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

Professional Reflexology Lifetime Achievement Award



The Professional Reflexology Organization has announced that Hanne Marquardt, a genuine icon of Reflexology, has accepted an award for lifetime achievement. This is in recognition of her services over many years. Hanne is now an Honorary Member of Professional Reflexology. The name of Hanne Marquardt will be well known to you if you have studied the history of Reflexology and its key figures! Hanne Marquardt studied with "The Mother of Reflexology", Eunice Ingham in the late 1950's. Previously to meeting Eunice, Hanne had spent nine years studying her work. Since then she has spent a lifetime refining and developing Reflexology and made some crucial adaptations changing the name of what she practiced and taught to Reflexotherapy. Hanne Marquardt now lives in the Black Forest in Germany and has trained over 30,000 people. Due to her own medical training, she has taught those with a medical-therapeutic background and also validated and researched her findings. She was presented with the certificate at her recent UK seminar in London by Hagar Basis PRM, principal of the Reflexology Academy. Hanne has been coming regularly to the UK since first returning and presenting her Reflexotherapy of the Feet Seminar in Cardiff, sponsored by PR Directors Sue Evans & Paul Steward.

For more details, please go to the following link: <http://www.professionalreflexology.org/>

2014!
Happy New Year!

Annual Membership Dues:

The annual TRA membership fee of \$20 (\$15 if we have your e-mail address) for 2014 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.

Upcoming Educational Opportunities/Events:

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
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.

How to do a Thai Reflexology Foot Wrap by Adam Thomas

Adam C. O. Thomas from Balancing Touch shows you a great technique for wrapping the foot after a reflexology session. Adam states that he has never really realized that he had learned such a beneficial way to wrap the foot until he was teaching a class and asked the students to show him what they had learned. He states that "I felt what I had picked up along the way was much better so I shared it with them and they thought so too." Adam received some training in the Thai Wat Po style of reflexology when he was in Thailand and this is a technique that he incorporates into every session.

Watch the video below to learn how to wrap the foot at the following link: <http://balancingtouch.ca/how-to-do-a-reflexology-foot-wrap/>

To do the reflexology foot wrap:

1. Put the towel at a 45-degree angle to the leg.
2. Bring up the closest corner so that the towel covers over the toes.
3. Grab the other corner, fold it over crossing the first fold and then tuck in around the heel.
4. Wrap the other end around the leg.
5. Tuck in the top and then roll it over securing the top making a complete boot.

Wrapping the foot like this has many uses:

- If it's cold and you want to keep one foot warm while you work on the other foot.
- This is a great way to finish a session and take off excess oil so that your client does not slip in their shoes.
- If you make a tight enough towel wrap you can actually use them as boots if the client has to use the restroom, for example.

How to do a Thai Foot Wrap by the Sabai De Ka Massage School

Another foot wrapping technique is presented by Kloy of the Sabai De Ka Massage. In this video she shows how to prepare and cover the foot in a towel to keep one foot warm while the other foot is undergoing therapy: To watch this YouTube video, go to the following link:

<http://www.youtube.com/watch?v=Ydal31dLn9I>

Observing Your Client During a Reflexology Session

During the entire time you are performing a Reflexology session on a client, be totally attentive to them. Pay attention to what you feel with your hands, fingers, and thumbs. Also, observe any changes or lack of changes, in skin tones on the forehead; upper, mid and lower parts of their cheeks from just below the eyes to the chin, and on the chin and neck. Watch for changes in muscles around the eyes, lips and jaw; changes in breathing patterns, as well as changes in voice tones - especially deeper voice tones. The more the client relaxes, the more noticeable will be these changes.*

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

