



## LauLā'au LLC

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### **Educational Experience Foot Reflexology Massage**

**Duration:** 10 hours (4 assigned evenings from 5 to 7.30pm)

**Costs:** \$160.00

**Location:** LauLā'au Academy, 76-5912 Mamalahoa HWY, Holualoa, HI 96725

Significant pressure points restore body mobility.

Foot massage is a traditional way to maintain general health. The practice of Foot Reflexology Massage applies pressure to a person's feet to affect a physical change in the body. Placement of pressure is based on a system of zones and reflex areas that correspond to other parts of the body. Massaging the feet opens nerve pathways and blockages, promoting relaxation throughout the whole body as well as restoring proper organ function. It may help to prevent inflammation, diabetes, high blood pressure, headache, to just name a few positive qualities of Foot Reflexology Massage.

This educational experience addresses everyone interested in learning an easy and effective massage technique to provide within family and friends. It is an introduction and basic (not mandatory) for the professional training of 60 hours.

#### **Focus of workshop:**

- What is Foot Reflexology Massage
- Know the essentials of human anatomy
- Experience Foot Reflexology Massage yourself by practicing on each other
- Basic massage sequence for a beneficial and relaxing Foot Reflexology Massage
- The focus will be on spine, neck and shoulder as well as digestion and excretory system and lymphatic system

**After this workshop you are able to perform Foot Reflexology Massage on a non professional base.**

### **Curriculum**

#### **First evening**

- What is Foot Reflexology Massage
- Overview of the foot reflexology zones
- Curriculum (ritual) and opening of the massage
- Relaxation movements and points on the feet

#### **Second evening**

- Introduction of anatomy of spine, neck and shoulder
- Where to treat those areas on the feet
- Massage sequence and technique to massage the areas

#### **Third evening**

- Introduction anatomy of digestion and excretory system
- Identifying the areas on the feet
- How to massage this systems
- Contraindication of Foot Reflexology Massage

#### **Fourth evening**

- Introduction anatomy of the lymphatic system
- Simple techniques (effleurage) to activate lymph flow and circulation on legs and feet
- How to complete a Foot Reflexology Massage