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



Using 10 simple Feng Shui tips that can enhance your life this Summer:

1. Keep your home as tidy as possible. If you are in a rush or short of energy then focus on tidying and follow up with cleaning later.
2. Keep your windows clean. Either clean your own windows or use the services of a window cleaner (if practical) to ensure that your windows get cleaned regularly. Remember to do the insides too.
3. Your kitchen is the heart of your home and therefore is the most important part of your home. Start by making any necessary improvements here. Always start with tidying the kitchen (before other rooms).
4. Keep worktops clear. Only keep the essential items out on the worktops – items like coffee brewer and toaster. Aim to find a space for everything and then put things away after use.
5. Ensure that all electrical items in your kitchen work well. If they do not work either get them fixed, replace them, or just throw them out, if not essential. Once your kitchen equipment is checked as working well, continue checking through the rest of your home.
6. Put a small light on the worktop in the kitchen to give soft ambient light in the evening. Use strong lighting when preparing food and then soft light when just getting a drink or snack at night. Different levels of light helps you to be energized in the day or relaxed at night.
7. Work systematically when tidying or sorting out any room. Begin by the door and work clockwise around the room. This will focus your energy, and other things that also need doing will not distract you. One totally tidied or sorted area will feel even better when you add the next tidied area. You will be able to see what you have done and feel proud of your efforts (and be encouraged to do more!!)
8. Focus on one room at a time. Never aim to do the whole house as that can be too daunting. Your first priority is the kitchen, followed by the bathroom and toilets. Continue with your bedroom finishing off with the rest of the living and other areas.
9. Keep your front door and hall way as clear as possible and put extra coats, shoes, shopping bags etc away (in hall cupboard or spare room, if you have one). The energy of your home is affected by how well it can move around from your front door and how well you can get about too!
10. Keep a small light on in the hall on dark days and in the evenings when it gets dark. You could use a time switch so that the light always comes on to welcome you home.

*Source: <http://www.suericks.com>

Aromatherapy Certificate Course

Morning & Evening class begins July 19
16-week class, meeting 3-hrs per week
Atlanta, Georgia



Training videos guide you step-by-step through the eTouch software workshops. Four hours per level and you can view at your convenience 365/24/7.

Learn key elements of this increasingly popular natural therapy. A fascinating world of essential oils together with their wide-ranging therapeutic benefits. A 16-week Certification Course with Roz Zollinger, certified Aromatherapist and Instructor. The Heal Center's Foundation Course in Aromatherapy is designed to introduce to the novice all the key elements of this increasingly popular natural therapy. Aromatherapist and Reflexologist Roz Zollinger draws from her 28 years' experience as a practitioner and teacher to introduce to participants the fascinating world of essential oils, together with their wide-ranging therapeutic benefits. Roz's classes are conducted with an emphasis on participation and discussion. They are lively, friendly and informative, and are designed to give students a firm foundation in the safe therapeutic use of essential oils, for the benefit of body, mind, and spirit.

For more info, please go to the following link: <https://etouchforhealth.com/training.html>

Class Details:

Times: Morning Class 10am - 1pm. (Evening Class 7pm - 10pm)

Cost: \$750 (prepayment discount & payment plans available)

September 15-16: [Touch For Health - Level I](#)

Learn Touch for Health to help you and others relieve stress and pain by enabling the innate healing capabilities of the body. TFH's non-invasive methods use only your hands, simple touch, and other holistic techniques. Register online or call: (404) 303-0007

Balancing Touch

For your information, Adam Thomas of Balancing Touch has a new video on *YouTube* that details the top three types of therapy tools that may be of help to you in your Reflexology practice. To access this video, please go to the following website: <https://balancingtouch.ca/3-essential-tools-every-reflexologist-should-own/>

YouTube A Great Resource for Reflexology

Adam Thomas states that "I find that Reflexology is expanding on YouTube which I find very exciting. If you have not checked out YouTube, do, you will be amazed at the information shared there. I have a YouTube Channel that is starting to grow and am having a great time creating content for you. Feel free to share your ideas about what videos you would like me to explore. If you have not checked out the channel come by for a visit":

<https://www.youtube.com/c/AdamThomasBalancingtouch>

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, 2018. Membership applications can be found on the TRA Website or by contacting Larry Hill at lhil_hand@hotmail.com. To remain in good standing, please send your dues payment to Larry Hill, 3550 Buffat Mill Road, Knoxville, TN 37914.



The Flocco Method
Integrating Foot Hand Ear Reflexology +
For Better Health Results For 35 Years



For Details & to Register: <http://www.americanacademyofreflexology.com/emotional-release-reflexology/>

August

Emotional Release Reflexology

14 CE Hours,
August 5-6, Merrimack, New Hampshire
Instructor: Helga Dittmann ND

Emotional Release Reflexology

14 CE Hours,
August 11-12, Los Angeles, California
Instructor: Helga Dittmann ND

September

Pain Control & Stress Reduction with Foot Hand Ear Reflexology

3 CE Hours
September 7, Columbus, Ohio
Instructor: Bill Flocco

Ear Reflexology

14 CE Hours
September 7, Columbus, Ohio
Instructor: Bill Flocco

Hand, Ear & Intro to Priority & Progression Foot Hand Ear Reflexology

14 CE Hours
September 10-11, Norwich, England
Instructor: Ko Tan

Face Reflexology

14 Hours
September 12-13, Norwich, England
Instructor; Ko Tan

Hand, Ear & Intro to Priority & Progression Foot Hand Ear Reflexology

14 CE Hours
September 15-16, London, England
Instructor: Ko Tan

Face Reflexology

14 Hours
September 22-23, London, England
Instructor; Ko Tan

Beginning Foot Hand Ear Reflexology

28 CE Hours

September 15-16, 29-30, Los Angeles, California

Instructors: Lisa Chan & Stefanie Sabouchian

Emotional Release Reflexology ERR 14 CE Hours ARCB, NCBTMB

Approved for Continuing Education Hours (CE's)
by ARCB and NCBTMB & Accepted by ABMP and many States

Emotional Release Reflexology ERR

Increasingly, research proves the relation between emotional pressure and its effects on physical health. Besides the adverse effects of unhealthy stress, the roots for burnout and depression often are found in past emotions and trauma. With ERR we have a tool to touch those issues by touching the body through reflex-areas in the feet.

During this primarily hands-on class you will learn:

- how to work on specific reflex-areas of the feet which are connected to a person's emotional level,
- how to cope with and release emotions, which disable a person from unfolding his/her potential and bring back higher Quality of Life.
- techniques to balance out the emotional experience during and mainly at the end of each ERR Session.

About The Instructor



Helga Dittmann, a Naturopathic Doctor in Germany, has had a thriving reflexology practice in Central & Southern Germany for thirty-four years, developed Emotional Release Reflexology in 1998 and for the past twenty years Helga has taught ERR extensively in Europe – Germany, Luxembourg, Portugal, Slovenia, as well as in the USA. Helga is an Academy Graduate, Past President of German Reflexology Association GRA & the Reflexology in Europe Network RiEN and is widely known as a compassionate, attentive, insightful and highly skilled instructor. We are delighted to again Welcome Helga back to America to teach Emotional Release Reflexology.



Professional Reflexology Marketing Brochures - Update Spring 2018

The Pacific Institute of Reflexology (PIR) has recently announced the development of new marketing brochures. PIR invites you to take look - and recognize the potential that they hold - for expanding awareness of the broad benefits of reflexology, as well as, building your reflexology practice. PIR states that over 140



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Reflexology Certification Institute

debbie@reflexologycenter.com



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Debbie Hitt, NBCR, APP, RMT, Executive Director, Reflexology Certification Institute

The Reflexology Certification Institute reports that they have moved to a new space in Worthington, Ohio, and they now have room for a lecture area and practicum area. They are offering the following classes during the remainder of 2018:

REFLEXOLOGY CERIFICATION CLASS in Columbus Ohio:

July 21 and 22

August 4 and 5

August 18 and 19

September 15 and 16

October 13 and 14

November 10 and 11

Exam: December 15