

Intro to Foot Reflexology

Weekend Workshop April 22-23, 2017

Sat. 10:00am – 4:00pm



Sun. 1:00 – 4:00pm

at

MassageWorks

2120 Academy Circle, Suite F

Colorado Springs, CO

(719) 648-6065 to register

Cost: \$135 cash or check (no credit cards please)

- Reflexology is a gentle holistic technique that uses gentle pressure on feet or hands & works reflex points that correspond to different areas of the body. Reflexology helps to reduce stress & improves the body's own healing ability by improving circulation, increasing energy, & boosting an overall feeling of wellbeing.
- *It's time to put your feet up and enjoy a relaxing, informative two day workshop on the benefits of reflexology. The workshop will cover:*
 - ❖ *the story of reflexology*
 - ❖ *specific reflex locations on the feet*
 - ❖ *hands-on giving and receiving a full treatment*

Facilitator Cindy Sweeney received her American Reflexology Certification Board registry in January 2008. Her office is located at MassageWorks in Colorado Springs, CO.