

Reflexology

110-Hour Intensive / Individual Classes

110-Hour Intensive:

An in depth study of Reflexology of the hands and feet, this course includes fundamental anatomy and physiology, pathology, Eastern and Western approaches, business and ethics, and using meridians to achieve balance. The program consists of six weekend sessions for 84 in class hours and 26 hours of externship. The in class sessions meet the first weekend of each month October 2009-March 2010, Saturdays & Sundays from 9:00 AM-5:00 PM.

Participants completing the 110-Hour program will receive a Certificate of Achievement. This program provides a foundation towards National Certification. For complete certification requirements visit the American Reflexology Certification Board's (ARCB) web site: www.arcb.net.



Individual Classes:

These classes are offered as individual workshops as well, both as Continuing Education hours (14 CE's per workshop) for the professional and as Personal Development classes open to the public.

Reflexology Overview: October 3 & 4, 2009

Western Reflexology: November 7 & 8, 2009

Eastern Reflexology: December 5 & 6, 2009

Hand Reflexology: January 2 & 3, 2010

Meridians & The Gabriel Approach: February 2 & 3, 2010

Instructor Kristi Gabriel, LMT, CR has over 20 years experience in Reflexology and more than 1000 hours of Reflexology and related training. She has been certified by the International Institute of Reflexology and the International Academy of Natural Health Sciences (Ottawa, Canada).

Costs: 110-Hour Program - \$1495 No interest installment payment plan is available
Individual Classes - \$250 per class

Workshop info: 859-252-5656 ext. 31 / www.lexingtonhealingarts.com



Lexington Healing Arts Academy

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