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

## Vibrational Reflexology Technique Class



**When:** May 2, 2016 (Monday afternoon - 4 hrs) **Where:** Knoxville, Tennessee

**Instructor:** Judy Addington, LMT, CR, ASI, CHRS, LSH, CAC

**Cost:** \$90 special for TRA members; \$100 for others.

This is reflexology done with a tuning fork, working the reflexes on the feet, and hands can also be done. The class is an introduction to the use of frequency tools on the reflex zones. They work well for incorporating Traditional Chinese Medicine into your sessions. Essential oils are used with the vibrating fork to stimulate each reflex point or area. Judy has been using tuning forks for several years employing various techniques. She says that clients find it very relaxing and effective. Essential oils, and forks will be supplied for class use.

To purchase a Bored Tuning Fork: \$55; Gem tip: \$82.50 - \$125 (These provide glide over the skin surface.) Massage therapists earn 4 CEs. To register or find out more info, please contact Judy via e-mail at [bodysoletn@yahoo.com](mailto:bodysoletn@yahoo.com) or phone (423) 213-2424.

## What is Ayurveda Reflexology?\*



Ayurveda (pronounced Ah-yoor-vay-da) is the ancient, traditional health system of India. Ayurvedic Reflexology is a unique method of hand and foot work that provides practitioners with a variety of effective, easy to apply techniques. Many practitioners with hand problems (repetitive strain) are excited about this new and "kinder to the hands" approach to therapy. Ayurvedic Reflexology is currently generating a global wave of excitement amongst bodyworkers. These workshops are a one-time, not to be missed opportunity to study with Sharon. A basic knowledge of reflexology is a pre-requisite for attendance.

When the principles of Ayurveda are brought together with contemporary Western reflexology, we have a powerful marriage of knowledge, and a new and dynamic approach to wellness. The original principles of Ayurveda were developed by the great Indian sages (rishis) many thousands of years ago. Ayur (or ayus) means 'life' and veda and means 'knowledge'. So Ayurveda is the study of the knowledge of life. The Ayurvedic approach to health and wellbeing is based on the concept that there is a deep connection between mind, body and spirit. Ayurveda has a spiritual basis, and encourages individuals to embrace healthy spiritual practices.

And now, Sharon Stathis, internationally acclaimed developer of Ayurvedic Reflexology, is coming to Vancouver Canada to teach her level 1 workshop on April 16th & 17th and, level 2 on April 18th. In the level 1 workshop you will receive a brief overview of Ayurvedic philosophy and history. The dynamic Marma



Therapy, kasa bowl work and Ayurvedic massage oils are introduced and applied to the feet and participants will practice a complete Ayurvedic Reflexology routine for the feet - with ongoing feedback and support from Sharon. Also, a self-help foot routine is taught. For more detailed information go to:

<https://pacifireflexology.com/node/1002>

The level 2 workshop (now condensed from two days to one) covers Marma Therapy for the hands, kasa bowl work for the hands, Ayurvedic Reflexology routine for the hands, and, a self help hand routine. The level 1 course is a prerequisite. For more detailed information go to:

<https://pacifireflexology.com/node/1501>

For more information please visit: <https://pacifireflexology.com/events/special>  
 There is also a link on both of the course description pages to Sharon's own web site. <http://www.ayurvedicreflexology.com/page40/page2/page2.html>

**Annual TRA Membership Dues:**

The annual TRA membership renewal fee of \$20 (\$15 if we have your e-mail address) was due beginning January 1, 2016. Membership applications can be found on the TRA Website or by contacting Larry Hill at [lhill\\_hand@hotmail.com](mailto:lhill_hand@hotmail.com). To remain in good standing, please send your dues payment to Larry Hill, 3550 Buffat Mill Road, Knoxville, TN 37914. The following individuals have renewed their current membership since the TRA January 2016 Newsletter:

Judy Addington	Theresa Bennett	Helen Braddy	Denise Bradley	
Pauline Brower	Rev. Marsha Brown	Sandra L. Cuddy	Bruce Dailey	
Dr. Howard Dailey	Josh Dailey	Shirley Griffin	Rev. Lesley Hall	
Roy Hamilton	Ted Helms	Larry Hill	Julie Hover	
Kenda D. Komula	Tina Lopez	Mary Ellen Lovingood	Lisa Malone	
Patrick Owings	Christine Pratt	Lucy Scarbrough	Stephanie Seavers	
Stacey Smith	Doris Steelman	Nancy Telford	Lynn Watson	Dianna Young



The TRA cordially invites you to join our public Facebook group at the following link:

[Tennessee Reflexology Association](#)

- Post questions and comments;
- Create shared documents; and
- Chat with everyone at once.

Join the group now to get involved in the conversation and start networking!



**Welcome to your Complete Source**

for Reflexology Education



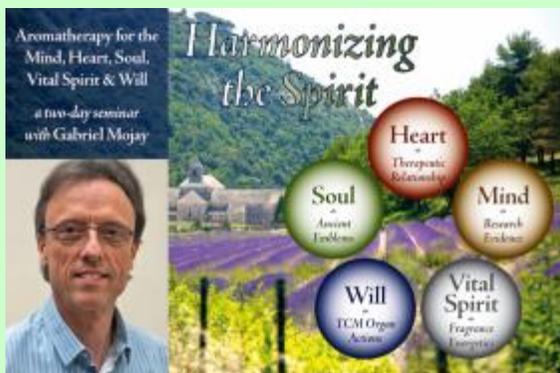
Reflexology Classes, Reflexology Articles, Reflexology Blogs, Reflexology Books, Reflexology Charts, and more. For more information, please go to [www.AmericanAcademyofReflexology.com](http://www.AmericanAcademyofReflexology.com) or [KoTan@AcademyofRadiantHealth.com](mailto:KoTan@AcademyofRadiantHealth.com), telephone (770) 843-2993. Upcoming classes in Georgia all taught by Ko Tan include the following:

**Georgia - Conyers**

- **Face Reflexology**, June 25-26, Instructor: Ko Tan, CE's 14

**Georgia - Roswell**

- **Beginning Foot Reflexology**, July 9-10, CE's 14
- **Beginning Hand & Ear Reflexology**, July 16-17, CE's 14
- **Face Reflexology**, September 17-18, CE's 14



**Harmonizing the Spirit** - March 12-13

Five Element Aromatherapy and Essential Oil Acupoint Massage for Psychological Conditions

In this 2-day advanced certificate seminar, [Gabriel Mojay](#) addresses the aromatic and acupressure treatment of clients with a range of common psychological health conditions through the synergistic benefits of essential oils and acupoint massage. He shares an intuitive yet practical framework of mental-emotional health assessment based on the time-honored theory of the Oriental Five Elements. Classifying conditions according to disharmonies of the Mind (Earth), Heart (Fire), Soul (Wood), Will (Water) and Vital Spirit (Metal).



**Reiki Training Master Level**

**March 26, 2016 from 9am - 6pm**

Becoming a Reiki Master is an empowering process of self-development, the final step in your Reiki Training. Reiki Level 2 practitioners can benefit from completing the training whether or not they plan to teach. Our focus when teaching the Master Level is to provide our students with knowledge, skills and an increased level of vibration to deepen their connection and understanding of Reiki. The Master Certification Training is open to our Level 2 graduates. If you have taken your Levels 1 & 2 training with another teacher, please contact us to schedule a private meeting so we can see if we're a good fit and to help you prepare for the class. Click [here](#) for more information or to register or visit <http://www.stresslesswithreiki.com/classes/>

**2016 RAA CONFERENCE**



**Reflexology Association of America**

For detailed information, please go to the following website:

<http://reflexology-usa.org/conference-information-and-registration/>