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LETTER FROM THE BOARD



Hello Everyone,

The first half of the year has gone by just so quickly and has been filled to overflowing with many Committee members and practitioners achieving great benefits for the Association. Where would we be without this dedicated team of support from these many individuals working quietly in the background with the continual promotion of Reflexology? With their enthusiasm and passion new members are being encouraged to join and the experienced practitioners within our ranks are promoting a high

standard of educational workshops for us all to further our professional education and knowledge.

The Board of Directors had a very successful meeting in Cairns followed by the AGM and it gave us great pleasure to award both Cherel Waters and Emma Gierschick with Life Membership awards. This award is in recognition of the wonderful work and dedication from these two members.

Following the resignation of Cherel Waters as Company Secretary, the Board have appointed James Flaxman as Acting Company Secretary.

We will be offering students studying Certificate IV or Diploma level of Reflexology free Associate membership for the current membership year. This offer will be extended to all teaching colleges in each State to promote membership to the Association.

How wonderful for Reflexologists from around the world to attend the recent ICR International Conference in Cairns, Queensland, Australia! ICR director, Russell McAlister, did a wonderful job as conference convenor and we were given this wonderful opportunity of networking with the many experienced practitioners who shared their research projects, knowledge and techniques. Awards were presented to Heather Edwards, Sharon Stathis, Dee Leamon and Marion Bond for their contribution to Reflexology. Congratulations to these dedicated practitioners and we invite them to continue to share their wonderful knowledge with members.

By the time you receive this journal the holiday season will be with us. It is a time for reflection, recharging the inner self and setting new goals. Let us all join together with our passion and belief in the power of Reflexology to maintain our wellbeing.

Blessings and Good Health.

Libby Stark - President



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December 2007

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This Issue:

Front cover illustration courtesy of

REFLEXOLOGY ASSOCIATION OF AUSTRALIA LIMITED

The Reflexology Association of Australia Limited was incorporated in 2002 as a company limited by guarantee (ACN: 101 412 319)

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STATE BRANCHES

If there has been a change in the above directory, would you kindly advise Jan Cullen on jan.cullen@mallesons.com or on (02) 9296 3073.

STATE MATTERS

Please contact Jan Cullen to advise who is the contact for your State. Jan's email is

jan.cullen@mallesons.com

REFLEXOLOGY STUDY TOUR OF CHINA

by Carol Triat

On 12th May 2007, a group of reflexologists plus some partners took off to China for the first Victorian based Reflexology Study Tour. There were many hiccups and problems in the early planning stages of the tour and it is solely due to the hard work and determination of Deb Johnston, our Tour Leader, that the trip finally went ahead. Even trying to leave Melbourne from a fog bound Tullamarine Airport proved to be a challenge.

The tour itinerary was planned for those with a keen interest in mind, body and soul therapies - a desire to explore and understand the history of China and also to see and learn more about reflexology and its roots.

Our Beijing tour guide, Jing, went out of his way to put together a program that not only covered all of our requirements as natural therapists, but also included a diverse range of extras that would not normally be available on a commercial tour. We explored the art,



history, culture, and the beauty of the parks and gardens. We got to mingle with the people first hand doing Tai Chi in the early hours of the morning, to street dancing late at night. Our efforts in learning the language were appreciated and applauded by those we met and in return we showed our appreciation for the very high standard of cuisine that was presented at every meal. We were shown the good, the bad and the ugly but we also saw how friendly and endearing these people really are and how happy many are in their humble lifestyle.

I have been a practising reflexologist for 7 years. I felt confident in my knowledge of reflexology and my treatment of clients, however, after experiencing reflexology in China; after listening to Professor Hang Xiongwen, Chairman of the China Reflexology Association in Beijing discuss case studies and current theories; after sitting in on a lecture conducted by Dr Lu Ping at the University of Shanghai – I now realise I know very little



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REFLEXOLOGY STUDY TOUR OF CHINA

by Carol Triat

of this wonderful healing art form and that China is still leading the way, not only in theory but in practice and technique as well.

As well as attending reflexology lectures, the group were lucky enough to experience several healing sessions. Our guide Jing excelled himself in presenting surprises that would please and impress all of us. Our reflexology sessions took place in different environments; the Xian Municipal Massage Hospital where all of us experienced a session by students in training;

the Sofitel Day Spa where we were given complementary wooden tools to take home, once it was known that we were Australian Reflexologists and, finally, Jing took us to a very classy gentlemen's club in Shanghai. This created a great deal of laughter within the group and caused the locals

in the street to stop in their tracks as all 21 of us walked out of the establishment smiling broadly. What a reflexology session that was – absolutely brilliant!

We noticed that often wooden tubs were used to wash the feet with a good helping of pepper sprinkled into the water. A small amount of oil or vaseline was used instead of lotion or crème. Hand techniques included sliding, knuckling, kneading, wringing and flicking. The session did not stop at the feet but progressed up the leg with hands, arms and shoulders included. Chinese practitioners incorporate all their healing knowledge into a session and the result is a combination of body massage, foot massage and stretching.

Dr Lu Ping from the University of Shanghai informed us that it is vital for Chinese reflexologists to have an understanding of the meridian system. She stated that herbal powder is used in the water to promote blood circulation and, in summer, salt is used in the water. This will whiten the skin and kill germs. Pouring 10ml of vinegar into the water will soften the skin and is good for Athletes Foot and to cure warts. She suggested applying vinegar directly every day. All of us were overwhelmed with some of the techniques we saw and experienced at the hands of professional reflexologists and all of us were in a hurry to get home and use these techniques on our clients.

Professor Hang Xiongwen, Chairman of the CRA,

honoured us by meeting and conducting our lecture in Beijing personally. He stated that great advances were being made in Diabetes and with retarded children who often have abnormal feet; severely bent little toes. He presented the group with disturbing photos of children with disabilities and then proceeded to show photos of the month by month progress and improvements as a result of intensive reflexology sessions.

The professor is also an experienced practitioner of Auriculotherapy which he has been doing for many years.

He inspected ears and gave advice to many in the group and so it was with shock that two days later one of our group was taken to hospital with gall bladder pain, particularly as the Professor had predicted this problem. Due to this, one member of the group had to curtail his enjoyment of Chinese beer for the remainder of

the tour.

I believe all of us were touched in some way from this trip. There were many funny moments that only a group living in close proximity would appreciate. All of us will have many tales to tell our friends and families for many years to come and the close bond that formed between all members was truly amazing.

We all struggled with the local "loos" but were rewarded by the end of the tour with extremely well toned thigh muscles. Most of us had travelled with some form of "first aid kit" which was generously shared if others were in difficulty and, of course, reflexology was shared freely. One lady celebrated her birthday, while another got lost two days into the tour making all of us a little more vigilant.

This tour fulfilled all of our expectations regarding the study of Reflexology and sightseeing within China. The tour also included visits to Jade, Ceramics and Silk factories, a lecture on Feng Shui and training in Qigong.

None of us will forget the day Jing made us walk up a tiny path into the mountain to visit a Spiritual Master in his cave. We were invited into his home to see how he lived and while we performed Qigong on the edge of the mountain, he sat in deep meditation amongst us. Nothing could get better than this.

Since my return from this trip I have had many

(Continued on page 5)





MEMBERSHIP MATTERS

By Jenn Cooper, Membership Administrator



It was lovely to be able to meet so many of our members at the recent International Conference in Cairns. I was impressed to see quite a few new members taking advantage of such a smorgasbord of talent and workshops. I thoroughly

enjoyed the presentation by our very own Heather Edwards. Heather presented the History of Reflexology in Australia. Heather's presentation was a moving account of the teachers and students in Australia. Her talk was filled with such enthusiasm and passion. I thought how wonderful to have our new members there to hear such a history and know that we are truly an established association with talented teachers and so much more to come.

As you can imagine we had a busy schedule during our renewal period this year. Thank you to those members who did pay on time and met all our requirements for CPT, first aid and insurance. We hope you continue to enjoy the member renewal packs we take the time to prepare.

A major part of my role is to communicate with the Health Funds. We fought long and hard to get accepted as a modality in Australia. As an association

we must adhere to certain rules and guidelines and this means all members being responsible for updating the membership office etc. The Health Funds have become more and more vigilant in regards to insurance and first aid. So please assist us more by paying on time and having the correct paperwork. This is an area that needs to be tidied up by our members within the association.

As from next year all fees are payable on the 1st of July 2008. All fees must be finalised with supporting paperwork no later than the 31st of August. After this date if members have not paid the correct fees with supporting paperwork they will run the risk of becoming an unfinancial member. At this point member details will be removed from the Health Fund list and the practitioner listing on the website.

We felt that some members are taking full advantage of the extra time in which to pay. This can no longer happen as it holds up reports for Health Funds, updates for the website and updates for our branches. So, in future, we would appreciate all members paying on time, having all paperwork completed in order for the membership admin to run more effectively and to bring us in line with other organisations.

Quite a few members update their insurance in October each year. Remember to send the membership office a new copy as this must be kept on file and we do have to update the Health Funds. We have a new order form now available on the website. Please check the prices of items as there has been a slight increase in postage.

I wish everyone a very Merry Christmas and Happy Holidays. May we all take some time out to be with family and friends and reflect on the joyous times in our lives.

Jenn Cooper

REFLEXOLOGY STUDY TOUR OF CHINA

by Carol Triat

(Continued from page 4)

reflexologists ask me about the experience as the general feeling had been that the trip would not be successful. This is very sad and undermines the hard work of those who worked hard to put the tour together.

Finally, I would like to say that the Reflexology Association of Australia should be encouraging as many practitioners as possible to participate in one of these tours in the future.* Practitioners will not only come back with new skills and a new passion for what they do but the experience will be life changing as well. They will come back with a deep appreciation and gratitude for life.

Thank you Deb, Jing and Jack – you will always be part of our family.

* Assistant Editor's Note: *It is not the role of the Reflexology Association of Australia to endorse specific training programmes. The choice of training is made by reflexologists.*

The FootPrints Team
Wishes All Our Members
and Non-Members
a very
Happy Christmas
and a Prosperous 2008



GETTING TO KNOW YOU



INTRODUCING JENNY ALLEN PETERHEAD - S.A.



What initially drew you to do Reflexology?

This is quite interesting for me. It was around 1999 and my two young then teenaged sons moved to Sydney with their Dad for five years which, of course, left a huge hole in my life. I had always been pretty active with my work which was, at that stage, focused in the customer service and telemarketing fields. I guess you could say that I had some kind of

epiphany when the boys left as I found that I really wanted to put my life in another direction. I had always enjoyed receiving massage and other tactile therapies (probably having been starved of this as a child), so I wanted to study more. I guess I chose reflexology as I have a back problem which prevents me from doing too many full body massages, and so the fact that one can sit down and work on the feet really appealed to me.

Also, as I began to learn more about Reflexology, I became more fascinated with this modality and the power of healing that it has on one's mental, emotional, spiritual and physical states.

How long have you been practising?

Since 2003.

Where is your practice?

I have a home based practice set up in a room in my house.

Do you have a mobile Reflexology service?

I used to, but had to give this away due to the hassle of carrying my La Fuma chair with me in and out of the car. Plus now I don't have a car anymore so that kind of puts paid to that!

On average, how many clients do you see each week?

Now, only one, but when I was more active, about 3-5 (it was only a very part time practice).

Do you have a specific style of Reflexology?

I studied Reflexology 1 and 2 which involved the Ingham Method and the Oriental (Rwo Shur) method which is the method I use now. I find it much more relaxing to both give and receive. I also studied Auriculotherapy (Ear Reflexology) and I use this in conjunction with the Oriental method both as diagnostic and treatment using seeds, magnets and moxibustion.

Do you have a specific area of expertise/interest?

I am fascinated with Auriculotherapy as it is so simple, yet so powerful and gains great results over time.

What courses have you attended recently that you found to be useful to your practice?

As I have been winding the business down, not that many due to health and finance reasons.

Do you combine any other modalities with your Reflexology treatments?

I use both Auriculotherapy and Quantum Touch, which is a Reiki type of healing.

Where do you want to see Reflexology in the health system?

More accepted of course!! I notice that some health funds are now choosing not to include Reflexology in their "Extras" which is a tragedy!!! We need to educate more funds as to the benefits of Reflexology so they understand the necessity of including it in their plans. I think the challenge we have at this point in time is to become more cognisant with "alternative healing" as a whole, as it will be the healing of this millennium with more and more side effects to drugs, surgery and western medicine in general being realised and natural therapies becoming more "the norm".

What is your greatest moment with Reflexology?

Probably when I was working at the Cancer Care Centre here in Adelaide for my log hours. It was just so satisfying to see such appreciation from patients who were in chronic pain and fear. I gained very good results from these clients who were always so appreciative of a hiatus being experienced from their quite debilitating symptoms. In many instances there was a marked improvement in their well being and an increase in their life expectancy - which I would like to feel was a result of Reflexology!!


What is your funniest moment with Reflexology?

As any Reflexologist knows, clients can become so relaxed that sometimes they are completely "out of it" in bliss land during a treatment. My very good friend, Sally was having a treatment one day when she seemed to go into an exceptionally "deep sleep. We seemed to be both in the "zone" when, all of a sudden, I changed feet and she physically "jumped" in the chair, waking her up and startling me at the same time!!! I think she had been astral traveling!! J We laughed so hard we nearly broke our sides!!!

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GETTING TO KNOW YOU



What was the most difficult situation/biggest challenge you found yourself in as a Reflexologist?

The biggest challenge I had, was definitely when I was helping two clients who had cancer. One I travelled to when my mobile service was operating. I think she gave me just as much as I gave her as she was so positive and cheerful and determined to beat her cancer which had invaded her lungs, liver and spleen. Even though I knew that recovery was probably unlikely, her attitude made her a joy to treat, but was also very bitter/sweet for me. The last time I saw her she was waving goodbye to me on her house steps telling me she would see me in the new year. During the Christmas Holidays, her sister phoned to tell me she was in a coma, the cancer having spread to her brain! Days later she was dead and I was quite devastated as to how quickly her disease had claimed her. She lived a full and happy life though and this helped somewhat to deal with her passing.

She never allowed her disease to take away her sense of wonder or her optimism! But she definitely impacted upon me profoundly.

As did an actual friend of mine who had been suffering from bowel cancer and had had surgery to remove it. She had been given the 'all clear' from her surgeons who had told her it was all gone. However, she decided to keep coming to me as she was sure Reflexology was helping her.

She was then advised to have a hysterectomy, just in case some of the cancer had invaded her uterus as she was experiencing difficulties in this area. (why they didn't do this when they operated on her bowel is a mystery to me). Once again, she was up and at 'em in just a few days, determined to have a good holiday and get on with the rest of her life. Then tragedy struck when the cancer had invaded her liver and kidney (I had detected this with Reflexology before her doctors even knew about it but, of course, was tactful as to how I chose to tell her – she 'knew' anyway, being an intuitive person herself).

Within a few short months she too would be dead, but she never gave up trying to find a "cure". She left her 12 year old son behind who was then adopted by her best friend's family. She was only in her mid forties.

If you could pick anyone in the world, who would most like to give a Reflexology treatment to?

The Dalai Lama as I am sure the exchange of energies would be mind-blowing!

What could you not live without?

Chocolate and cheese, my staffy dog, Holly and my cat, Kali.

And finally, what advice would you give to new graduates of Reflexology?

Just keep on practicing and being open to different modalities. They are all part of the great alternative healing tapestry of life! But also, sometimes less is more and once you have a "feel" for a particular modality, it is more effective to become proficient in that, rather than being a "jack of all trades" - quality is usually better than quantity.

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A Special Seasons Greetings



On behalf of the Reflexology Association of Australia we all join together to offer our appreciation and thanks to the FootPrints Team who continue to promote our Association through our national Journal, the Editors of the each State Branch Newsletters who keep members informed of the latest information for members and most importantly to Jenn and Ashleigh from the Membership Administrator office who work as a team to communicate with members and to compile our records.

With this teamwork we are working to strengthening our foundations for the Reflexology Association of Australia.

*Seasons Greetings to All
from the RAA Board of Directors
Libby Stark - President*



JUST WHAT DOES IT MEAN TO BE A VOLUNTEER?

Most of us volunteer for something during our life. It might be to captain the netball team or it might be to feed the neighbours cat! Some of us volunteer for organizations, do committee work and some of us volunteer to work with the sick and needy.

In all the volunteering work I have done, I have come out the clear winner. I have grown, I have developed skills that would never have developed, I have met amazing people. In the field of reflexology I have found an avenue to use my gift in its purest form i.e. without being paid for it, just because I want to give. This has been an enormous blessing to me. I probably would not volunteer for anything if I felt that it merely depleted me.

To all of you who volunteer, thank you. Not only do you give, you also receive. I think that is what volunteering is about.

By Anne Young, WA

SHELL ESSENCES FOR REFLEXOLOGISTS

By Nancy Parker

Shell Essences are Light-Healing remedies made from an energy information flow accessed from the calcium bodies of forty different sea shells. These shells contain healing information required by us to become self-healers. They remove obstructive imprints from the past in order to create the future we are growing towards. They are multi-dimensional essences, able to access the many levels of our being to find the roots of our imbalances, be they within our present life, our family tree, a DNA mishap, planetary imbalances or 'past' lives.



similar to static electricity - can burn the nadis. Callala Bay Scallop intercepts the energy at the intersection of the nadis and also releases emotional blocks.

"I Am" and "Chocolate Cowrie"

A common problem affecting many people are negative energy fields we call the 'Greys'. Because our once protective auras are pitted by radiation, these negative energy fields can now permeate our auras. The energy of 'Greys' is attracted by negative emotions, and also by alcohol abuse and recreational drug use, and can produce feelings of initality, despondency, jealousy, fear, hopelessness, anger and self pity. Practitioners working with such troubled clients can themselves become affected. The 'Greys' can give incorrect or confusing psychic and intuitive

Although usually taken as drops under the tongue or sprayed in the aura, reflexologists will find that anointing a specific part of the foot or hand with the appropriate Shell Essence will allow the area being accessed to go into the Light and self-heal more rapidly than may have been expected.



information - a bit like being tuned into one radio station and picking up parts of another. A mixture of 'I Am' and 'Chocolate Cowrie' will dislodge this energy and

bring a sense of relief. Both practitioners and clients need to be aware of these energy infringements.

Connecting Safely To Clients

The foremost concern of these essences is protecting the practitioner. Many of the first essences we received protect the therapists own intrinsic energy body from possible damage caused by the negative energy fields of our clients. For healing to be effective we, as therapists, need to take care of ourselves and this includes our energy patterns, or light bodies, as well as our physical and emotional selves.

Some Shell Essences which will help practitioners to safely and effectively work with the energies of their clients are as follows.



'Callala Bay Scallop'

Both practitioner and client can take this essence before beginning treatment to prevent any backflow of negative energy to the practitioner. Usually this only happens when practitioner and client have similar problems and are similar body-types; however, with advanced energy techniques this backflow can occur regardless of body type. The practitioner's nadis (spiritual healing channels) interact with the frozen chakra of the client's energy and the discharge -

'Just Me' Spray

At the end of each day - or even between clients - it's important for practitioners to remove any remnants of the client's energy which can remain attached to the practitioner's energy body. Excessive tiredness, imbalances and eventually 'burn-out' can result when one's energy is continually infringed by the energy of others.

'Just Me' is a spray containing a blend of Shell Essences which each remove a different form of energy infringement. If 'Just Me' is sprayed through the aura each day the result will be greater vitality, more peaceful sleep and better long term health.

'Essenshell Harmony Mist'

This is a great space-clearing spray to use in a clinic to remove the emotional energy debris clients leave behind when they release their imbalances. Those sensitive to energy can feel discomfort - or even experience the emotional state of previous clients. 'Harmony Mist' creates a feeling of harmony and peace and is equally valuable in the workplace or home.

SHELL ESSENCES FOR REFLEXOLOGISTS

By Nancy Parker

Shell Essences to Facilitate a Healing Session

Essences such as **Robin's Cowriet**, **Callala Bay Scallop**, **Stromb.Canarium**, **Stromb Fasciatust** and **Chocolate Cowrie** can be added to a cream and massaged into the feet before beginning a reflexology treatment.

This will allow the client to relax during the session and be receptive to the healing and also for the practitioner to feel relaxed at the close of the session. The essences flow to the underlying cause of an imbalance and allow us to connect safely to ancient energies (eg planetary energies) which are difficult to access by other means. It's estimated that one fifth of all imbalances may be due to conflicting planetary magnetic flows.

'Bliss for Feet'

The foot spray 'Bliss for Feet' clears the nadis (spiritual healing centres) of the feet to allow us to connect with our own personal leyline through which we access the life path we have planned. This is a great way to begin and end a reflexology session. 'Bliss for Feet' is also a valuable aid to those who have tired aching feet or who stand for long periods on concrete floors.

'I Allow'

This essence encourages self love and self acceptance and can be taken by clients before treatment to allow them to heal at their own rate of healing and to enable them to be more allowing for themselves. The practitioner can take 'I Allow' after the treatment session to release the client's energy. This is particularly important for anxious practitioners who need to see positive results for their own reassurance.

'Tiger Cowrie'

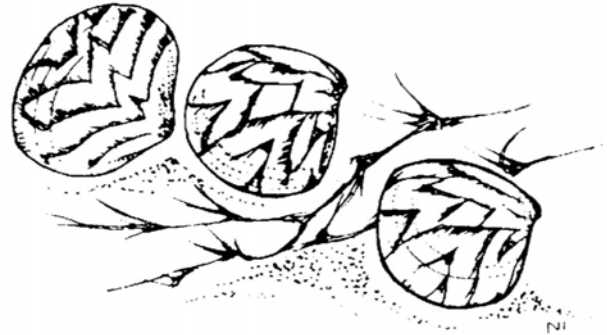
This is an excellent essence to complement treatment if there is a genetic component to the client's imbalance. We recommend a course of 'Tiger Cowrie' (taken from stock, not dosage) for a month at least if the imbalance is evident in the person's family tree. 'Tiger Cowrie' will also remove surrogations - energy overlays from another person. If you work on a client whose energy is infringed by someone else, you may find the treatment ineffective as you are working with the energy of that other person instead of the client!

The 42 Muscle Balance Sequence

This sequence of five essences designed by kinesiologist Malcolm Chaffer is a very effective way to finish a treatment. Two drops of each stock essence must be given in the following sequence: 'I Allow', 'Pipi', 'Robin's Cowrie', Stromb. Fasciatus' and 'Yellow Sand Snail'. The 42 Muscle Balance resets the body's meridians and re-sets the meridian time clock. If our meridian time clock is out, we distance ourselves from the past and to distance oneself from the past destroys our pathway to the future in our memory cells.

This sequence is particularly supportive for anyone with a chronic illness e.g. Parkinson's disease (and is also

very useful for preventing jet lag). If someone is feeling tired and listless, jealous, angry, not remembering well, unable to lose weight, unable to recover from flu or just feeling out of balance, this sequence of five Shell Essences may make all the difference.



Shell Essences complement all forms of therapy. Given at the beginning of the treatment they allow practitioners to safely access difficult areas of client imbalance and, after the treatment session, a blend of essences can support the client until their next appointment. The essences can be chosen by dowsing with a pendulum, using kinesiology muscle testing, tuning in with one's own intuitive process or just giving the essences described above.

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International Council Of Reflexologists (ICR) 11th International Conference

By Christine Issel

The ICR held its 11th international conference (*Reflexology: Simply the Best*) in Cairns the 14th-16th.

The worldwide gathering of reflexology practitioners was attended by reflexologists from 20 countries with a majority of the 160 delegates coming from across Australia. ICR Director, Russell McAllister from Sydney, was the conference convenor at this highly successful conference which included presentations by two medical doctors. Dr. Shewta Choudhary from India presented the results of her three research studies on the efficacy of reflexology in the prevention of post-operative nausea, vomiting and pain. Dr. Marine Faure-Alderson from France, shared with the participants her current research with reflexology's effect on all types of cancers being conducted in six hospitals around the world. Two of



Cheryl Sue Waters, Libby Stark

those hospitals are in Australia — one in Sydney and the other in Perth. Mari Ogino of Tokyo provided research in Japan using sophisticated electromagnetic technology including functional magnetic resonance imaging (fMRI) which demonstrated how the application of reflexology to the feet has a corresponding effect on the functioning of the

internal organs.

Australian, Christopher Dean, former owner and chairman of Thursday Plantation Health, Ltd. who pioneered the renaissance of tea tree oil worldwide, addressed the group about the beneficial use of tea tree oil in natural therapies and specifically in reflexology. Heather Edwards from Queensland, a pioneer in the growth, development and education of reflexology in Australia, shared the history of reflexology in Australia. Later she was given an award for her service to the field. Sharon Stathis of Queensland, Dea Lemon and Marion Bond of Victoria were also recognized for their work during the early years.

Other international speakers included Madeleine Turgeon of Montreal, Lee Anthony Taylor and Beryl Crane of the UK, Mauricio Kruchik of Israel, Hanne Marquardt of Germany who has over 50 years of experience in the field and has trained thousands of reflexologists in Europe and Christine Issel of the USA.

"Perhaps the greatest benefit I personally got from attending the conference," says Libby Stark, current president of the Reflexology Association of Australia Ltd, "was the opportunity to meet and network with my fellow practitioners from all over the world." Libby went on to say, "The exchange of ideas and techniques was exciting and stimulating. In the future, reflexology, I am certain, will takes its rightful place as a leader and most effective therapy within complementary and alternative medicine".

The next conference in 2009 will be held in the Los Angeles area.



Ronald O'Dell (on behalf of Emma Gierschick), Libby Stark

Cheryl Sue Waters, James Flaxman



Image of the late Trevor Steel, Dea Lemon, Carol McBain, Heather Edwards, Sue Flinger



Sarah Blain, Cheryl Sue Waters, Judea Hawkins, Jann Cooper



Dea Lemon, Sue Flinger, Carol McBain, Sharon Stathis, Heather Edwards

VERTICAL REFLEX THERAPY (VRT) FOR SPORTS INJURIES

By Lynne Booth BA (Hons) BRCP IIR ART(Regd) MAR

Reflexology and Vertical Reflex Therapy (VRT) are a powerful combination when working with sports and other acute injuries such as sprained ankle, Repetitive Strain Injury (RSI) or over-stretching in a yoga class. These techniques are also very helpful, as a preventative measure, to anyone who exercises in the gym, swims occasionally, or enjoys a good walk for example. I have used this method successfully over many years with clients and other Reflexologists who use VRT have reported similar good results. The hands are equally as responsive as the feet and I use a combination of hand and foot Reflexology in all treatments.

What is VRT and Does it Work?

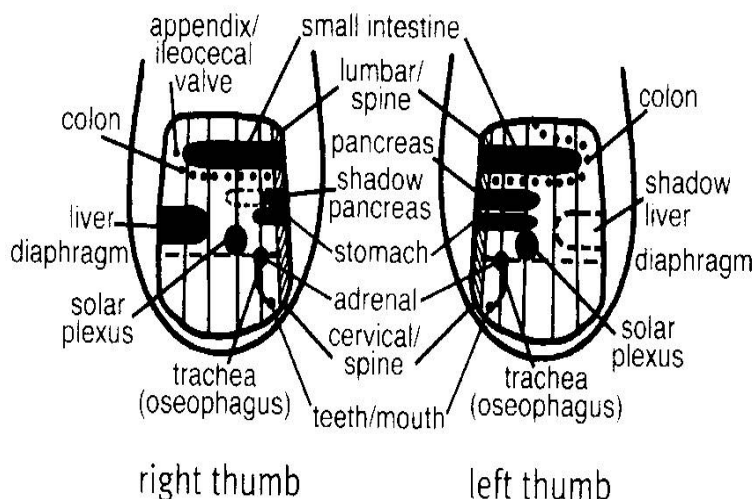
Vertical Reflex Therapy (VRT) is a unique Reflexology technique that I have

discovered and developed since the early 1990's. A five-minute VRT treatment on the weight-bearing hand or foot dorsal reflexes can accelerate the healing response of the body. This treatment can be given in its own right, as first-aid, or as a brief part of a conventional Reflexology session. My new research has concentrated on Hand VRT and the unique way of working a grid system of reflexes on the nail. A Reflexologist can now work very precisely, nail-on-nail, to access the whole body through the dorsal (top) reflexes of the hands and feet, and by lightly touching the nails themselves. New nail charts and instructions for all self-help and practitioner Hand Reflexology are described in my book *Vertical Reflexology for Hands*.

VRT is also very useful as a preventative treatment, and my people report that they have had a lessening or cessation of repeated aches or pains following a few minutes of daily self-help. In this article, I look at methods and examples of treating injuries or minor injury problems, including self-help between treatments, as I am sure this is one of the most powerful ways of accelerating recovery. A therapist gave her son, an accomplished amateur rugby player, regular VRT for minor and more serious injuries throughout a season. She reported that he had experiences less pain, on-going injuries or time off than in any previous year. In a small survey I conducted in the workplace in 2002, six employees who had suffered a chronic health problem for 6-12 months including Repetitive Strain Injury, were given one half-hour Reflexology/VRT treatment a week for 4 weeks. They were asked to work three priority

reflexes, for example, neck, lower lumbar and hip on their weight-bearing hands for two minutes twice a day for four weeks. After one month all six people reported and 80-100% improvement in their chronic condition. These exceptional results encourage me to give clients, including sports persons, a short specific homework sheet of instructions, where I indicate three key reflexes to be worked twice daily for three minutes

in total. An interesting secondary aspect has emerged from the application of VRT and Foot Reflexology. Several athletes, tennis players and joggers have reported that, not only do they feel invigorated by a brief Reflexology session, but their feet feel physically better because they have had a very precise form of stimulation and treatment over a period of 30-45 minutes. This fact is equally pertinent for all persons, as our



feet are the key to our mobility.

A few years ago, on a long-hail flight, the young male passenger next to me was nursing a bandaged arm, having recently fallen while cycling at speed. He was a professional cyclist who had competed in the Olympic Games in Athens (this I found out later during the flight). I treated his hand reflexes for ten minutes, both passive and weight-bearing, and he soon fell into a very deep sleep. On waking several hours later he remarked that he had rarely slept so deeply and felt he now had less pain and a little more mobility in his arm. It was interesting to work on such a super-fit person as every key reflex responded very specifically and quickly.

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VERTICAL REFLEX THERAPY (VRT) FOR SPORTS INJURIES

Printed with Kind Permission of Positive Health April 2007

By Lynne Booth BA (Hons) BRCP IIR ART(Regd) MAR

Commence all Reflexology/VRT treatment by Working the Pelvic/Lumbar Spine Area.

I recommend commencing treatment for all muscular/skeletal injuries from a fixed starting point which comprises working the hip, pelvic and lower lumbar spine reflexes first to adjust and balance the entire body, prior to specifically targeting the reflex points connected with the injury. This has proved very successful, and I use this premise for adjusting the entire body via the pelvis as a blue-print for all my Reflexology/VRT treatments. Most manual therapists recognise the maxim that structure governs function, hence the need to first make corrections to the lumbar spine area in the belief that once stability returns to the lower part of the body the glands, organs and muscular and skeletal system throughout the body are in a better position to respond.

Case Studies.

Female, Aged 36

A woman virtually crawled into the treatment room and was bent double and unable to straighten due to a very painful sciatic condition affecting both legs, which had commenced that morning. VRT was applied at the beginning and end of a conventional treatment. Two VRT techniques Diaphragm Rocking and a form of lymphatic stimulation were also applied. During the conventional treatment, as the right hip area was worked, she let out a gasp and said that it felt as if someone had reached into her chest and given it an almighty yank! On completion, she stood up very gently and straightened slowly with no pain. She was able to move quickly round the room, then sat in a chair and crossed one leg over the other to put her sock on, which she had not been able to do previously.

Jogger, Aged 20

The young man had sprained his left ankle running that morning, and his foot had been immersed in ice immediately before I saw him. He experienced considerable pain and could not put full weight on his foot, and walked slowly on tiptoe. I worked his right foot standing for a minute, then his left weight-bearing hand. Next he lay on the couch and I spent about twenty minutes working his passive left wrist on all the referral reflex ankle points. I moved his wrist in a gentle clockwise and anti-clockwise movement. I then worked the left weight-bearing hand again with VRT. He was immediately able to fully weight-bear on his left foot and walk relatively normally with greatly reduced pain. At no time did I touch his left ankle. This was an exceptional result.

Male, Aged 24

A professional footballer had suffered for three weeks with fluid on the right knee and was limited in mobility by the pain, inflammation and swelling. This problem had recurred regularly over four years and was diagnosed as a torn posterior collateral ligament with the suggestion of an operation if it did not improve. He was unable to run and his exercise in the gym

consisted of upper-body work. I worked his knee reflexes, hip and leg reflexes as well as the pelvic and sacral reflex area around the heel. I concentrated on the nerve innervations around the L3 reflex for the knee itself. I treated various lymphatic reflexes to help to stimulate the draining of the fluid. The day after his treatment, his knee swelled more than ever and became acutely painful. He worked the knee reflexes on his hand several times daily to help drain the knee. By the next day the swelling had almost completely diminished, and within days he resumed training. A year later he telephoned me from his new club in northern England to say he had been unable to play for three weeks due to the above problems recurring for the first time in twelve months. I treated him again and the above pattern repeated itself and within one week he played for forty-five minutes in a match with no adverse effect.

Male, Aged 17

A youth had badly hurt his lower back three weeks before when he felt a muscle contract while stretching in the gym. He had then been unable to exercise at all. I treated for 45 mins, and by the end of the session he had considerably less pain and was able to bend and move. He was able to resume training a day or two later. I taught him some VRT self-help techniques on the foot for the lower lumbar reflexes



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VERTICAL REFLEX THERAPY (VRT) FOR SPORTS INJURIES

Printed with Kind Permission of Positive Health April 2007

By Lynne Booth BA (Hons) BRCP IIR ART(Regd) MAR

whenever his back became painful. He also worked his passive had in bed at night, as he was awoken by the muscular pain if he lay at a certain angle.

Female, Aged 75

This female, a good amateur tennis player, underwent a total left mastectomy including removal of the under-arm lymph nodes. Although her arms were strong and pain free, she experienced swelling and tightness in the armpit which meant that she could not raise her arm. The neck and thoracic spine reflexes were targeted as well as synergistic VRT (simultaneously working the identical hand and foot reflexes) on the lymphatic, shoulder and arm reflexes. She achieved greater movement immediately, and within four treatments over a period of twelve weeks, she had no restriction in her arm. She had no pain and wanted to play tennis at that point. In theory this could have been possible as she was able to resume normal activities with virtually no discomfort, but I insisted that she gave herself longer for the scar tissue to heal and for the muscles and ligaments to strengthen so that she would not over-strain her arm playing a strenuous game.

VRT is a very powerful technique and has been known to produce instant results, but the increase in mobility and decrease in pain does not mean that the organs, muscles or glands have been completely restored at once. The body will still take time to heal at a cellular level. What has been very interesting over the years is that many people, after a single treatment are immediately able to walk and stretch further, and that this mobility continues while the body strengthens in a permanent way over a period of time. In the case of serious or chronic conditions the above comments and cautions are very appropriate. In acute injuries such as

sport, VRT can help to correct or accelerate the healing in a very short timescale and, as there is no long-term degenerations, the person can very quickly resume their activities. For example, a youth had strained his neck during a knock-about with a ball. He felt his muscle go into spasm and was still in considerable pain after physiotherapy when I treated him a couple of hours later. Working the foot and neck reflexes synergistically caused him to feel immediate warmth in his neck and by the end of the half hour treatment he was able to move his neck freely again with no pain and the problem did not recur.

When treating sports and minor injuries, especially when VRT is used, it is recommended that the client's range of mobility is tested prior to, and after the Reflexology treatment so the therapist and client can monitor any immediate change. VRT and Reflexology are excellent complementary therapies to work alongside Physiotherapy, Osteopathy and Massage. Whatever the condition chronic or acute VRT can work on a subtle level enabling the body to accelerate its innate healing processes.

References - Books:

Booth, Lynne, Vertical Reflexology; and Vertical Reflexology for Hands. Piatkus Books London

2008 WORLD WIDE CONFERENCE

For those travelling here is a list of events that are occurring both here in Australia and abroad.

- 1-4 May Reflexology Assoc. of America**
2008 Conference
Portland, Maine
www.reflexology-usa.org
- 9-10 May Reflexology Assoc. of Sth Africa**
2008 Bi-annual Congress
Durban
www.sareflexology.org.za
- 24-26 Oct Reflexology Assoc, of Australia**
2008 Conference
Sydney, NSW
www.reflexology.org.au
- 7-11 Nov Reflexology Assoc. of Canada**
2008 Conference
Montreal
www.reflexologycanada.can

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STATE MATTERS



Ah Queensland...what bliss to actually hear the rain falling steadily on the roof as I draft this report and better still to hear it for more than five minutes! Not that we'll get too excited of course, it would need to rain solidly for 40 days and 40 nights

for our dams to fill again....so if anyone receives a message to build an ark, we'd like to know about it as soon as possible please!

There has been so much going on in Queensland recently that if I have overlooked anyone or anything, readers must forgive me. Anyone reading our monthly newsletters (which I understand is now published on the RAA website) will see that there we had a veritable feast of guest speakers, foot swaps, practicum exchanges, the ICR conference in Cairns, Reflexology Week events and numerous workshops.

What I can report on is that during World Reflexology Week, the Diploma students at ACNM mounted an interesting, colourful and diverse display of promotional material and invited the public to enjoy a free 15 minute reflexology treatment. This invitation was eagerly accepted and the recipients were amazed and delighted by the effect - one even reported that he levitated! (Thank goodness we didn't need to get him off the ceiling!). Our stalwart leader (and lecturer) Jan Williams kept up with the barrage of questions fired at her by the enthusiastic crowd!

Alyson McRitchie, our special events co-ordinator, and four RAA members (Linda McIntyre, Lyndel Godden, Sandra Greggor and myself) also set up a display and four massage tables near the Reflexology Path at Red Hill on a hot, sultry Sunday. We had a diverse range of people who came along for a treatment, all of whom responded wholeheartedly. A big, solid fella (think Fred Flintstone with a crew cut) with feet and hands the size of ham hocks who had great difficulty hoisting himself onto the massage table, was fast asleep within 2 minutes (I kid you not!). When awakened 15 minutes later he responded with the question "did you actually do anything on my feet?" This was confirmed when he raised himself off the table and reported, with some surprise, that he hadn't been able to do that for years - he was a concreter and tiler and always suffered from back pain - until then...ha!

In October, some RAA members volunteered for Carers Week at Mt Gravatt, where a wide range of people were treated to a wide range of therapies by a wide range of therapists, much to their delight and appreciation! This was a fabulous opportunity to promote reflexology whilst networking with other practitioners.

Another major drawcard in October was the weekend workshop "Feet, Glorious Feet" by Chris Stormer (who is aptly named don't you think?) which I thoroughly

enjoyed along with another 26 attendees. Chris "stormed" through the fascinating ways our feet reveal fascinating things about us, the reason why "if it isn't one thing, it's your mother" that determines our personality, health and well being, the importance of clearing out your home and, in particular, your garage, of clutter (I call it secret women's business when I impart this to my girlfriends), what your clothing, jewellery and face reveal about you and how every health problem has an underlying emotional basis. There was much laughter, much reflection, much sharing and much pleasure during this wonderful weekend.

On that note, we would like to wish all our colleagues across Australia a wonderful Christmas and a Happy New Year. We also send you, as Chris would like us all to send to family and friends around the world...the gift of "White Light, Pure Love".

Peace be with You.

Eileen Wallace



Hello to all Members

We had three members go to the conference in Cairns. Sue Ramsey Marg Brown and James Flaxman. James and Sue spoke to us at our monthly meeting. Believe the stress days with Peter and Dorthe was very interesting.

Pauline Trent as usual has been doing great things with fundraising. 22 attended the Bowlathon raising \$175. Well done.

We are planning a couple of workshops for 2008. It has been suggested we have swaps after our monthly meetings - I for one am very much in favour of this. Our December meeting will be held at Penola or Robe. Louise Perry will play host. It is important for our city members to see where our country members live. At this time I wish all members a Happy and Safe Christmas and New Year.

Margaret Rowett



Maternity Reflexology

Facilitated by Lyndall Mollart

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12 and 13th April 2008

Part 2 planned for September
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Contact Lyndall for flyer or more details

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Email: lyndall@maternity-reflexology.net

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STATE MATTERS



Hello Everyone,

We are again fast approaching another Christmas and the end of another busy year. I hope that you can all take the time, at some point between now and Christmas, to give yourself a 'pat-on-the-back' as you reflect

on the past year and fully appreciate all that you have managed to achieve.

In September, we finally had our much awaited workshop with Hanne Marquardt. This was such a wonderful opportunity for us to receive tuition from someone with her extensive knowledge and the fact that she normally only teaches people with a medical background, made it even more special. The day was most enjoyable with Hanne giving out her information in an easy and humorous way that made it easy to understand. The information that we received gave us a different perception of how we could use Reflexology, or in this case, Reflexotherapy.

October saw us at the Tradewinds in Fremantle for our General Meeting and Study Day. This time our topic for the day was 'Taking Care of the Reflexologist'. Our first speaker was Glen Farrant (Chiropractor) explaining the importance of taking care of our spines/nerves and how this impacts on our general health. He ended his talk by taking us through some exercises to help us. We then had a very nice lunch which was followed by our next speaker, Anne Young (Reflexologist/physiotherapist). Anne came armed with long rolls and other gadgets and allowed us to try them out whilst telling us better ways to take care of ourselves. Next came Professor Roy Miller (Lifestyle Co-ordinator & Professional Speaker) who kept us amused whilst telling, and showing, us how to get the more out of our day and with less stress. Other Stress Busters in the form of Julia Boag (Reflexologist, Laughter Yoga Facilitator) came next; this naturally had us all in stitches! A Tai Chi demonstration as another way to help relieve stress came next. This was with another Reflexologist, Robyn Forshaw and people from the Tai Chi group that she attends; we all found that just watching them perform was also quite relaxing.

From the 1st-4th November a wonderful group of volunteers attended the Conscious Living Expo treating members of the public to some quality Reflexology. On the day that I attended the people being treated were very appreciative of our efforts and were very complimentary about what we do. Our organisers and helpers for this event did a really good job of making our area look inviting and I sincerely thank them for all their efforts in putting it all together and running it so well; well done everyone.

We are now busy preparing for our last committee meeting before Christmas. This is a good time then, for me, to take the opportunity on behalf of myself and committee members to wish all of you a Safe, Healthy, Happy and Loving Christmas and New Year.

Valerie Dewar



The 2007 year is flying by on the wings of time and we will shortly be celebrating another end of year Christmas function.

After the ABM earlier this year when not all committee positions were filled, the committee organised for some of its members to take on the Chairperson role on a rotating basis. Even though this worked well for a few months it wasn't an ideal situation so when Jan Cullen agreed to fill the gap and become Chairperson we were truly delighted. She is very pro-active and her forthright and positive manner are greatly appreciated.

We have a fantastic team of active people but with two empty positions much reliance is placed on the reduced committee to keep the branch running smoothly. That old saying "more hands make light work" is what is needed especially with new ideas, assistance at events or being pro-active in publicising reflexology in the general community. (A car runs much better when all its parts are well-oiled.)

Following requests to organise regional events, we have organised a Study Day for the Newcastle area to be held on the shores of Lake Macquarie on the 25th November. Thanks to Keith Lowe for organising the venue. Speakers will be Sue Ehinger on *You Can Make a Business out of Reflexology*, Misha Frankel on *Balance through Sound* and Lyndall Mollart on *Maternity Endocrine Balance*. We will finish the afternoon with foot swaps.

Thanks also to Gretel Spiegel for organising a stand at the Mind Body Spirit Festival to be held in Sydney in November. In the past we have had 4 massage tables but this time decided to down-size (stand size and cost) and only have 2 tables. Thanks to those members who are giving up their time to support the Association and the profession.

We are looking forward to another fun evening at the end of year Christmas function – thanks to Gretel and Gwen. Plans for the 2008 ABM are well in hand with a wide diversity of speakers being considered to ensure an interesting and informative weekend.

The Organising Committee for the 2008 National Conference have been very pro-active. The venue is booked (Swissotel), a list of international and national speakers confirmed, advertisements sent to various publications and sponsorships being sought to assist on the financial side.

Misha Frankel

CRANIO-SACRAL REFLEXOLOGY CASE HISTORY

By Debra Bierling

After attending a two day workshop in January 2006, on Cranio-Sacral Reflexology (Part 1) with Dr. Martine Faure-Alderson, I undertook a case study using her technique (10 sessions over 2 months) and was very impressed with the results. I have since completed (Part 2) Advanced level, in January this year.

Cranio-Sacral Reflexology differs from other styles of Reflexology, in that the feet are worked to eliminate any underlying source of dysfunction by feeling cerebrospinal fluid impulses, then Cranio-Sacral techniques are applied to restore health and vitality. Both the plantar and dorsal sides of the feet are worked, treating the bones of the feet that reflect certain points of the skull and sacrum, with particular emphasis on all the toes.

The client I did the case study on had been suffering from chronic fatigue that began with glandular fever starting 2 years previously. The client had also been diagnosed with an under-active thyroid, back pain (stemming from a car accident 10 years prior), suffered from hay fever and headaches and continuous bouts of laryngitis. My client was a 30 year old female and had struggled (over the last 2 years) to work or dance because of her illness

First Session – 16/1/06

Energy felt low and erratic in lower back area. All lower spine area was tender, but L4 was very tender as well as coccyx of both feet and internal border of both big toes.

Client's energy felt smoother and more balanced at end of treatment. She said that she felt very relaxed and that the back pain she had prior to the session was gone.

Second Session – 17/1/06

Energy felt more balanced but still a little erratic in lower back. L4, sacral and coccyx area (both sides) very tender as well as internal border of both big toes.

Client's energy felt stronger at end of treatment. She said that the treatment did not feel quite as painful as session 1. Client had woken up with back pain but was not feeling any pain after treatment. She also woke up congested and then had a sneezing attack, more than normal- this could have been a release after last treatment. Client said she had the best night's sleep she had had in a long time.

Third Session – 19/1/06

Energy felt stronger. L4, coccyx and internal border of big toes still tender, but right foot more sensitive now than the left (right side of her body took more impact in the car accident, including her head).

Client said she has not had a headache since start of treatment, which is unusual for her and found she has a lot more energy after last treatment. Energy felt more balanced too.

Fourth Session – 23/1/06

Energy felt more stable and constant. Ovaries on both

sides and internal border of both big toes were tender. L4 and coccyx area not nearly as tender as before.

Client just started period, but stated that she was not experiencing the usual pain and fatigue and that she has more energy, and that her back pain has improved greatly.

Fifth Session – 29/1/06

Energy felt stronger and more balanced than before. Coccyx still tender but left side more than right.

Client said she coped with her period better (more energy and less pain). She also said she has reduced her thyroid tablets from 1 every day to 1 every 2nd day. Client has found she is able to get up easier and earlier in the mornings and does not get as tired during the day, which is something she has not felt for a long time.

Sixth session – 3/2/06

No real tender spots found and energy felt quite balanced.

Client has found that she is sleeping better and is not waking up during the night any more, and is no longer experiencing nightmares (not mentioned before). Her energy has been consistently better and stronger and she is no longer getting strong back pain. Her flexibility and movement have improved (especially when dancing, which she has been able to start again). Client has also noticed that her concentration has improved and stated that she feels like her brain has been switched on.

Seventh Session – 8/2/06

Client energy felt strong but a bit unbalance, T 4, groin and sciatic both sides and internal border of left big toe very tender.

Client went dancing last night and said her back and feet were a little sore but she had been able to dance more than normal and was surprised she did not wake up with a headache.

Eighth Session -17/2/06

Ovaries on both sides tender and energy felt a bit low and unbalanced at start of treatment.

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about Liquid Zeolites!!!

CRANIO-SACRAL REFLEXOLOGY CASE HISTORY

By Debra Bierling

Client has just started her period (explains sensitivity in ovaries). She has found that since treatment started she is coping better with period pain and bleeding is only lasting 3 days instead of 8.

Ninth session – 1/3/06

Energy felt erratic. All small toes and both ankles Medial side were sore.

Client said she has been feeling tired and has been sneezing a lot. Her voice was also a bit husky (symptom of the chronic fatigue). After treatment, client felt more relaxed and more energized.

Tenth session – 15/3/06

Energy felt stronger and more balanced. A little tender under lateral ankle area on both feet.

Client said her energy has improved since I last treated her and so has her sneezing. She has had no major headaches and feels like her brain is ready to be stimulated. She has been reading books without losing concentration and focus, which is something she has not been able to do since she has been sick. Client said she feels like she has been woken up from out of a coma and now feels like she is ready to re-build her brain and body muscle back to their former self.

Client has since started working 4 days a week, 6-7

hrs a day and has been able to return to her dancing level prior to her illness.

Over a year later client only has treatments on a casual basis as she feels she has been able to move on with her life again including recently getting married. She has a lot more energy and no longer suffers from the bad headaches and throat problems associated with chronic fatigue and her hay fever and back pain have significantly improved.



We Are Looking For Billets for the 2008 National Conference in Sydney

From 24 to 26 October 2008 Sydney will be hosting the National Conference. We are anticipating registrations from Reflexologists all around Australia and to make our Conference even more attractive to interstate members (by keeping their costs down), we would like to offer them billeting arrangements across Sydney. A few people have already offered to open their homes to visitors but we need more.

If you can assist, would you kindly contact Jan Cullen on 9296 3073 or jan.cullen@malleasons.com



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DUTY OF CARE

by Ian Gilbert, QLD State Director



EDITOR'S CORNER

The National Board has investigated the use of portable chairs, being sold and used as 'Reflexology chairs'. These chairs are designed for leisure use only and as they do not hold a commercial warranty, should not be used in the commercial arena.

As a result all State branches must cease to promote the use of these chairs for reflexology and cease to use portable type 'Reflexology chairs' at Association events.

Members should contact their Combined Malpractice and Products Liability insurer before using any equipment not specifically designed for use in a professional setting.

Ian

Renewal of Membership

→ Due 1st July, 2008 ←

See "Membership Matters for a refresher on your obligations as a professional practitioner.

If you have misplaced your CPT record please
Email Jenn Cooper for another.
membership@reflexology.org.au

Ooops there goes another year!!! Where does that time go? Many of us are starting to wind down to the end of yet another year. It is also a time of reflection on our successes and on the areas that may need improvement. It is not always easy for some of us to look at our weaknesses, however this how we can grow.

It will not be long before the Editorial Team will be looking at the first edition for 2008, so keep those articles coming in - it can be a case study, a new treatment, an article that you may have read that was of interest to you... let us know,

We would be really interested to hear what you would like to see more of, what you think of FootPrints – give us some feedback. We are definitely open to your thoughts and suggestions.

I would like to take this opportunity to thank our Editorial Team for all the hard work they have put during 2007. The dedication and professionalism they demonstrated during the publication of each edition is inspiring.

On behalf of the Editorial Team, I wish you all a fantastic Festive period and hope your New Year exceeds all your expectations.

Robyn



“baby reflex” comes to Australia

A specialised Reflexology treatment for calming babies, improving sleep patterns and treating those early and normal baby problems such as colic, wind pains, teething, constipation, colds and coughs.

The course has formal accreditation from the Association of Reflexologists in UK and was developed from a series of research studies carried out all over the UK into the use of Reflexology for treating childhood ailments.

One day course for qualified Reflexologists

- Combines theory, practical and discussion sessions
- Detailed baby reflex charts for own use are included
- Completion of this course will enable you to teach parents these techniques for their baby
- You are taught how to set up income producing “Baby/Parents” groups in your own areas
- All necessary materials to run your baby reflex practice will be available
- Benefits of “baby reflex” membership world wide are offered

One day courses on a Saturday or a Sunday include light refreshments

Perth - 1st and 2nd March 2008

Brisbane - 8th and 9th March 2008

Melbourne - 15th and 16th March 2008

Sydney - 29th and 30th March 2008

Cost \$175 (Australian) – 1 day course

Booking and full details of courses from - info@babyreflex.co.uk

(Confirmation of current Qualification and Membership of recognised Reflexology Association will be required)

BOARD REPORT

By Anne Young, WA

The Board of the Reflexology Association of Australia had a very productive meeting prior to the AGM in September. Discussions on a range of topics raised by email correspondence through the year raged late into the evenings.

The major points are outlined below:

Banner Hire

Discussion was on the upright banners commissioner by the National Board only. Some states will have old banners. The Board agreed that \$100.00 refundable bond and a fee of \$35.00 per day will apply if the practitioner hires the banner for an income-producing event.

Schedule of Fees

A schedule of fees for July 2007 to June 2008 is to be placed on website for members to view. The list includes:

- Brochures
- Certificate Replacement
- Gift Vouchers
- Footprints Advertising
- Badges
- Receipt Books
- Library Fees

Discussion of Library Guidelines

The policy is that library items not returned on request by the branch must be replaced by the member registered as the borrower.

New Emails

It was decided to give various office bearers generic email addresses that would remain attached to the office:

- membership@reflexology.org.au - Jenn Cooper
- president@reflexology.org.au - Libby Stark
- products@reflexology.org.au - Kerry Baldock
- promotions@reflexology.org.au - Ruairi O'Duill
- research@reflexology.org.au - Ian Gibson
- secretary@reflexology.org.au - Judee Hawkins
- webadmin@reflexology.org.au - James Flaxman
- vicepresident@relxology.org.au - Anne Young

CPT Policy

In order to further clarify CPT requirements the following statement was made:

- All PM members are required to complete 20 units of CPT per membership year for the period 1st of July till the 30th of June.
- New graduates can be granted Professional Membership. All new graduates joining as professional members are required to submit 10 CPT points in their first year of membership.
- Exemption for an illness, 6 months or more will require a doctor's certificate.
- To qualify for CPT points practicum exchange must contain an educational component.

Availability of Policies and Procedure Document

Policy and Procedures can be viewed on the RAA website or a hard copy can be requested. Be aware that this is a living document.

Membership – Promotional Material

Members of the association are entitled to state their membership level on any promotional material. The use of RAA initials are not permitted on any promotional material. This is a result of potential legal action against the Company in South Australia.

Treasurer's Report

In the opinion of the Treasurer the company is solvent. Sarah Blain proposed that the board recommends that Wise Lord & Ferguson from Hobart be appointed Auditor of the Company. All agreed.

Constitution & By Laws discussion (Anne Young)

The proposed constitutional changes were each read out by Anne Young. The board discussed the changes and Anne Young made adjustments as necessary. It is to be noted that the changes are for the purposes of clarification only. Any member wishing to view the proposed changes and or comments please contact Anne.

Promotion

We are offering students studying Certificate IV or Diploma level reflexology free Associate membership for the current membership year.

It was decided to have a promotions and publicity budget to purchase merchandise for the first time. This is an important step for the Company.

Membership

It has been decided that in order to conform with Health Industry Practice and Standards, if membership fees are not paid by the 1st of July a reminder letter is sent. If membership fees are not paid by the 31st of August the member becomes unfinancial and from the 1st of September will need to apply to rejoin.

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Suitable for everyone who loves feet

SHOE SIZE DOES MAKE A DIFFERENCE

By Kristi Tanner, USA

Your client's shoes will either help make or break your efforts as a reflexologist. Improperly fitted footwear can defeat the purpose of the foot treatment within minutes.

Over the years, people's feet change and sizes do differ from shoe to shoe. You may know these facts but most of your clients may not. For example, with each pregnancy, a woman's shoe size will grow by half a size because of the hormones produced by the body during this time. Consider that increased weight of just 10 pounds on anyone puts a minimum of 35 tons of additional pressure on the feet daily. In addition, the weight gain may change the foot structure and ability to balance. Added weight may also decrease leg circulation and increase swelling in the feet. Medications can change circulation or contribute to swelling in the feet and ankles and in other areas of the body. Dehydration also can contribute to changes in the lower extremities.

Before starting Reflexology, assess the client's shoes and measure them for correct shoe size. If you do not own the standard metal foot measurer, on a blank piece of paper draw an outline of their feet while they are standing. Place their shoe over the outline of the foot. If you see any part of the foot outline outside of the shoe shape, they are wearing the wrong size shoe. Most people are wearing shoes one to two sizes too small.

Next, look for excess wearing on the heels or soles. Notice if the shoe material is mis-shapen from toe pressure or bunions. Feel inside the shoe for where the toes imprint or

the depth of the heel strike. If they only own one pair of shoes, their feet may be creating a wear pattern that is slowly affecting their ankles, knees, hips and lower back. Encourage them to own at least two pairs of shoes that can be rotated.

Fit will differ from shoe to shoe, even within the same style and size. Not only will shoe length differ but the widths will vary as well. The shape of the toe box of the style will change the size needed. I suggest that people not look at the size so much but seek comfort above all else.

You play a vital role in the health of your clients through Reflexology. However, no matter how successful you are in helping the body balance itself and alleviate foot discomfort during the Reflexology treatment, it will be all for nothing if the client steps back into ill fitting shoes. With each step they are applying undue pressure to the feet. The average person walks 5,000-7,000 steps per day! That's a lot of extra pressure.

Making clients aware of what their shoes are doing to their feet and health and how simple it is to change to the right size will make a world of difference for them and their health.

Reprinted with the kind permission of the ICR Newsletter - Vol. 15 No. 1 - March 2006

Article has been condensed from an article appearing in Reflexology Today, Winter 2004, Vol. 12 No. 2. published by the American Reflexology Certification Board.



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Item	Qty	Price	Postage	***Total***
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TOTAL				\$



POSTAGE FOR CHAIRS: NSW \$15; VIC QLD S.A. \$30; W.A. & N.T. \$60; N.Z. available

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 webpage: http://www.reflexologyetc.hastingscbd.com.au/



CHANGES AT THE AUSTRALIAN SCHOOL OF REFLEXOLOGY AND RELAXATION (VIC)



As of the 1st July 2007, the ownership of the ASRR will pass on to Lyn Fava. Carol and Dee believe it is time that they move over and allow the school to grow in a new direction. This decision has taken a lot of soul searching and while we know it is the right decision to make it is not without some pangs of nostalgia.

We first trained in Reflexology in 1985 with Dwight Byers and when we graduated after four long years and only official four weekends of training in 1989 we "became instant experts" and immediately starting teaching with Trevor Steele. Trevor and Heather Edwards from Brisbane were the International Institute Directors and as such were Dwight's representatives in Australia. When we think back and realise how much we did not know and yet were in the forefront of teaching it is a bit horrifying. However the truth was that we didn't know what we didn't know and neither did anyone else. In 1992 along with Trevor we developed the basis of what we now know as the Advanced Practitioner Course. Dee then became a Co Principal of the school with Trevor and Carol took over the reins of the Anatomy and Physiology.

After Trevor's passing in 1996 Carol and Dee became Co-principals and began the process of refining and expanding the school. It has been a huge learning curve for both of us, as we have never known just what was around the corner waiting for us. It took three long years for the school to be cleared from Trevor's estate and so in 1999 we again began all over but this time as official owners of the ASRR.

As demanding and time consuming as the journey has been, it has also been the most rewarding and wonderful one we could imagine, spending all these years of our lives doing what we have loved. There have been so many special people who have contributed to our journey firstly our administrators, Bridget Zeller, Roli Clemenson, Judy Williamson and Patricia Turner. Of course all the teachers who contributed their wonderful skills and dedication along the way, Josie Magazzu, Vincent Salciccia, Helen Warren, Carol Chrysel, Bryan O'Neill, Merrill Culley, Patricia Clune, Amanda Barnett-Wood, Lyn Fava, Tina Cant, Shirley Allen, Samantha Langridge and Yve Frankcombe.

For us it has been the greatest privilege to share this journey with all of the students who have passed through the school. It has often been overwhelming to watch how someone's self esteem and confidence has grown before our eyes and to read about the amazing work that has been done in case studies. There has been many a time when we have sat there with tears in our eyes in response to what we have been reading. It has made us very proud to see our former students taking on positions of responsibility within the Reflexology Association and in so doing promoting the future of our modality.

Another wonderful aspect of running the ASRR for so long has been the camaraderie that built up between all

the small training institutions when we were pioneering Reflexology in this country. We would like to thank Sue and Peter Ehinger in Sydney, Moss Arnold also in NSW, Heather Edwards and Sharon Stathis in Queensland and Lyn Hatswell in Western Australia for their support and love. Together we have shared many trials, tribulations and triumphs. It has also been very special to co-host with other schools, international speakers and bring their skills and wisdom to the Land of Oz. The post graduate program has afforded us the privilege of meeting so many brilliant overseas presenters over the years beginning with Harvey Lampell and Foot Mobilisation, Chris Stormer, Inge Dougans, Jan Williamson, Lisbet Nielsen, Lynne Booth, Martine Faure Alderson and of course Dwight Byers. We owe Dwight enormous gratitude as without his vision in spreading Reflexology around the world our journey would never have happened.

With the passing of the years it has also been so gratifying to watch our own homegrown presenters come to the fore and forming a substantial part of our post graduate program. These presenters have included Sue Ehinger with Chinese Reflexology, Peter Farnsworth with auricular therapy, Susanne Enzer and Lyndall Mollart with Maternity Reflexology, Moss Arnold with Chi Reflexology, Yve Frankcombe with the Universal method, Lyn Fava and feet reading, Patricia Clune with Reflexology and Crystals and now with her Angel workshops.

A final thank you to the Reflexology Association and all those who have held office as a school needs the support of its Association especially when you are a small independent school trying to survive in today's world while maintaining the standards, integrity and spiritual focus of the modality we all hold so dear. Jenn Cooper, thank you, you have been so supportive in responding to our needs.

It is therefore with great anticipation and love that we hand over the reins of the ASRR to Lyn and wish her a magical journey. However Lyn when you are marking all those assignments think of us we will be out kicking up our heels!!!!

Thanks again to everyone whether you have stretched us to grow or kept us up when we were down it has all been part of a magical journey and one we will always be just so very grateful for.

Trev, you gave the ASRR birth, we have nurtured it, loved it and watched it grow and now it is Lyn's to fly with it.

Dee Leamon and Carol McBain



2008 CPT EDUCATION

Date 2008	Presenter	Training Title	Location
Jan 28	Chi-Chinese Healing College	Remedial Massage	www.chihealing.com.au
Feb 9 & 10	Lyndall Mollart	Maternity Reflexology Part 2	Sydney - Australian School of Reflexology – Sue Ehinger 02 4976 3881
Feb 23 & 24	Sue Ehinger	Auricular Therapy	Brisbane – Heather Edwards 07 3804 0128
Mar 1 & 2	Jenny Lee	Baby Reflex	Perth – info@babyreflex.co.uk
Mar 8 & 9	Jenny Lee	Baby Reflex	Brisbane – info@babyreflex.co.uk
Mar 15 & 16	Jenny Lee	Baby Reflex	Melbourne-info@babyreflex.co.uk
Mar 15 & 16	Christine Ritchie	Jin Shin Jyutsu	Sydney – Aust. School of Reflexology Sue Ehinger – 02 4976 3881
Mar 29 & 30	Sue Ehinger	Chinese Reflexology	Melbourne – Aust. School of Reflexology & Relaxation – Fava 03 9898 1890
Mar 29 & 30	Cherel Waters	Vertical Reflexology Basic & Advanced	Crows Nest, Sydney Cherel Waters 02 4341 2209 cwreflex@bigpond.net.au
Mar 30 & 31	Jenny Lee	Baby Reflex	Sydney info@babyreflex.co.uk
April 12 & 13	Cherel Waters	Vertical Reflexology Basic & Advanced	Wynnum Qld - 02 4341 2209 Cherel Waters - cwreflex@bigpond.net.au
April 19 & 20	Sue Ehinger	TCM with Reflexology	Sydney – Aust. School of Reflexology Sue Ehinger 02 4976 3881
May 2 & 3 4 & 5	Sharon Stathis	Ayurvedic Reflexology - Smart 1 Smart 2	Perth - 07 3878 1471 info@ayurvedicreflexology.com
May 3 & 4	Sue Ehinger	Auricular Therapy	Sydney – Aust. School of Reflexology Sue Ehinger 02 4976 3881
June 6 & 9	Lone Sorensen	Facial Reflexology	Sydney – Aust. School of Reflexology Sue Ehinger 02 4976 3881
Aug 1 & 2 3 & 4	Sharon Stathis	Ayurvedic Reflexology - Smart 1 Smart 2	Melbourne - 07 3878 1471 info@ayurvedicreflexology.com
October 24,25,26	RAA - National Conference NSW	Symphony of Soles	www.reflexology.org.au Barbara O'Keefe, Chairperson bexleybarb@ihug.com.au



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Contact: Jenn Cooper
Email: membership@reflexology.org.au
Phone: 07 3396 9001
Fax: 07 3393 5468

Address: PO Box 253
Wynnum Central
Queensland 4178

FOOTPRINTS JOURNAL

ISSN 1039 – 2092

Published by the Reflexology Association of Australia Limited



Guidelines for Articles

Contributions of articles, case studies, book reviews, personal experiences and letters to the Editor are welcome. The following guidelines will be helpful if you are planning an article, as they will make the editing and publishing process easier for all:

1. Articles can be chatty and informal, or more formal and educational. They must, however, be accurate, well researched and fully referenced (if applicable).
2. Articles that have not been booked by the Editor for a specific issue will appear in an issue decided by the Editor, as space and topic allow. To appear in a specific issue an article must be submitted for consideration up to 3 months in advance of the issue date.
3. Articles may be sent by email (in Text File or Word for Windows File) to the Assistant Editor. Faxed articles are not acceptable as they do not scan well. Pictures can be sent as TIF files, JPG files or PDF files.
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Eighth page	6.5 cm deep x 8.5 cm wide	\$ 50 per issue

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All Enquiries Contact

Advertising and Subscriptions Co-ordinator: Judee Hawkins
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- ◆ Display advertisements must be submitted by the copy deadline (see below).
- ◆ FootPrints is distributed at the end of the month of issue, i.e. March, June, September and December.

COPY DEADLINES

March Issue: February 1 **June Issue:** May 1
September Issue: August 1 **December Issue:** November 1