



**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

Reminder: 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.

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 currently only have 5 individuals signed up and we must have at least 10 people to RSVP by September 24, 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*:

Stephanie Seavers

Debra Farmer

Julia Hover

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: Ear Reflexology, Discover, hands-on, the power of combining French and Chinese Ear Reflex Maps, with Master Points and Functional Points. Date: November 9-10, 2013, 14 CE Hours: ARCB, ABMP, NCBTMB; Instructor: Bill Flocco; Location: Warwick, Rhode Island; Contact: 401 374-7515; Email: tamigoulet@yahoo.com

Aromatherapy Certification, Date: October 3, 2013; The Heal Center, Institute for the Natural Healing Arts and Learning Aromatherapy Certification Classes (Website is www.healcenteratlanta.com). Learn key elements of this increasingly popular natural therapy. A fascinating world of essential oils together with their wide-ranging therapeutic benefits. The Foundation Course in Aromatherapy is designed to introduce to the novice all the key elements of Essential Oil Therapy. Aromatherapist and Reflexologist Roz Zollinger draws from her over twenty years' experience as a practitioner and teacher to introduce to participants the fascinating world of essential oils, together with their wide-ranging therapeutic benefits. [Learn more](#)

Holistic Health Certification Program with Continuing Education Credit (on location or live on-line). Washington Institute of Natural Medicine, 5101 Wisconsin Ave., N.W., Washington, D.C. 20016, www.NaturalHealthDC.com, winoffice@gmail.com; telephone (202) 686-8202. The classes are taught as independent modules and can be taken out of sequence except for clinical.

Holistic Health Care (\$250.00 per level)	Time	Class Dates
I - Anatomy & Physiology	10am-5pm	09/07/2013
II - Pathology & Detox	10am-5pm	10/19/2013
III - Aromatherapy & Herbal Medicine	10am-5pm	10/26/2013
IV - Homeopathy/Energy Medicine	10am-5pm	11/09/2013
V - Iridology & Hara Energy	10am-5pm	11/23/2013
VI - Meridian Theory	10am-5pm	12/07/2013
VII - Pulse & Tongue	10am-5pm	12/14/2013
VIII - Clinical	10am-5pm	01/18/2014

For more information, you can watch a video on YouTube at the following link:
<http://www.youtube.com/watch?v=9XD7Ru4Enps&feature=share&list=UUJo8QyXT4BQrLysIN9nSj8g>

Reflexology Association of America (RAA) Conference 2014: Dates: May 2-4, 2014, Location: Santa Fe, New Mexico; Hotel: The Hilton Santa Fe Historic Plaza; Contact: Brenda at brendamakowsky@gmail.com for more details.



Address Change: The Nashville Academy of Reflexology, LLC, has a new mailing address, which is: 4825 Trousdale Drive, Suite 222, Nashville, TN 37220. For directions phone: 615-647-7244 or 615-934-1034; Email: nashvillereflexacademy@gmail.com; Website: <http://www.nashvilleacademyofreflexology.com>