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We are on the Web at: 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 or phone (423) 213-2424.

Polarity Foot & Hand Reflexology May 28-29, 2016



Polarity Reflexology is a combination of Dr. Randolph Stone's Polarity Therapy and Bill Flocco's Integrated Foot Hand and Ear Reflexology. It is a natural combination. Both therapies agree that unbalanced or blocked physical bodies and emotions can deplete the natural flow of health.

This class is designed to help you understand how energy shapes your life and your therapy sessions. Lisa Chan will share her experience of how the 5 elements taught in Polarity Therapy and Traditional Chinese Medicine can bring awareness, play, effectiveness and connection to your sessions, your business and your life.



Polarity takes this one step further and asserts that blocked energy can interfere with healthful life patterns. For example, say a person wants to feel more financial abundance in their lives. A Polarity Reflexology session could focus on identifying where the client is holding blocks in their body and energy by what they say, how they move, how they talk. With this awareness, added to reflexology, the practitioner can support the client to release the elemental blockage. Polarity Reflexology brings an understanding of the 5 elements to deepen a reflexology session with the inclusion of corresponding sound, color, pacing, movement, voice and awareness.



About The Instructor: Lisa Chan, LAc, PhD, and RPP (Registered Polarity Practitioner) considers the principles of Polarity Reflexology a core part of all of her sessions as well as the larger world around her, outside of sessions. Lisa earned her Full Reflexology Certification from the American Academy of Reflexology in 1991 and has been teaching Academy classes in various parts of California since 1995. With an active acupuncture/reflexology/polarity practice in the Greater Los Angeles area, Lisa has hosted her own cable TV show called "Healers on Healing." Lisa teaches Integrated Foot Hand Ear Reflexology, Infant Child Teen Reflexology, Visualization & Intentionality in Healing, Pathology of Feet Hands Ears, and other subjects, and is author of the popular *Reflexology Coloring Book*.

[To Register Online and for Downloadable Flier Click Here:](#)

Email : AAReflex@aol.com, **Web:** www.AmericanAcademyofReflexology.com

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. 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 March 2016 Newsletter:

Stacy Breeden	Michele Daniels	Mia Earl	Debra Farmer
Christine Hankes	Randal Key	David Robertson	Nancy Telford
Gaia Tossing	Lynn Watson	Carrie Wagner	



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 or 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



Lymph Massage, Protocols for Detoxification and Minor Pathologies

by Juul Bruin, LMBT, RN

May 5 - May 7, 2016 (24 CEs for MT's)

*Includes FREE and optional 3 hour ethics class.

This course is designed to help you learn about The Lymphatic System and its relationship to detoxification and chronic health conditions. During this three day training, you will learn Full Body Manual Lymph Drainage to incorporate with ease into your practice. The roots of how people develop chronic conditions including on toxicity in the lymphatic system will be covered. The impact of this detoxifying treatment on various health conditions such as migraines, sinus congestion, chronic fatigue, fibromyalgia, PMS, post-surgical edema, lymes disease, burns, sprains, and skin conditions will be discussed.

You will learn how to identify stagnant and congested tissue visually and through palpation. Lymph massage helps increase immune function and provides an overall detoxification and wellbeing in the body. This method is gentle and easy on the practitioner's body - yet has very powerful healing ability to decongest tissues, free stagnation and restore health.

Juul Bruin has a unique blend of experience in the healthcare field, spanning four decades in both traditional and holistic health modalities. A native of the Netherlands, she began her career as a psychiatric and hospice nurse. Upon relocating to the United States, Juul attended the Body Therapy Institute and is a NC Licensed Massage Bodywork Therapist (#630).

She later trained at the renowned Dr. Vodder School in Austria, becoming a LANA Certified Lymphedema Therapist in 2001. Juul is credentialed in the First Line Therapy modality as an integrative health coach by the Functional Medicine Institute. She also has a Masters degree in Holistic Health from the American Institute of Holistic Theology.

She enjoys sharing her thirty five year journey in health promotion and beautifully guides her fellow massage therapists toward an enriching, healthy and happy lifestyle.

Click [here for more information and to register!](#)



Lynne Booth will visit us from the U.K. in August to teach two one-day Vertical Reflexology (VRT) courses: the new "Vertical Reflexology (VRT) "Fast Track" Basic Course with Advanced Techniques" on Saturday 13th August (this is the former Basic & Advanced VRT courses rolled into one), and, the "Vertical Reflexology for Pain, Tension and Sleep Issues with Mobilization Techniques Course" on Sunday 14th August (this is the former Sleep, Mobility and New Developments Course - that has been upgraded). Vertical Reflexology offers a new perspective and new techniques and new knowledge that you will find very significant in your practice of reflexology. Basically you will learn a series of techniques to use before and/or after a regular reflexology session to increase the effectiveness of your regular session. Alternatively, the VRT techniques may be used to conduct a very brief and effective reflexology session when you have limited time (10 minutes). Most professional reflexologists in the U.K. currently use these techniques.

Lynne Booth and Vertical Reflex Therapy (VRT) were honored with an "Outstanding Contribution to Complementary Medicine Award" by the Institute of Complementary and Natural Medicine (ICNM) in Europe. This is recognition of the contribution that VRT is making to complementary medicine in the world. Lynne Booth is at the cutting edge of new developments in the field of reflexology.

There are no home study or practicum requirements for these courses and a Certificate of Attendance will be issued. Members of the Reflexology Association of Canada receive 3 CEU credits for each course attended. These courses also qualify for Continuing Education credits with RABC. If you have already attended either of the courses you can review for close to half-price. You can find out more about Vertical Reflexology by going to Lynne's website www.boothvrt.com or, by looking at an introduction to VRT on YouTube: www.youtube.com/watch?v=MLjFavkD4VY .

For more information on the courses and/or registration please use this link to visit my website: <https://pacificreflexology.com/node/1520>