



Academy of Ancient Reflexology
Certification • Workshops • Classes • Professional Continuing Education Credits

REFLEXOLOGY FOR YOU AND YOUR LOVED ONES

Imagine relaxing with your partner, parent, child or best friend and being able to easily and confidently offer that special person a soothing and relaxing hand or foot reflexology session. Better still, being able to treat *yourself* to the benefits of reflexology!

Reflexology is an easy way to care for yourself and/or someone else in your life. No tools necessary. All it takes is your hands, a loving intention and a little instruction.

Reflexology is an ancient healing practice that is based on the theory that there are reflexes in the hands and feet that correspond to every organ and gland in the body. Careful and specific attention to those points will bring about deep relaxation, improved functioning of the organs and glands and increased circulation of the blood and lymph systems.

You are invited to spend a morning with Karen Ball, licensed massage therapist, certified reflexologist and reflexology teacher of 28 years. Leave with instantly useable skills to give a relaxing foot or hand reflexology session.

Please note: This class is not designed for licensed healthcare practitioners. It is a general class for the lay public interested in offering reflexology without compensation.

SATURDAY, JANUARY 21ST, 2012

9AM – 1PM

SHAPE-UP WITH GINA! STUDIO

Ponce de Leon Mall, Saint Augustine, Florida

\$50/PERSON

For further information, call Karen at 904/553.4067. To register go to "Classes" at
WWW.ACADEMYOFANCIENTREFLEXOLOGY.COM