:**

October 30-31, Saturday and Sunday, 8 a.m.-5 p.m., 16 hr. Continuing Education Units (ARCB)
Tuition: \$350 - Payment by check or credit card. Hotel location is minutes from O'Hare Airport. Naomi Green is the Reflexology Association of Illinois Coordinator for this seminar and can be reached at 309-648-2998 or 309-444-7538.

- **Instructor:** Dr. Jesus Manzanares, European researcher and M.D., has compiled medical data for 30 years from reflexology studies and 70,000 clinical cases. He has developed a specialized reflexology course from his work that lays a foundation of fundamental education on the scientific principles of reflexology. His contributions to the field of reflexology are ground-breaking. He has done research at the Departments of Neurology, Rheumatology, Traumatology, Cardiology and Internal Medicine at University Hospital Vall D'Hebron and Hospital Sagrada Corazon, Barcelona. For more information, please visit to his website at www.reflexologymentor.com/about-dr-manzanares/.
 - a. Why reflexology works - anatomical physiology vs. theory
 - b. What is the nervous system path from feet to organs?
 - c. What exactly are the painful reflexes? Not calcium or crystals!
 - d. What do brain waves studies reveal during reflexology?
Understand how reflexology results in The Relaxation Response.
 - e. Reflexology protocols for specific pathologies

Class Content:

- The neurophysiological basis of reflexology: *the science behind the art*
- Practical techniques used by Dr. Manzanares in private practice
- Assessment and applications for specific pathologies
- Scientific basis of deposits and sensitivity in the foot reflex areas
- Dr. Manzanares' medical based foot-to-body mapping
- Dr. Manzanares' study and protocol for high blood pressure.

Note: Dr. Manzanares teaches in his native language of Castilian Spanish and utilizes a Spanish-to-English interpreter.

3. **Foot Reading Workshop:**

Bobbi Warren, who has thirty years experience as a Certified Reflexologist and twenty-eight years as instructor for the International Institute of Reflexology is giving a "Foot Reading Workshop" on October 16-17, 2010, in Murfreesboro, Tennessee. The course offers 12 ARCB CE's and 16 CE's for NCBTMB. The cost is \$285. For more information, please contact her at 619-462-3073 or email her at "bobbi@thefootladies.com". Her website is at www.thefootladies.com

Retirement:

Denise Bradley, a long time Reflexologist and TRA Member, has announced her retirement. The TRA would like to thank Denise for her life-long contributions to the field of Reflexology. Best wishes to her for a happy retirement!