



Leader in Holistic Education, Wellness & Healthcare

The Cayce/Reilly® School of Massotherapy Presents

Reflexology, Level I

Reflexology is a therapeutic method of relieving pain by stimulating predefined pressure points on the feet and hands. This controlled pressure alleviates the source of the discomfort. Level I, of the Reflexology Certification Program, is the first of five levels leading to certification. Packed with information {and fun!}, you will enjoy plenty of “hands-on” time to both practice and receive what you learn during this class.

Some of the topics covered during this workshop are:

- Basics of Reflexology
- Benefits of Reflexology
- An introduction to locating and understanding different reflex points on the feet
- Reflexology strokes and techniques will be demonstrated and practiced
- A full Reflexology routine, utilizing the strokes and techniques demonstrated, will be given

This program consists of classroom hours, documented client hours and tutorials. All coursework and reports must be completed in order to move to the next level of study. Level V requires both a written and palpation examination. All documented sessions must be completed within six months of the completion of Level V.

For more information, visit: www.amobilemassage.com



Date: March 2 - 4 , 2012

Time: Friday 6:00 pm -10:00 pm
Saturday 9:00 am - 6:00 pm
Sunday 9:00 am - 6:00 pm

Continuing Education Hours: 20

Approved for CE Hours:
NCBTMB, Florida and Texas

Cost: \$350 (\$300, if paid in full 30 days in advance)

Materials Fee: \$15. (charged by the school)

No Prerequisites

To Register:

757-457-7134

workshops@caycereilly.edu

www.EdgarCayce.org/massageschool/CE

Classroom Hours and Dates:

Level I:	20 Hours	March 4 – 6, 2012
Level II:	24 Hours	June 8 – 10, 2012
Level III:	24 Hours	July 20 – 22, 2012
Level IV:	24 Hours	September 21 - 23, 2012
Level V:	20 Hours	November 2 - 4, 2012

About the Presenter:



Juliebeth Mezzy, CMT, AAEd, became a Certified Massage Therapist in 1993 and has been teaching at the Cayce/Reilly School for over 10 years. “Fun” is the word most often used to describe her reflexology certification workshops. Her passion for the work spills over into the classroom as her high energy and hands-on teaching methods continue to breathe new life in this ancient art of healing. Along with Reflexology, she teaches Palpation, Chair Massage and Swedish Massage. Juliebeth is certified through the International Institute of Reflexology, and is accredited by the American Commission for Accreditation of Reflexology Education and Training (A.C.A.R.E.T.), which means she is a nationally accredited Educator. As well, she is a member of the Reflexology Association of America.

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