



**Officers: Ted Helms, President; Carrie Wagner, Secretary; Larry Hill, Treasurer;
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We are on the Web at: www.tnreflexology.org

Fall Workshop in Crossville with Gaia Gail Tossing, RCR, LMT:



In conjunction with World Reflexology Week (September 22-29, 2013), the TRA is sponsoring a 4-hour seminar/workshop entitled "Applied Vita Flex with Essential Oils", which will be taught by Gaia Tossing, RCR, LMT, on Sunday, September 29, 2013, in Crossville, Tennessee. The workshop, which is approved by the NCBTMB for 4 CE hours, will be held from 1 p.m. - 5 p.m. at the Cumberland Mountain State Park Restaurant in Meeting Room "B" with on-site registration starting at 12:45 p.m. The cost is \$45 for TRA Members and \$55 for non-members. A buffet lunch, which is available for purchase (not included in the registration) at the restaurant, includes a full salad bar, hot vegetables, meats, and various homemade desserts. The TRA will reserve a table for those attendees eating lunch. For more information on prices, directions, etc., please call 931-484-7186.

As the founder of Nashville Academy of Reflexology, Gail Gaia Tossing has had a breadth of experience in 29 years, from opening one of the first massage therapy centers in the Chicago area (Caring Hands Massage Center) to directing massage therapy for North Glen Physical Medicine and Rehabilitation, to teaching reflexology and aromatherapy at Natural Health Institute/Genesis Career College and co-founding East Meets West Holistic Education Center for continuing education in Nashville, TN. She studied reflexology at the International Institute of Reflexology (IIR) and received her certification in 2003. She maintains memberships in both Reflexology Association of America (RAA) and American Massage Therapy Association (AMTA). Ms. Tossing is also a Fully Certified Instructor of Aromatherapy Science and Raindrop Technique through the Center for Aromatherapy Research and Education offering C.A.R.E. Certification. A Registered Certified Reflexologist and Licensed Massage Therapist, Gail Gaia has been in practice in Nashville, TN since 2004. She is grandma to eight (soon to be 9), and a singer/songwriter who performs with sign language and has produced an Award Winning line of Sing 'n Sign programs for children. One of her favorite pastimes is sharing positive music for kids.

Please RSVP to Larry Hill via e-mail at lhill_hand@hotmail.com or phone (865-522-1447), to pre-register to reserve a space. We must have at least 10 people to RSVP **by September 25, 2013**, to indicate that they are planning on attending the seminar or it will not be held. Here is a link to the restaurant and state park: <http://www.tennessee.gov/environment/parks/CumberlandMtn/#restaurant>

Annual Membership Dues:

The annual membership fee of \$20 (\$15 if we have your e-mail address) for 2013 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. The following individuals have renewed their current membership or have become new members since the May 2013 *TRA Newsletter*:

Ann Cregg Joseph Kyle Collins Bruce H. Dailey Joshua Dailey Stephanie Seavers Carrie Wagner

Upcoming Educational Opportunities/Events:



The American Reflexology Certification Board (ARCB) will be testing National Certificants in Asheville, N. C. on September 14th, 2013, for the foot and hand reflexology exam. For additional information, please visit the following link: http://arcb.net/cms/?page_id=1053

The American Academy of Reflexology Upcoming Workshops in California. For detailed information, please go to the following link: www.AmericanAcademyofReflexology.com

Beginning Foot Hand Ear Reflexology, Date: August 3-4, 17-18, 2013, 28 CE Hours: ARCB, ABMP, NCBTMB, Instructor: Stefanie Sabouchian; Location: Los Angeles, California, Contact: 818 841-7741; Email: ReflexologyEdu@aol.com; [Downloadable Flier](#)

Beginning Integrated Foot Hand Ear Reflexology, Date: August 19-23, 2013; 50 CE Hours: ARCB, ABMP, NCBTMB, Instructor: Lisa Chan, Bill Flocco, Stefanie Sabouchian, Location: Los Angeles, California; Contact: 818 841-7741; Email: ReflexologyEdu@aol.com See School Catalogue: www.AmericanAcademyofReflexology.com

Advanced Integrated Foot Hand Ear Reflexology, Date: August 26-30, 2013, 50 CE Hours: ARCB, ABMP, NCBTMB, Instructor: Lisa Chan, Bill Flocco, Stefanie Sabouchian, Location: Los Angeles, California; Contact: 818 841-7741

How Much Pressure is Enough?

One of the most common questions asked by people who do reflexology is, "How much pressure and how deeply reflexology should be applied?" Generally, a reflexology session is not anything like a regular massage that the client may be accustomed. It requires fairly strong pressure-as much as is within the realm of acceptability for the client. Many clients have stated that their previous experience with reflexology was unpleasant or ineffectual because of the far-too-excessive, or not-nearly enough pressure employed by the therapist. A good therapist is very mindful of the client's subtle body response in regard to this pressure, and amends and adjusts accordingly. Ask the client for feedback during the session if you are unfamiliar with that person. Also, pay attention to visual, auditory, and body language clues. Reflex between the softer surface tissue, and deeper firmer tissue, in a way that is pleasant for the person on whom you are working. Gradually, the deeper tissue softens, inviting you to reflex deeper, with no strain to your thumbs and hands, and still feeling pleasant to the receiver. Enjoy reflexology.*



* Provided courtesy of Bill Flocco, Founder/Director American Academy of Reflexology