

## **Introduction to Foot Reflexology**

**Teresa Rich**  
**ITEC, MIGHT, IFL**  
**Lecturer, Speaker, Practitioner**

*Teresa Rich delivers ITEC Reflexology, and workshops for therapists based in Continual Professional Development in Advanced Foot Reflexology and Hand Reflexology. My workshops have taken me around the UK, Northern Ireland, and Glasgow. I have also delivered seminars in these subjects to audiences of 150 plus at Health and Beauty Exhibition, Donnington Park ,Excel Exhibition in Holistic Health in London and NEC Birmingham. I have written articles in hand reflexology for FHT and Capital Hair and Beauty.*



### **Course Outline**

- The aim of the workshop is to give a basic introduction to foot reflexology and its many health benefits, combining demonstration and practice.
- You will learn how to give a basic foot massage with some understanding of reflex points.
- No previous experience in this subject is necessary prior to enrolment.

### **Testimonial:**

*"Teresa's teaching methods took into account that we all learn in different ways. She encouraged all of use and trained us to a very high standard of work. Teresa gave me the confidence to practice and adapt the skills. Reflexology has become one of my most popular treatments!"*

*Gillian, Dorchester, Complementary Practitioner*  
[www.unicare.org.uk](http://www.unicare.org.uk)

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|---|---|--|
| <b>Course Venue</b>   | <b>Bournemouth,<br/>(just off A338)</b><br>Directions will be emailed out to you upon receipt of your enrolment   | <b>Venue contact details:</b><br>01202 295910<br>07855589892   |
| <b>Delegates</b>  | No previous experience required.  | This workshop is designed for beginners who to want to learn the basics of reflexology.                                    |
| <b>Course Times</b>   | <b>10am – 4pm</b>   | Please arrive 15 minutes early for registration  |
| <b>Price</b>  | <b>£45.00</b>   |  |
| <b>Maximum Student Numbers</b>  | <b>6</b>  | The delegates will also gain a certificate stating that they have attended an “Introduction to foot reflexology workshop”. |
| <b>Refreshments will be provided throughout the day however <u>lunch is not provided</u>. Lunch can be purchased from the local shops or delegates are welcome to bring a packed lunch.</b>   |   |  |
| <b>Parking at the venue / other venue information</b>   | Parking available. The school is situated up one flight of stairs with no disabled access.  |  |
| <b>What to bring?</b>   | Please bring pen, writing pad, two large towels, foot moisturiser, a large comfortable blanket and wet wipes with you to the workshop. Colouring pens are also desirable. |  |
| <b>Payment Details</b>  |   |  |
| Once payment has been successfully received, confirmation from Footprints will be forwarded to you within 24/48 hours (Mon-Fri) of the booking. Payment will only be taken if your booking has been successful.   |   |  |
| <b>DVD's</b>  |   |  |
| An Introduction to Foot Reflexology DVD is also available from the tutor on the day, or you can visit <a href="http://www.teresarich-therapy.co.uk">www.teresarich-therapy.co.uk</a> to purchase.   |   |  |
| <b>Thanks</b>   |   |  |
| Thank you for visiting this website. Please feel free to contact us, for just an informal chat or instructions on joining the workshops. We would be delighted to hear from you.<br>Kind Regards<br><b>Teresa Rich</b>  |   |  |
| <b>Terms and Conditions</b>   |   |  |
| By purchasing a workshop place you are agreeing to the following:   |   |  |
| <p>Courses are refundable up to 14 days prior to the workshop date. However, an admin fee of £10.00 is charged upon each workshop cancelled. You may send a substitute delegate providing they meet the workshop criteria.</p> <p>We reserve the right to cancel the workshop date. In this case we will notify you 7 days prior to the workshop date, and advise you of an alternative date/venue or provide you with a full refund.</p> <p>In the event of a workshop cancellation with under 7 days notice, a new workshop date, or refund will be organised for you. However, in this instance Footprints are not liable for travel expenses, child care, potential loss of income or any potential associated costs.</p> |   |  |