



**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](http://www.tnreflexology.org)**

### **Mind-Body Medicine:**

**October 11-15, 2014  
San Francisco Bay Area, California**

Mind-Body Medicine is the Center's core program that has been offered around the world for 20 years, providing health professionals with the tools they need to become more effective clinicians and to find more meaning in their work.



During the intensive 5-day training, the faculty will teach the science of mind-body medicine in plenary sessions and techniques for self-awareness and self-expression in supportive small groups — the Center's unique model for learning and support. The comprehensive materials and hands-on experience will help prepare one to begin to integrate our mind-body model into your work in a wide variety of settings, including private practice with individuals and groups, hospital work, educational programs and work with populations affected by war, abuse, terrorism and other forms of trauma. *The Mind-Body Medicine Center states that "up to 80% of all illnesses are related to chronic stress"*. For questions contact [mindbody@cmbm.org](mailto:mindbody@cmbm.org). For more information and registration, please go to the following link:

<http://cmbm.org/professional-trainings/mind-body-medicine/mbm/>

### **Interested in Working for the Reflexology Association of America?**

The Reflexology Association of America (RAA) is seeking to fill two contractor positions:

- The **Administrative Assistant** position is roughly 15 hours per week. Requires good customer service to members and outside inquiries. [Click here to read more](#) ....
- The **Magazine Editor** position is roughly 40 hours per quarter. Requires a working knowledge of Microsoft Publisher and publication layout. [Click here to read more](#)....

Contact the RAA office at [inforaa@reflexology-usa.org](mailto:inforaa@reflexology-usa.org) if you are interested in either position. Please read the attachment for each position before applying.

### **Annual TRA 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](http://www.tnreflexology.org) or by contacting Larry Hill at [lhill\\_hand@hotmail.com](mailto:lhill_hand@hotmail.com). Since the July 2014 TRA Newsletter, the following individual has renewed their annual membership: Carrie Wagner

## ***Metamorphosis: A Hands On Workshop For Beginners & Professionals***

Maryejo del Meijer



The American Academy of Reflexology is sponsoring this workshop to be held **September 27-28 in Los Angeles, California**. The website states that "We have all heard that traumas of many types - chemical, emotional, physical, environmental - happening during the nine months before birth, can have an adverse affect on people later in life, even long into adulthood. Metamorphosis is designed to release adverse consequences of stress and trauma that occurred from conception to birth. Metamorphosis is a gentle yet profound approach to growth and transformation and can be used on infants, children, and adults of all ages. It can be used on yourself, on family, friends, & clients, by itself, or with other natural health modalities. Very gentle unique touch techniques are applied to specific parts of the feet, hands, and head."

This is a 12 CE hours course instructed by Maryejo del Meijer, who is one of the world's leading experts in the natural science of Metamorphosis. To register, please call (818) 841-7741 or e-mail at [AAReflex@aol.com](mailto:AAReflex@aol.com). To download a free flyer, please go to the following link: <http://www.americanacademyofreflexology.com/metamorphosis2014/>



### ***Additional Upcoming Educational Opportunities/Events:***



**Soul Stories Classes:** Detailed information is at <http://www.kristenradden.com/calendar.html> or by contacting Kristen Radden via e-mail at [solestories@hotmail.com](mailto:solestories@hotmail.com)

October 25-26: **Accupoint Reflexology Level 3** in Virginia Beach, VA

### **Food As Medicine:**

The Center for Mind, Body, and Medicine presents Food As Medicine, September 17 – 21, 2014, at the Kripalu Center for Yoga & Health in western Massachusetts. Participants will leave grounded in the fundamentals of sound nutrition, knowledgeable about cutting-edge research, and prepared to confidently and compassionately guide their patients toward practical life-giving healthy nutrition. For more information, please visit their website at the following link:

**[http://www.kripalu.org/program/view/FAM-141/food as medicine a feast of science and wisdom](http://www.kripalu.org/program/view/FAM-141/food%20as%20medicine%20a%20feast%20of%20science%20and%20wisdom)**