

Applied Reflexology for Massage Therapists



Facilitator: Lesley Baartman

About the Instructor:

Lesley is a Therapeutic Reflexology Practitioner, in St Albert, Alberta. She has a passion for teaching and is an engaging presenter.

Lesley studied in South Africa, obtaining a BSc. degree, a Certificate with the International Institute of Reflexology and a Diploma in Therapeutic Reflexology with the Complementary Health Centre in Johannesburg.

Lesley has been teaching for 9 years in Canada, focusing on Continued Education in Reflexology emphasizing a holistic approach to therapy. This includes introducing a method of incorporating Reflexology into the massage protocol for the benefit of Massage Therapists interested in Reflexology.

Applied Reflexology Course Information:

Aspects of Reflexology have been adapted to give the Massage Therapist the opportunity to incorporate specific Foot Reflexology techniques to promote circulation and muscle balance. These Reflexology skills add to a therapists' knowledge base, therapy skills and body/mind awareness approach to a therapy session.

This two day workshop includes: A knowledge base of Reflexology that is applicable to Massage Therapy, Reflexology techniques to assist muscle imbalances, Foot reflexes to aid lymphatic circulation, and Foot Reflexology techniques to address imbalances along the spine and the shoulder/pelvic girdle.

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