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We are on the Web at: [www.tnreflexology.org](http://www.tnreflexology.org)

### 2011 Spring Reflexology Workshop:



The TRA 2011 Spring Seminar will be held on Saturday, March 19 in West Knoxville at the Farragut Town Center Community Room from 10 a.m. until 4 p.m. (a total of 6 CE hours with lunch built-in the breaks), with on-site registration starting at 9:45 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 The seminar will feature Ko Tan, who will give a workshop on *Advanced Integrated Reflexology*. Ko Tan, author of *Traditional Chinese Medicine Simplified*, is a nationally certified Reflexologist, a Georgia state licensed massage therapist, an NCBTMB certified massage therapist and an instructor/educator. He is a graduate and a certified teacher of the American Academy of Reflexology in Los Angeles, which teaches the three systems of Foot, Hand, and Ear Reflexology. Ko Tan is recognized for his achievements and extensive research in this field. He participated in the first US study conducted on the positive effects Reflexology has on PMS symptoms, published in *Obstetrics & Gynecology*, December 1993.

Ko Tan is a co-founder and the president for the Georgia Reflexology Organization (GRO) and sits on the board of the American Reflexology Certification Board (ARCB) and for 9 years on the board of the International Council of Reflexologists (ICR). He received his certification of Traditional Thai massage from the Wat Po Traditional Medical School in Bangkok, Thailand. The Classic Touch Institute in Chiang Mai, Thailand also certified him as an Authentic Thai Traditional Nerve-Touch therapist. Ko Tan is the co-founder, co-author and an instructor of the *Radiant Lotus*® Thai-Yoga Body Therapy. He studied Traditional Chinese Medicine at the Samra University of Oriental Medicine and has been a teacher of Traditional Chinese Medicine Theory since 1995. He was one of the few practitioners of the USA invited to the International Chinese Medicine Symposium, Shanghai, China, in 1994. He is a member of the Complementary Alternative Medical Association (CAMA). For more information, his Website is [KoTan@AcademyOfRadiantHealth.com](http://KoTan@AcademyOfRadiantHealth.com).

The cost for the seminar is \$60 for TRA Members and \$75 for non-members. Please RSVP to Larry Hill via e-mail at [lhill\\_hand@hotmail.com](mailto:lhill_hand@hotmail.com) or phone (865-522-1447) **by March 16, 2011**, to pre-register to reserve a space. Please note that if we do not have at least 10 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 2011 is now due to remain in good standing. The membership application and mailing address is on the TRA Website at [www.tnreflexology.org](http://www.tnreflexology.org) or by contacting Larry Hill at [lhill\\_hand@hotmail.com](mailto:lhill_hand@hotmail.com). Please let us know if you want your e-mail address to be listed on the TRA website.

### **Using 10 simple Feng Shui tips can really enhance your life.**

1. Keep your home as tidy as possible. If you are in a rush or short of energy then focus on tidying and follow up with cleaning later.
2. Keep your windows clean. Either clean your own windows or use the services of a window cleaner (if practical) to ensure that your windows get cleaned regularly. Remember to do the insides too.
3. Your kitchen is the heart of your home and therefore is the most important part of your home. Start by making any necessary improvements here. Always start with tidying the kitchen (before other rooms).
4. Keep worktops clear. Only keep the essential items out on the worktops – items like coffee brewer and toaster. Aim to find a space for everything and then put things away after use.
5. Ensure that all electrical items in your kitchen work well. If they do not work either get them fixed, replace them, or just throw them out, if not essential. Once your kitchen equipment is checked as working well, continue checking through the rest of your home.
6. Put a small light on the worktop in the kitchen to give soft ambient light in the evening. Use strong lighting when preparing food and then soft light when just getting a drink or snack at night. Different levels of light helps you to be energized in the day or relaxed at night.
7. Work systematically when tidying or sorting out any room. Begin by the door and work clockwise around the room. This will focus your energy, and other things that also need doing will not distract you. One totally tidied or sorted area will feel even better when you add the next tidied area. You will be able to see what you have done and feel proud of your efforts (and be encouraged to do more!!)
8. Focus on one room at a time. Never aim to do the whole house as that can be too daunting. Your first priority is the kitchen, followed by the bathroom and toilets. Continue with your bedroom finishing off with the rest of the living and other areas.
9. Keep your front door and hall way as clear as possible and put extra coats, shoes, shopping bags etc away (in hall cupboard or spare room, if you have one). The energy of your home is affected by how well it can move around from your front door and how well you can get about too!
10. Keep a small light on in the hall on dark days and in the evenings when it gets dark. You could use a time switch so that the light always comes on to welcome you home.

*\*Source: <http://www.suericks.com>*