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LETTER FROM THE BOARD



Hi Everyone,

Well, by the time you have received this edition of Footprints, we shall have just over a month to go before our National Conference in Adelaide. I understand that bookings have gone well and it is looking as though the event will be fully booked. This is great news and will, no doubt, also be a huge relief to the organisers.

Hosting a National Conference is a huge event and takes many hours of work. The South Australian branch of our Association only has around 20 – 30 members in total, so this really will have been an 'All hands on deck' approach to pull it off. My hat goes off to them for their commitment and energy in organizing this for us.

I am looking forward to attending, not only because I enjoy conferences and find them extremely interesting, but also because they are a great opportunity to catch up with faces and friends from interstate branches.

You will notice in this edition that there are likely to be several articles written by various directors, all outlining what they are currently working on behind the scenes. **I did listen and take note of the feedback I received** from my interstate visits to each Annual Branch Meeting. One of the main points being that everyone wanted to be kept fully informed and updated of any changes or decisions.

One of the current developments our industry is facing is the introduction of a Reflexology health-training package. **James Flaxman** (SA) has written a very comprehensive article about this and the implications of our not getting involved as an Association. I'm sure it will answer a lot of questions for you. The introduction of this package **should not affect existing members** – it is creating a package for trainers and training organizations to follow for future students of reflexology. You will not have to undertake further training, other than your regular CPT requirements.

To help you clarify what constitutes as a CPT event or item, **Libby Stark** (QLD) has written further guidelines, and **Cheryl Waters** (NSW) as Company Secretary has written about the background to CPT and why we have to comply. These articles will appear shortly on the website and in the December edition of Footprints. I am keen that we have regular updates or advice for you in all future editions of Footprints. If there is something you would like to read or have more information about please let me know – I can't promise but I will certainly see what we can do.

The last board meeting held in NSW in July was probably the most successful one to date, with LOTS of loose ends being tied up, lots of decisions being made, and a very positive step forward for our Association. For once we didn't all arrive home in our respective states and crash for the following week, but actually had the energy to continue with our paid work.

Kerrie Baldock (NSW) as our newest director was welcomed and has taken on the portfolio of Footprints Liaison Officer. This meeting was also the final one for **Jo Impey** (Vic), who for personal reasons has had to stand down. We have received a nomination for a replacement in Vic from **Jennifer Hill**, but will have to wait until the next general meeting in October to formally vote her on board.

Anne Young (WA) has written a comprehensive outline of the board meeting, which is also included in this edition, again to keep you updated.

Jenn Cooper has been working flat out with the renewals and so hasn't had chance to write anything this time from the membership office, but she reports that renewals are on track, with the usual numbers (and people) needing to be chased up!

Anyway I hope you enjoy this edition. Our new Footprints team is working magnificently well together to make this an informative and interesting journal – from knowing how much work they are all individually doing in their roles it amazes me how everything was done before by just Sue, Graeme and Val!!!! If there is something you would like to see in Footprints please again let us know, after all it is **your journal!**

I look forward to catching up with you all at the conference.

Regards
Emma Gierschick

Board of Directors 2005-2006

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September 2006.

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This Issue:

*Front cover illustration courtesy
Richard Bird.*

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EDITOR'S CORNER

Time flies so quickly! We are already into August so Christmas is not far around the corner again and then another year will be over. So much has already happened in 2006 and the FootPrints Editorial Team is really coming together. I would like to take this opportunity to thank the ladies that back me up on each issue.

Firstly, to Judee Hawkins who does a fantastic job gathering advertisers and chasing people. I am sure many people will not realise just how much of Judee's time and effort is put in to achieve the results we have in each issue.

Secondly, to Jan Cullen and her team of proof readers. These ladies make my job so much easier. Jan chases up everyone who do not submit their reports on time and as well as looking for interesting articles. This is a very time consuming role as well as ensuring that all articles submitted are correct and that we have permission to print them.

There is also a number of other people behind the scenes working extremely hard to produce this journal each quarter and they all put in an enormous effort. You are all doing a great job!

Lastly, thanks to everyone who have submitted articles and reports. Without your efforts this journal would not exist. So you should give yourselves a huge pat on the back and enjoy a big thanks from all the readers and from me.

Robyn Coslovich

ARE YOU A STUDENT?

Footprints is looking for students undertaking training to submit articles for the "Still in Training" Section.

We want to hear from YOU!

Send your articles to Jan Cullen

jan.cullen@malleasons.com

SUMMARY OF JULY BOARD MEETING

By Anne Young

Insurance:

The board has accepted a quote for Professional Indemnity Insurance which will cover members in the public arena and meeting places. It covers trade practices, libel, slander, intellectual property, breach of contract, loss of documents, committees, fraud, dishonesty, advance payments of defence costs and occupational health and safety. Branch chairs and directors will soon have a copy of the policy which can be presented to event organisers. The cover is for \$10 million.

Honorarium for Volunteers:

In no circumstances are funds provided for honorariums. Out of pocket expenses only can be reimbursed.

Constitutional Changes:

The changes proposed at the March Board meeting were revisited and adapted in light of guidance from the Company Secretary. The proposed changes will be sent to each member prior to the Annual General Meeting in Adelaide.

Complaints:

At the time of the Board meeting, the Board had received a complaint regarding a practitioner. This is being dealt with according to the Complaints Handling Policy.

Minutes Reporting:

● **National Board:**

A post Board summary will be given by directors to the branch members. It should be noted that the minutes are not ratified until the next Board meeting and will not be available for member viewing until ratification is complete.

● **Branch Committee:**

A post committee summary will be written by the Chairperson for the state newsletter. It should be noted that the minutes are not ratified until the next committee meeting and will not be available for member viewing until then.

● **General:**

A post general meeting summary will be given by the Chairperson to the branch members at the next general meeting. The summary and the full minutes will be sent to the President and to the Administrator.

Life Membership:

A nomination for life membership has been received by the Board. This will be voted on at the Annual General Meeting. Sharon Stathis and Heather Edwards will be presented with their Honorary Membership certificates at the AGM.

Yellow Pages:

The Association will take out silver Sensis online advertising in each state.

Police Clearance:

The Association is investigating whether this is necessary for our members.

Web:

Associate members to be given an access number printed on a laminated card for the web site. Directors will send branch newsletters for inclusion on the web.

A pro forma will be developed for professional members wishing to have a web page hosted on the Association web site. The initial fee will be \$132 which will include the set up and hosting fee for 12 months. Ongoing cost will be \$110 until reviewed by the Board.

Publicity and Promotion:

New corporate shirts, polo tops and sleeveless Polar fleece tops have been ordered for sale by the Board. There will be samples sent to each branch. Orders will be through the administration office.

The Board is investigating ordering mugs which will be available in time for the conference.

World Reflexology Week:

The concept this year is to promote the Association through local avenues. Suggestions have been made regarding news releases and articles. The idea of pilot studies was offered as a way of increasing exposure.

Overseas Liaisons:

The Board is developing overseas links with comparable Reflexology bodies. It is hoped that this will assist our members in accessing conferences and workshops overseas.

CPT:

Decisions were made about allocating CPT points for articles, book reviews and case studies. In order to be eligible for the 3 points the following was decided or confirmed:

- Book Review: 500 words minimum
- Case Studies: 950 words
- Articles: 950 words.

Libby Stark will write a description of each CPT activity for the web page and for information at branch meetings.

Recordings of speakers will be made in WA to be available to country members as a trial.

FNNT:

Professional members will be receiving a certificate of membership. Interaction with FNNT is through the Board. Anne Young has been elected to the Board of FNNT.

Finance:

The Treasurer, Vicki Delpero, has suggested branches be encouraged to conduct activities to build funds.

Cheque numbers must be written on all branch receipts before they are sent to Vicki.

Membership Fees:

The Treasurer moved that the fees be increased in line with the CPI index each year. This will be taken to the AGM in Adelaide.

Health Training Package:

James Flaxman will be writing a summary of the package for Footprints.

Sara Higgins will assist James in writing a short history of the training package and time line for Footprints.

TOUCH RESEARCH AND INFANT MASSAGE

By Glenda Chapman

"Massaging babies! What will they come up with next?" exclaimed the elderly grandmother as she passed by the expo booth.

"But madam!" said I with a small smile of understanding, "Massage is one of the oldest forms of natural treatment in the world. If Hippocrates the ancient 'father of medicine' could hear you he would turn in his grave. Why, as far back as 400BC his scripts describe medicine as 'the art of rubbing' and he sanctioned it's daily use."

Sadly though, for the parents and babies of the early part of the 1900's, simple cuddling and carrying and basic forms of nurturing touch were described by physicians and child care gurus of the time to be 'spoiling' the child. The best selling book on child-care from 1894 to 1930, which was written by Dr Luther Emmett Holt, substantiated this opinion.

In his book, *The Care and Feeding of Children – A Catechism for Mothers and Children's Nurses*, he advocates: "mothers are to feed their baby and not handle it too much. Holding and cuddling the baby would over-stimulate it and give it germs."

Hence massage and any form of natural nurturing, beyond feeding and discipline, slowly disappeared from the medical and health care scene.

These early cultural opinions of anti-touch still exist today. However, there is a general trend toward a natural healthy lifestyle, including the use of touch as a health promoting modality in conjunction with medical and health care practices. Ironically, touch is one of the first systems to develop yet, as many texts on the subject mention, it is often the last sensory system to be given attention.

Research

Doctor Ruth Rice is one of the early pioneers in research with premature babies. Her 1975 research is

published in many medical, psychological and sociological journals. Her work is further complemented and expanded upon by Dr Tiffany Field. To meet the needs of modern trends and in search for explanations of the mechanisms involved in achieving the benefits for massage therapy, the Touch Research Institute (TRI) in U.S.A. was formally established 1992. Directed by Field, this hospital specifically researches the benefits of touch therapy in a vast variety of medical situations.

"Some of the early outcomes learned were totally unexpected, as we will relate to. Slowly our attitudes to childcare are now evolving to accommodate these research findings" says Field whose first groundbreaking study with premature infants was published in 1986. [American Psychologist].

Babies need touch, extensive research conducted on touch therapy has shown that when massage is given to pre-term infants it can result in benefits for infant development. These benefits can include: stress reduction, weight gain and earlier discharge from hospital. [Field 1986 +]

Baby Massage Classes

Systematic reviews from the Cochran database show parenting programs can be effective in improving infant mental health. [Barlow 2003]. For new parents of today it is one way to assist in changing the habits and beliefs of the past.

In addition, infant massage classes ensure that parents with extra needs such as post natal depression receive support (if it is needed). Post natal depression is linked with impaired mother/infant interaction and various research has shown that children of depressed parents are at an increased risk of maladaptive development and emotional difficulties. Studies conducted show

infant massage classes are the only intervention shown to improve the parent child interaction in parents suffering post natal depression. [Onozawa,2001]



TOUCH RESEARCH AND INFANT MASSAGE

By Glenda Chapman

Benefits

The benefits of infant massage can be seen from various perspectives. There are four main categories that we examine for the individual such as:

- Interaction which includes: promoting secure bonding and attachment, pre language communication skills, use of all the senses, positive learning, and the influence of hormones oxytocin and prolactin that relate to bonding.
- Stimulation of the physiological systems, including the release of many hormones related to social behaviour, digestion and growth development.
- Relaxation, which may be demonstrated by improved sleep patterns, relief from pain such as intestinal colic and extreme muscular conditions, enjoying relaxing time out and a reduction of stress levels and stress hormones.
- Relief can help with pain and discomfort of physical and psychological tension associated with conditions such as colic, excess mucus, and disorganization of the nervous system is reduced.



recognition, vocalization and scent recognition. The aim of the classes is to set in motion the ritual of this daily practice. This is created in a relaxing and supportive environment. The long term effect is a close and loving bond between parent/caregiver and child that is based on respect and mutual trust.

From my observations and experiences working as an Infant Massage Instructor/Facilitator with parents and babies over the last twelve years, it seems clear to me that this approach is of enormous value for the well-being of both parents and baby, with subsequent

flow on benefits for society as a whole, by promoting massage where it matters most - right at the beginning.

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Bonding and Attachment

Bonding and attachment refer to the reciprocal interconnected process involved in forming and sustaining a first relationship between an infant and a caregiver.

The child's subsequent emotional and social development is based on this attachment.

Parents unknowingly parent the way they were parented unless they make a conscious choice to break this pattern. Studies show that abusive parenting can be changed by training. [Stevenson 1999].

Attending infant massage classes can help parents to form that conscious but subtle change to a new pattern.

Learning new skills of reading and responding to their child's needs in a different way brings about a new reality of love, respect and a greater sensitivity for another's feelings. The most important thing to note here is that it is never too late. The bonding process is ongoing and can start at any time in a human being's life. However, it must be nurtured.

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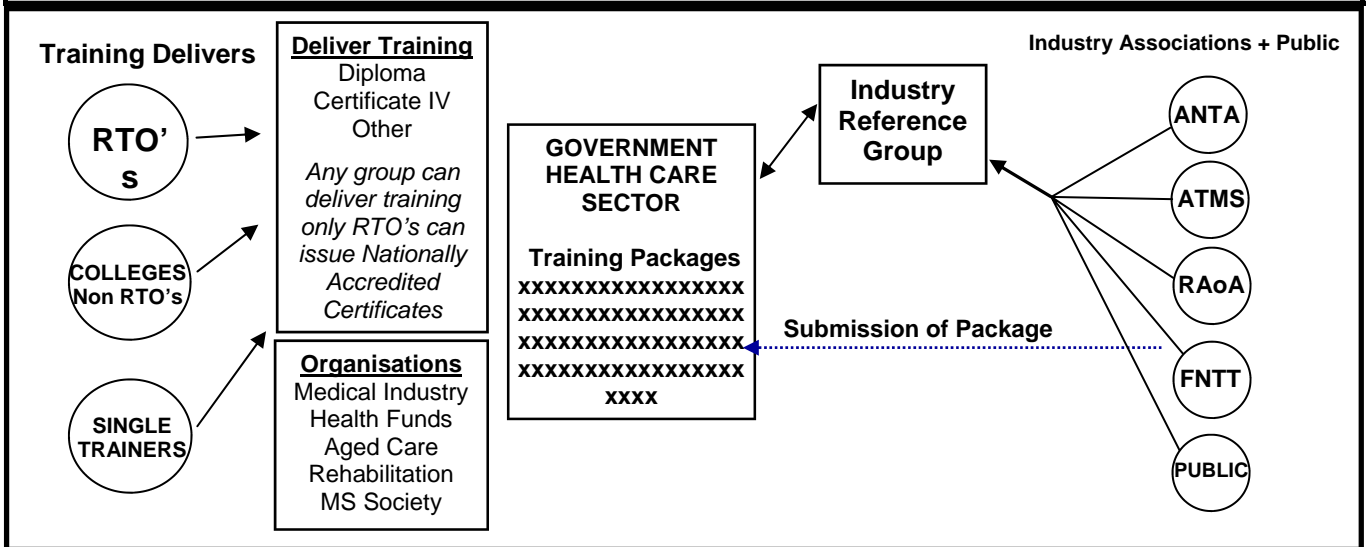
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RELEXOLOGY TRAINING PACKAGE

By James Flaxman, National Director



Abbreviations

- RTO'S:** Registered Training organizations
- ANTA:** Australian Natural Therapists Association
- ATMS:** Australian Traditional Medicine Society
- RAoA:** Reflexology Association of Australia
- FNNT:** Federation of Natural and Traditional Therapies
- PUBLIC:** Anyone with an interest in Reflexology

IRG, and was then released for public comment. After public comment it then goes back to the government and the IRG to be rejected or finalized.

What if the Reflexology Association choose not to get involved and make a submission at this stage? Any other party could have made a submission that may or may not have been accepted now or in the future. If the Association did not get involved they could be fighting a rear guard action in the future to get their standards included in any submission. Being a peak body, any comments the Association made would be taken seriously as part of the process. All the Directors agree, that as a peak body of Reflexology, a submission at this stage is an important stance to be taken by the Association.

The above diagram represent some of the groups involved with The Natural Therapies Industry. The group on the left are training organisation, the group on the right are Associations and other interested parties which are represented by PUBLIC (i.e. consumer groups, individual consumers). The Industry Reference Group (IRG) is formed mostly of representatives from industry bodies and give feed back to the government sector when a training package is up for review or a new package is submitted. The review process at this stage is every three years. Members of the IRG are invited on to the review group by the government and will make comment on the packages. Once the IRG has made comment, the process is then released into the public domain for any comment from interested parties and can be made by any individual or group.

The basis of the Reflexology training in this submission is the current standard the Association has for its Intermediate and Professional members. The standards submitted have been worked on and developed over a number years by those involved in the Association and finalised by representatives from each state who were part of an education sub committee, most of whom were teachers of Reflexology. These then formed the Best Practice Standards the Association required of practitioners. A question we need to ask the Association is could we afford not to be involved as a peak body in this process. The truth is if we remove ourselves from these processes they can still go ahead via other parties without the Associations input.

As it stands at this moment any group, individual or training organization can submit a national certificate of Reflexology for consideration. In the absence of a nationally recognized training package for Reflexology this would be based on the standards of those who make that submission but would also have to take into consideration any other nationally recognized submissions that are already in place.

Will an Nationally Recognized Training Package change anything for the Associations Members?

No, any introduction of a nationally recognized training package will not change the status of any current member. This means no member will have to upgrade their training to maintain current status.

In this system of industry training only RTO's can issue a certificate that has national recognition i.e. a Certificate IV or Diploma. A non RTO can deliver the training in the form of a package but is unable to issue a nationally recognized certificate. This does not prevent any organization or individual from delivering training but clearly the training that has been delivered may not be recognized nationally.

Does the introduction of a Nationally Recognized Training Package mean that the Association can only accept members for professional status who have a national qualification? No. The Reflexology Association can accept for Professional membership anyone it considers to have met the requirements for this status as

What has the Reflexology Association done at this stage? It has submitted a training package to the Health Care Sector for consideration. It has been reviewed by the

RELEXOLOGY TRAINING PACKAGE

By James Flaxman, National Director

set by the Association. This could include training from non RTO's and could exclude some RTO's.

Well what does it mean? Going back to the diagram looking at the box headed ORGANISATIONS it may mean that these types of bodies choose only accepted practitioners who hold a nationally recognized certificate before a practitioner can work within or be accepted by them.

How is that different from now? It is not. Even with the absence of a national training package these organisations may choose to only accept practitioners who have trained at an RTO which some already do. This is their choice and out of the control of the Association.

What will this Change? Currently a nationally recognized certificate can be based on the standards of the deliverer with no reference to the Reflexology Association Standards.

What's is the point then? If the Reflexology Association has got all of its standards or most of them accepted in this current submission, any RTO delivering a nationally recognized certificate will have to refer to the standards as the basis they deliver that certificate course on.

Three years ago when the first round of National Competencies were called for, the Reflexology Association tried to get involved. At that time only seven modalities were to be included, Reflexology was not one of them. The information given to the Association was that the modality

of Reflexology would be included in the next round of competencies. This never happened and only a review of the first seven modality competencies was called for. After this review process had started and late into the processes, the Association became aware that, not only were the first set of modalities being reviewed, but that there was also a window of opportunity to submit new modality competencies. This gave the Association very little time in which to get the Reflexology standards incorporated in the review processes. Fortunately due the work of previous committees the Association had the documentation in a format near ready for submission.

All the Directors of the Reflexology Association agree that it is important to get the Association standards incorporated into any national standards. National standards do involve compulsory modules that are not Reflexology but do relate to items like dealing with members of the public, occupational health and safety, and running a practice. These are required modules for all health care practitioners.

I hope that this article goes some way to explaining the position of the Association and why it has taken this opportunity to get involved with the process. Unfortunately, the time frames allowed by this process means that the Directors of the Association have to make these decisions on behalf of all members as they are elected to do so. To not get involved with what is current in our industry sector would be to neglect our duty as Directors of the Association.

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EXHILARATING WALKING BAREFOOTED

By Jenny Allen - South Australia

As a pagan woman and a Reflexologist, I enjoy nothing better than to do a slow moving walking meditation around my stone circle which I erected in my back yard some time ago. It connects me to spirit of place as well as being an incredible tool of healing, both physically and emotionally.

After reading the June edition of Footprints magazine, I came across an article by Joseph Vengardon from Victoria, about him putting a "reflexology walk" in his garden to stimulate various pressure points on the feet when walking barefoot. That was just the impetus I needed for inspiration! So out I went to my local gardening and building supplier and stocked up on four different types of rocks and pebbles.

As my circle is already split into four distinct "quarters" or elements of air, earth, fire and water, I decided to fill each quarter with a different texture of rock. Not only does this address the different properties and qualities of each element, but it provides different surfaces and colours for the feet when walking upon it without footwear.

With lots of help given by my eldest son, the end result is a colourful circle comprised of softer earthy coloured river pebbles for the element of earth, a blue/grey

stone for water, scoria (which is sharper to the touch) and a reddish colour for fire and a white marble chip stone for air (which glistens in the sun and is reminiscent of the intangible quality of this element) .

Upon first setting foot on the new circle, I wasn't entirely ready for the rugged quality of each texture, but put my initial sensitivity down to it being the middle of winter and my feet being used to wearing closed-in shoes. It was more like a "firewalk" as I couldn't wait to get off, hopping with pain!!! However, as I now start each day with a walk around the circle without any footwear, I am discovering that my feet seem to be "toughening" up somewhat and that I can tolerate a bit more each time. Think what it is doing for my circulation and general well being! If I wake up a bit groggy or if I have any pain, it seems to dissipate after a walk around my stone circle.

So my circle now doubles as a ritual space and a reflexology walk - what a good use of resources and one I can recommend for increased health of the body, mind and spirit. It wasn't costly either and came in at under \$80 including trailer hire. Nature to the rescue again!

Chi' Acupressure Weekend Workshop

Conducted By Master Zhang Hao
B.Phys.Ed. D. TCM (China),
Director of Chi-Chinese Healing College



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Special tour cost \$3990.00

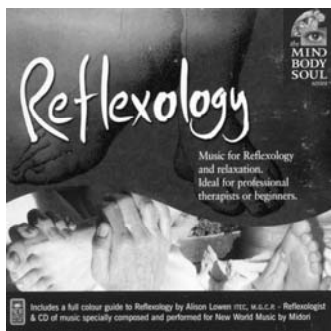
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MUSIC REVIEWS

By Sharni

Reflexology



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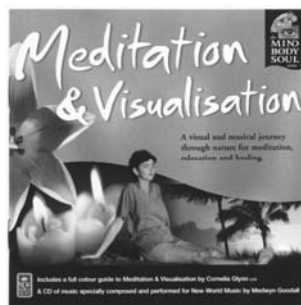
Label: New World Music Limited
The Mind Body Soul Series

Alison Lowen, an English Reflexologist, worked closely with the composer, Midori, to compile this selection of music which can be used in a reflexology session. The music has a rhythmic beat and the instruments interweave with each other to create a sense of relaxation and tranquility. The sound of birdsong appears throughout the music and, at times, the ebb and flow of the music transports you to a place of peace. How could one not feel revitalised after listening to this music? There is an enclosed booklet on Reflexology and its application.

This is an outstanding CD and one which will complement your music collection.

Words cannot express the sheer beauty of this music.

Meditation and Visualisation



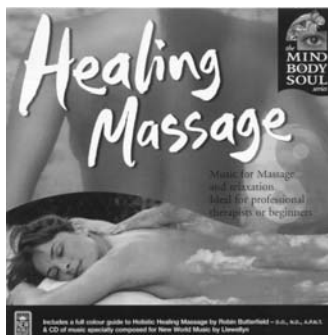
Music by Medwyn Goodall

Label: New World Music Limited
The Mind Body Soul Series

This music has been composed by Medwyn Goodall and is a celebration of nature. "The visualisation itself is based on an ancient Hawaiian belief that life is made up of seven components which are essential to our existence and well being - Fire - and the Sun, Water, Air and Wind, Earth and Stone, Plants, Animals and Human Beings - or a loving touch." This is a musical journey through Nature for meditation, relaxation and healing. I was pleasantly surprised to find dolphin sounds on track seven. The booklet that comes with the CD explains meditation techniques and outlines the visualisations associated with the music. At the end of a stressful day, this is certainly the CD you need to help you to relax and settle your energy.

To order these CDs or to see what else is on offer, check out www.newworldmusic.com

Healing Massage



Music by Llewellyn

Vocals by Juliana

Label: New World Music Limited
The Mind Body Soul Series

This music was developed by Llewellyn working closely with UK massage therapist, Robin Butterfield. There are 7 exquisite tracks on this CD. The last track is actually a reprise of the first track so the therapist knows that the session is coming to an end. I was absolutely enchanted by this music. The tempo was even and each track melted into the next. The haunting tones of the piano are wonderful and the strings and flutes meander through the various tracks.

This is an excellent CD for the therapist involved in any sort of body or energetic work as the music is relaxing and uplifting and speaks to the spirit.

There is an enclosed booklet on Healing Massage.

Events 2006-7

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

Oct 21-23 '06 Reflexology Association of Australia National Conference
Adelaide, SA
suzannep@esc.net.au

Jul 5-7 2007 Association of Reflexologists National Conference
Coventry, UK
www.aor.org.uk

Sep 15-6 '07 ICR Conference
Cairns, Qld
www.icr-reflexology.org

THE THREE C's

By Lawrence Wm. Goldfarb
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One day at the end of 1991, as I was moving from San Francisco to Champaign, my old car, Tillie, a '73 Volvo four door sedan, started experiencing trouble. The night before, Tillie's battery had died while I was getting gasoline and I had to get it charged up again. The mechanic at the all-night truck stop thought I might need a new alternator.

He advised me to get one installed the next day, before continuing with my trip. Very early the next morning I went to the local auto parts store only to learn that they didn't have the part. They could order an alternator from the distributor but would not receive it for a few days. The gentleman at the store was kind enough to call around for me; after several calls, he found the necessary part at the Volvo dealership twenty miles away. I called them. It was the Friday before New Years and they regretfully informed me that they were too busy to help me. I thought of having to wait three days, the three days I had hoped to be driving across country so that I could reach my new home with enough time to unpack and settle before beginning to teach.

I decided to ignore the bad news from the Volvo place and drive over, hoping that the mechanics at the

dealership would take pity on my situation and help me out. Luckily, they did. When I was standing in the service department manager's small office, I noticed a sign on the wall. It said:

**CONDITION
CAUSE
CORRECTION**

When I asked him what it meant, he told me that these Three C's were designed to help the customer understand what he or she was paying for when presented with the repair bill. When the customer is paying, the mechanic should address these three factors: the cause of the problem, the general condition of the car (especially as it relates to the problem) and the correction that was made to eliminate the problem.

The Three C's symbolize **lineal causal thinking**. This kind of thinking assumes that an event or effect has a prior cause and that you can trace a path from the effect straight back to the cause. This cause is



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THE THREE C's

By Lawrence Wm. Goldfarb
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localised in a specific place. Here, the reasoning of car repair mirrors the logic of medical diagnosis: a problem has an identifiable cause and its resolution depends on the cause being identified and rectified. This is inherently a **reductionistic** approach: a complex situation is reduced to a description of the elements that comprise it.

A mechanical problem with a car can easily be understood in these terms: The car won't start. Since it doesn't turn over at all, we conclude the battery is dead. The lights and the radio not working confirm this. From the dead battery, we can work our way backward to the cause. We ask why the battery is dead. Eventually, the mechanic deduces that Tillie's alternator is not charging the battery; therefore, it is broken and needs to be fixed.

However, the problems we often deal with in rehabilitation - as well as those of improving human performance in the arts, in sports and in human learning - do not necessarily respond to this approach. For example, stiffness and reduced range of motion are common problems following surgeries, accidents, or traumatic injuries. This unconscious neuromuscular response, often called **muscular splinting**, can persist long after the immediate injuries have healed. For instance, many years after a surgery to remove a bunion, one of my students began experiencing low back pain and limitations in mobility and flexibility. In this situation, whether it is referred to as favouring one leg, limping, or adaptation phenomena, the cause of the problem is difficult, if not impossible to localize. Does the foot cause the problem? What if the surgery was successful and the foot is no longer uncomfortable, but the person continues to avoid weight—bearing on the area which, after surgery, had been painful? Is the problem in the back? What if there is no structural basis for the problem?

Some problems cannot be traced back to a specific, local cause. Rather these problems arise from the way a person moves. In these situations we can say the problem is a **consequence** of how a person functions, of what she or he does, and how he or she goes about doing it. *To resolve this type of problem requires a shift in thinking.* We must understand the nature of the body-as-movement-system and the relationships that underlie it.

The shift from reductionistic to **systemic pattern finding** is analogous to one that happened in the branch of psychotherapy known as *family systems therapy*. Where once it was thought necessary to treat an individual with problems, it is now recognized that the individual is often not the cause of the problem, but rather this person is understood as expressing something that is amiss with the functioning of the family. The problem comes from the relationships

between the family members and the patterns that they form—not from any one person alone. This problematic person is referred to as the **identified patient**.

In much the same way, many so-called "physical" problems are mislabelled. The difficulty arises from the very act of looking for a problem's cause and trying to find its specific location. From that moment, either the problem is found, so that some thing is blamed as a specific structural basis for the malady, or, worse yet, no specific pathology is found or the problem is labelled as psychosomatic. Borrowing from the family therapists in rehabilitation, bodywork, movement education and so on, we can label the presented problem as the **identified problem**. The identified problem comes from how the person is moving, from the relationships between the parts of the body and the patterns that they form - not from any one part alone. With this kind of dysfunction the identified problem is not the cause; it is a consequence. The identified problem arises from the movement, feeding off it and draining it of power and gracefulness.

The genius of Moshe Feldenkrais was realizing that our troubles are not due simply to physical defects, disease, and degeneration. Seeing how we move and understanding how we can move, Feldenkrais understood how dysfunction arises from our limitations - in perception and in motion - and how our difficulties are embedded in the very ways we sense and move. (Even when there is a particular physical problem, we can consider how the person moves and how this may contribute to the trouble.) This perspective is a systemic one, a point of view that understands the person in motion as an integrated whole, as a unity. Resolving an identified problem requires a non-reductionistic approach for assessing the pattern and systemic strategies for changing it. We need a way to proceed that begins with this understanding, a way of proceeding that looks at the relationship between how someone moves and the difficulties they may be experiencing.

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REVIEW ON ROUND ABOUT: THE SPINE

By Julie Hart, NSW

On the weekend 22 and 23 July, I attended the Sydney workshop of Round About: The Spine – Back Pain and Sciatica. This two day workshop was presented by Dorthe Krogsgaard and Peter Lund Frandsen, two Danish reflexologists specializing in the provision of continuing education for reflexologists. Both possess a wealth of information, enhanced by the fact they live and practice in a country where a quarter of the population uses reflexology and where it is the most used complementary therapy.

Dorthe has been practicing as a Reflexologist for twenty five years and sees on average fifty clients per week. Peter has been practicing as a Reflexologist since 1990 and has a medical training background. The two of them work well together offering an abundance of information presented in a practical and professional manner and made more interesting by each one's sense of humour.

Many topics were covered within the course ranging from anatomy of the spine and nervous system, the sacro-iliac joint, back problems and their causes, biomechanical tests, new techniques and reflex areas for working the spine, spinal muscles and sciatica and the importance of posture and techniques for correcting posture. They also introduced a new and very effective variation of thumb walking that saves the reflexologist's thumb whilst providing the potential for firmer pressure to the client.

Also taught was the Karl-Axel Lind method which saw us working the spine reflex on the medial aspect of the lower leg. Over the two days we learnt to test and treat spinal nerve reflexes – dorsal and ventral roots, selected reflexes for back muscles, trigger points and to assess motility of the back through various tests. Incorporating all these new techniques in conjunction with our observations and case history, places us in a position to more accurately assess and treat particular

problems. Ultimately, we learnt to structure a treatment plan around testing, assessing, treating, re-testing for improvements and then recommending and instructing the client in exercises and postural correction.

The course was full of new information with references to classical reflexology. One of the areas which illustrated the biggest difference in styles was in the treatment plan. They practice targeting particular areas rather than working the whole foot and thus the whole body. As Dorthe explained "the best way to have clients is to have results". To do this effectively they make a "diagnoses" and structure a treatment/series of treatments to suit. Of course, this quickly became a hot topic for debate as we are traditionally taught to treat the whole body and not to diagnose. After some discussion we agreed that rather than "diagnose" we could make an assessment and target the treatment accordingly. By doing this we give another or deeper energy to the treatment by concentrating our intention.

To summarise, it is important to prioritise our treatments and is not necessary to treat the whole foot to work specific problems. Dorthe and Peter also emphasised the importance of working respectfully by imagining the little person represented on the feet before us and to put our attention on and visualize the areas we are working.

It has been a week now since completing this course and I have put into practice most of the techniques learnt. The comments from clients have been very encouraging with most noticing the greater precision being used and reporting positive improvements. After doing this course and experiencing the immense knowledge both Dorthe and Peter impart, I have no hesitation in recommending their courses and encourage those who want to expand their minds and their practices to book themselves in for a veritable feast of innovative reflexology.



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QIGONG

By Simon Blow - Qigong Master

Qigong is a powerful healing system developed in China many thousands of years ago. Qigong (pronounced Chi-Kung) is a new term that has been used over the last fifty years to describe all the Chinese energy techniques. The word Qigong is made up of two Chinese characters, *Qi* refers to the energy of life, the vital energy which flows through the network of meridians in the body and connects with the energy or *Qi* of the universe. In Japan and Korea it's known as *Ki* and, if studying Yoga, the term *Prana* is used. Most cultures have a similar terminology for life energy. *Gong* is a term which translates to work, mastery and training. Qigong, therefore translates to energy work, working with the energy of life or mastering the energy of life.

There are tens of thousands of different styles and systems of Qigong, using different static postures, movement, breathing techniques, mental training and visualisation methods, either done standing, moving, walking, sitting or lying. Traditionally Qigong is used for training of the *Qi* energy for martial, medical or spiritual purposes or a combination of some or all.

What's the difference between Tai Chi and Qigong?

Technically Tai Chi (Taiji), of which there is many different styles and forms, is one type of Qigong. It can be classified as a martial form of Qigong. The main difference is where your intention or mind is during practice. In China it's known as Tai Chi Chuan (Taijiquan) and is sometimes called shadow boxing. When one practises the graceful movements we can imagine there is an opponent and we are in a fight, neutralising (yin) the opponent's strike (yang) as in a slow motion fight sequence. There are many energetic, health and martial benefits. Tai Chi (Taiji) is also a term used to describe the Yin/Yang symbol, Chuan (quan), translates to fist or boxing.

When practising other forms of Qigong your intention is used differently - it depends on what type of cultivation practice you are doing. When we see people practising slow gentle movements in parks in the early mornings we may think they are playing Tai Chi but, in fact, they are cultivating their *Qi* energy.

Benefits of Qigong

If the flow of *Qi* becomes blocked or disturbed it can cause illness (both physical and emotional) and can decrease your quality of life. With regular practise Qigong can help stimulate this powerful energy, helping release stress, increase health and vitality as well as developing spiritual perception, serenity and awareness. It helps the individual take more responsibility for his or her own energy helping to improve quality of life.

Danish Workshops



Dorthe Krogsgaard and Peter Lund Frandsen, present new reflexology methods and techniques, that may immediately be set to use in your practise.

Round about: The Shoulder

Adelaide 23 October 2006

Fee: AUD 200.-

Round about: Infertility

Sydney 26 October 2006

Fee: AUD 200.-

Round about: The Neck

Brisbane 28-29 October 2006

Fee: AUD 350.-

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CHINESE ACUPRESSURE MASSAGE

'Discover the Power at your Fingertip'

By Master Zhang Hao

Acupressure massage is the "manual therapy" aspect of Traditional Chinese Medicine, which works with the healing power and sensitivity of human touch implementing the combination of Acupoint stimulation, soft tissue manipulation, tendon/joint alignment and life energy regulation to restore the balance and harmony of the body.

This ancient healing art is based on the understanding of vital "Chi" and "Yin & Yang". According to Traditional Chinese Medicine, "Chi" is regarded as the basic micro substance of the body as well as the animating life force that gives body the capacity to move, think and feel. "Yin & Yang" is a philosophical concept of systematic correspondence that represents two complementary yet opposing universe dynamics which makes up the finely balanced whole. "Yin" is classified as negative force and represented by water while "Yang" is positive one and represented by fire. A person is said to be in good health if there is harmony and balance between these two. If the proportion of one force is greater or lesser than the other, illness or unwellness occurs.

Just as blood vessels carry the blood to nourish every part of the body, the "Chi" flow through an invisible channel network called "JinLou" / meridians to integrate all physical, physiological and emotional aspects of the body and their functions. Within this network, there are many "gates/windows" known as "Xue" / Acupoints which have a higher sensitivity and electrical conductivity over the meridian lines or special areas. Because of the meridian system bridges the internal with the external and inter-link every parts of body, stimulating Acupoints become axle centre of Chinese massage which delivers effective results in affecting internal organ or remote area by simply applying pressure onto certain points over the body surface.

In recent years, modern research that has been conducted in this field, has brought new light into this ancient practice. It discovered that by stimulating Acupoints, it triggers the release of endorphins in the body that is natural biochemical to relieve pain. Some scientific researcher credit this to the relieving or allaying of mental strain which affects the resistance and the natural healing power of the body, or to the enlivening of the autonomous nervous system responsible for the efficacy of this natural therapy.

Chinese Acupressure massage is most beneficial and excellent for revitalizing the bodily recuperative ability; improving blood circulation; reconditioning the joint, muscle and soft tissue; adjusting the nerve and internal organ function; regulating the mental and emotional disturbance and strengthening the body's resistance to disease. Some of other great advantages of this therapy also include that it's non-invasive, children friendly, free form side effects and particularly bringing back the traditional convention of personalized care

and touch communication between practitioner and patient.

Mastering Chinese Acupressure massage is also considered as the path to self-cultivation. In order to effectively helping patient to restore "Chi" harmony, recover from pain, sickness or certain manifestations of mental imbalances, the practitioner needs undertake considerable physical, mental and energy training to acquire good posture, sharp mental focus, effective breathing and stronger "Chi". Therefore, by practicing Chinese Acupressure massage, it not only makes one capable to care of others, but also achieves a healthier body and mind for oneself as well!



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REPORT FROM THE NEW FOOTPRINTS TEAM

We have worked very hard over the last few months to put together a professional journal, following in the path of its founders, Sue Ehinger and Graeme Murray.



Remember it is 'your' journal; your input is most welcome, particularly in the areas of advertising and articles. Case studies and stories of interest all make for interesting reading, so do not hesitate to submit articles to our Assistant Editor, *Jan Cullen*, jan.cullen@mallesons.com.

Any advertising enquiries should be emailed to *Judee Hawkins* on secretary@reflexology.org.au. The advertising fee is modest for a journal distributed nationally and ranges from \$40 for 1/8 page to \$200 for a full page (including GST) and members of the Association receive a 10% discount. Other prices appear in the back of this journal.

Robyn Coslovich from Victoria is our Editor and does a great job putting the journal together.

Kerrie Baldock is our Liaison Officer ('the problem solver!!!) and *Cheryl Waters* does the billing. We support each other, share the load and work as a team. Share your stories, spread the word and help us to make Footprints 'a good read'

FACIAL REFLEXOLOGY

By Robyn Forshaw, MAR [UK], RAA Western Australia

Facial Reflexology is now in Australia after members from Queensland, New South Wales, South Australia and Western Australia took the specially devised, 4 day course at Diploma level in Perth in July 2006 under the guidance and stimulation of Marcelo Lopez. This method of Reflexology on the face was developed by Lone Sorrensen-Lopez after working with some South Americans living between Chile and Argentina who used the treatment on each other in their villages. Together with her husband, Marcelo Lopez, they now practise and teach from their Institute de Reflexologia in Barcelona, Spain. Courses are taught in Europe, England, Japan, Mexico and Argentina as well as being presented at conferences in these countries.



Lone has been a practising Reflexologist since studying the modality in Denmark in 1978; was one of the early students and also fulfilled clinic work and teaching Reflexology. Denmark is a leading country in the area of research with Reflexology in so many medical cases.

After working in Denmark, Lone went to Argentina where she worked and founded three Reflexology schools. With this fascination of the work on the face, she has since developed her approach of Facial Reflexology.



This has occurred over many years of fine tuning the steps and areas that give the most beneficial results to clients and working within the Cranial Nerves for better results. Marcelo has the benefit of Reflexology, medical knowledge and the speciality of Neurology to take the modality even further. The devotion and work that Lone and Marcel Lopez give in helping people suffering with such conditions as MS, Downs Syndrome, Motor Neurone Disease and paralysis is very intense, often working up to three hours seven days a week on some

acute cases. Parents are often trained in the modality to assist in their child's progress so that the intense treatment can be followed – especially when the child shows signs of some recovery. Both Lone and Marcelo also encourage the use of foot and hand Reflexology as the need arises when treating clients.

The areas of study that were undertaken on this course in Perth [Modules 1 and 2] were the 7 steps of the treatment [on the face] involving the NP Points, the Oriental, Aboriginal and Neurological Systems [and maps on the face], 564 neurological points, diagnosis grades of reflected imbalance deposits in the body systems, reflex methodology for further treatments, Meridianology [from the body] but understanding these areas as devised on the face and techniques of scalp and plexus therapy - points and cranial zones. Added within a part of the 7 steps were extra stimulation points helping to work on the CNS, the meridians and the vascular systems for the cause of the problem.

The treatment is carried out in these 7 steps [or maps of the body on the face] with a variety of finger techniques such as holding and rotating points or stretching and stroking areas on the face with both long or short deep finger movements. When progressing to each new step the modality is moving deeper to systems of the body and more stimulation is taking place at all levels. A pure rose hip oil from the high mountains in South America was used on the fingers to assist the smooth rhythm during the treatment with only fingers 2 and 3 used in these steps.

It was particularly interesting to 'feel' places on the face where the fingers met with the reflex points/areas, how the 'deposit' felt under the finger, and be able to grade and position it for further treatment in following steps. Not only were post reactions very positive throughout the course, there were amazing changes in faces! After the intense theory sessions it was welcoming to receive the work on the face even allowing for some of the pressure that needed to be focused. Many practices every day brought the students to a high standard of competence within the sequence of the steps. Extra study will be undertaken for the completion of modules 3 and 4 in future. The examination held at the end of the course covered the practical, theory and formulation/evaluation of given cases.

STATE MATTERS



Victoria held its ABM at 7.30pm on 2nd June 2006. Whilst a number of existing committee members kindly volunteered to continue to serve on the committee for another 12

months, a number stood down and we are very lucky to have welcomed a some new committee members including a few who previously served on this committee some years ago. Our first meeting as a new committee subsequently took place Monday 24th July 2006 and we are excited about our ideas which should inject added enthusiasm into our branch meetings and the Association in general.

Victorian branch meetings take place at 7.30pm on the first Friday of every second month, the next being 4th August 2006. I am very proud to say that we regularly have attendance of 40 to 50 members, and sometimes more. Well done Victorian Reflexologists!!!! If you are from inter-state and visiting Melbourne at a time which coincides with our branch meetings, we would love for you to join us. Committee meetings take place Monday evenings of the week prior to our branch meetings.

As you may be aware, Jo Impey and I have been working on the Corporate banners for our Association. I am pleased to announce that they are now ready for action and look fantastic. Queensland are privileged to have a sneak-peak prior to the official launch at the Adelaide conference, since they have an exhibition 29th & 30th July at which our banners will be proudly displayed. Did I mention that the courier company failed to deliver the banners to Libby Stark in Qld as requested and we had to beg, borrow and almost blackmail to get the banners on a plane to Qld by 10pm the Friday night before the Qld exhibition.....??? Perhaps I'll leave that story for another edition but rest assured that the Association is not out of pocket for the courier company's mistake.

We look forward with excitement to the coming months which will include both World Reflexology Week and the National Conference in Adelaide. To coincide with World Reflexology Week, during September Victoria has two Promotional Events planned: The Inaugural Palliative Care Nurses Australia Conference 8th & 9th September (thank you Jennifer Rigby) and The Big Day Off 2 on 9th September (thank you Katy Hannah). No doubt we will have plenty of enthusiastic Reflexologists present at both events to promote the benefits of Reflexology and bring more awareness to our industry and Association.

On that note, thank you to all of our members and volunteers for their ongoing commitment and efforts to support the Victorian branch which will continue to move us forward in leaps and bounds.

Rachael Fabbro



Soccer Matters

We are writing in the year 2006, the year of the soccer world cup! It's September, two months after the excitement has ended.

By now everyone here in NSW and nationwide should have well and truly recovered from the many hours of binking down in front of the telly biting their nails. More excitement than we ever thought possible, and this after we thought the Olympics were great...and the people had something to talk about again. The whole world was one, everyone was so busy watching that even the crime rate went down in some parts of the world. Incredible!!! We need the Worldcup more often than once every four years.

Next time we could get a delegation together offering our services in Reflexology to the Socceroos. Is anyone willing to travel to South Africa in 2010???

Perhaps our dear colleagues in South Africa can manage on their own with Chris Stormer in their ranks. But you never know, they might need a "couple" more hands on deck. It's definitely worth a thought!

Doris Litzki

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STATE MATTERS



Our Conference is getting closer and we are excited and looking forward to catching up with old friends and making new ones.

The numbers coming to the Conference are growing and those out there who have not registered need to

do so soon as we guarantee you will not be sorry.

A few reflexologists get together with some other natural therapists had a breakfast a few weeks ago and it was such a success they have decided on brunch on August 26th. I'm sorry I live so far away as I would love to join them. It's so good to get together with like minded people.

See you all in October at our "Festival of Feet".

Margaret Rowett



Greetings to all around Australia. Queensland is a large state and so we have regional groups as well as the larger Brisbane group meeting to share experiences. The Gold Coast group has been well attended as has the Brisbane group. The Brisbane group has a guest speaker where possible at the monthly meetings and in May, Heather Edwards shared her knowledge of Traditional Chinese Medicine including meridians and the five elements.

We held the Annual Branch Meeting in June with guest speakers on the day. Welcome to the newly formed committee members for Queensland. On the 10th June a second Reflexology Path was opened in Brisbane at Woolcock Park in Red Hill. There are two more paths planned for construction in the future. Reflexology in the Park events are planned for October, November and December.

At the July meeting in Brisbane Sharon Stathis shared her journey to Ayurvedic Reflexology. Her talk was accompanied by some beautiful photographs of her visit to India where she learned so much about this ancient art.

In early August Brisbane hosts the Bridge to Brisbane Fun Run and some members of the Association will be present to provide welcome Reflexology Treatments to participants of the fund raising venture.

Maxine Kohn



Those who attended the Metamorphosis workshop with Emma had a wonderful 2 days, full of laughs as well as relaxing work on each other. Thanks Emma.

Our new committee is going well. We are pleased to have our very own library now, and

members are also donating books to boost the choices. A number of our members are looking forward to travelling to Adelaide for the coming National Conference.

At our next regional meeting our guest speaker will talk about tissue salts. These meetings are invaluable for sharing information; meeting up with each other and generally boosting energy and involvement with Reflexology. We are already projecting our thoughts towards a big christmas dinner - my word where does the time go each year? (or is it an age thing?!).

New members are always welcome. We have a few new faces through people moving to Tasmania. Reflexology Classes are now available at both ends of the State.

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STUDENT AND ASSOCIATE MEMBERS

We have many students who are associate members in our Association. It's always a confusing time over what to do next once you have finished your studies regarding getting insurance, a membership number etc. here is a simple step by step guide to help you.

The Reflexology Association of Australia encourages students to join as Associate Members until such time as students complete their studies and obtain a certificate of Insurance and Senior First Aid. Students can join the Association as early as their first week of studies if they wish.

1. Download membership form from the Reflexology Association of Australia website:

www.reflexology.org.au

Complete the application form and send with a passport-sized photo and membership fee to Jenn Cooper:

Membership Administrator
PO Box 253
Wynnum Central QLD 4178

Upon receipt of their application, students will be entered into the Membership Database and sent a New Members Pack, which includes a letter from the President, a State newsletter plus other goodies.

Please note that students will NOT be issued with a Membership Number at this stage, however the benefits of joining the Association as a student include:

- Students begin receiving the National Journal (Footprints), and State Newsletter (Footage)
 - Students will be invited to attend Branch Meetings
 - Students will have access to the branch library and merchandise
 - Students will be able to attend monthly Footswaps
2. Upon completion of a suitably recognised Reflexology Qualification, students must obtain relevant insurance (professional indemnity and public liability), and a Senior 1st Aid Certificate.

An insurance form can be downloaded from the website:

www.reflexology.org.au

These documents must be sent to Jenn Cooper (Membership Administrator) with a copy of the Student's reflexology qualification or letter from their teaching institution and payment for the upgrade from Associate to Professional Member.

Checklist.....

Send Membership Administrator the following documentation:

- Reflexology Qualification
 - Insurance Certificate of Currency
 - Senior 1st Aid Certificate
 - Balance of Fee
3. Your upgraded application will be processed and you will be sent a membership pack, which will include amongst other things your Membership Number.

Cranio-Sacral Reflexology Workshops 2007

Presented by Dr Martine Faure-Alderson

D.O., G.O.sC., N.D., M.N.I.H., M.BAcC, R.S.Hom

Martine has been practising and teaching osteopathy, reflexology and cranio-sacral therapy in many countries around the world for 35 years. She believes that "...a trained cranio-sacral reflexologist with a highly developed sense of palpation can achieve the same results as a cranial osteopath – or better – by treating the bones of the feet where the skull and sacrum are reflected". The cerebro-spinal impulses can be felt in the feet and imbalances noted and rebalanced. This treatment of the feet enhances circulation in the head and cranial organs and is suitable for use on everyone from babies to the elderly and for acute conditions such as whiplash injury. The techniques release strain patterns and can be used alone or at the end of a normal treatment. The Advanced workshop goes into more depth in the cranio-sacral work as well as focusing on the release of 'emotional cysts' and chakra balancing.

Brisbane	Basic level	Jan. 4 & 5	Phone: 07 3804 0128
	Advanced level	Jan. 6 & 7	
	Part 3	Jan. 8 & 9	
Sydney	Basic level	Jan. 11 & 12	Phone: 02 4976 3881
	Advanced level	Jan. 13 & 14	
	Part 3	Sept. 22 & 23	

www.reflexologyaustralia.com

"The most amazing tool, particularly with people needing realignment of the spine, and for neuralgia" – LS
"I have had fantastic results (beyond those gained from normal reflexology) with migraine sufferers" – Sue Ehinger

STILL IN TRAINING — BABY STEPS.....

By Lynda Mathiesons

This is one of my first experiences since I finished studying reflexology at ACNM, but thought I'd share it anyway.

At this point in time I would love to be learning more but I am reading and practising on friends for now.

I have become insured with OAMPS, waiting only for a confirmation number to give to RAA for professional membership.

My business cards are being designed by a graphic designer friend of mine and should be finished in a couple of weeks.

Then I can get myself out there and let people know I'm here. I've put my name down for the Yellow Pages but that doesn't print until December and my local one next February

Last night I went to my first foot swap at Jenny Cottrell's in Pearcedale, Victoria. When I first telephoned her, a man answered the phone. I asked to speak to Jenny and he said "she's in the paddock crutching and shearing sheep" - I was a bit taken aback but managed to say "does she still do reflexology, because Emma, my teacher suggested I contact her for foot swaps".

Jenny phoned me back after her day in the paddock and was so welcoming and friendly that I was looking forward to meeting her. On the last Tuesday of every month, she told me not to bring anything except myself. Three weeks went by until last night when I drove down her half-mile long driveway in the darkness at 7.30 to her little cottage farmhouse and accidentally let the cat in as I entered the front door.

From the front room popped a little woman who ushered me in through the door where Jenny was reclined in a chair with her hand outstretched in welcome to me. The room was Jenny's clinic, walls covered in all sorts of posters of foot and hand charts, anatomy, sideboard strewn with skeletal bones, creams, potions and two huge old recliner chairs and old towels.

I was immediately asked to sit down in the other recliner while I was introduced to the other women: an elderly German lady called Ilsa, Roving Reflexologist Kelly and Thelma the little one who had my shoes and socks off and was now working on my feet.

It was a bit overwhelming at first, trying to concentrate on the conversations while having my feet worked on by Thelma who was also doing some energy balancing breathing in between chatting. I asked her if she was doing Reiki as I could feel the energy flowing. Thelma was so tiny yet she had enormous strength in her

fingers. The treatment was very painful but eased as it progressed.

I was watching Ilsa working on Jenny using the Ingham Method. Her hands were arthritic and she was old but using her knuckles, fingering pin points and sliding strokes, she was obviously inflicting a great deal of pressure to Jenny's feet.

I swapped with Thelma. My feet were on fire but I had more energy. I'd never attempted to work in this position before but I observed the others and relaxed, finding that using some of the techniques just learned I could work quite easily and Thelma was nearly nodding off.

Afterwards we had tea and scones while we chatted. It was 10.30 when I left, 3 hours had flown but I had seen enough to know that I have lots to learn however, I also realized that I knew a lot too.

The main things I noticed were how my new colleagues did not seem to linger on singular ailments, they worked intuitively and each had a very individual style. They used a variety of home made creams with everything from Emu Oil to Homeopathic stuff in them and the delicious smell of coconut.

This was my first experience of attending a foot swap, but I believe that we can all teach and help each other by our individuality and it's important to share our experiences. I certainly found it useful and would encourage all new graduates to find their local group, go along and not feel intimidated by their relative inexperience.



ARE YOU OUT THERE?

All too often, Reflexologists in regional areas cannot afford to attend courses in the city as hotel accommodation is extremely expensive.

We would like to offer these Reflexologists billeting in the cities where courses are being held. We are hoping to compile a list of people in cities across Australia who can be called on when regional practitioners want to attend courses.

What a great way to meet other Reflexologists!

If you can offer accommodation or require any further information, would you please call Jan Cullen on (02) 9296 3073 or email her at: jan.cullen@malleasons.com.

2007 ICR Conference

Cairns, Australia 14-16 September, 2007

Join Your Colleagues From Around the World

- Learn while you enjoy Fun & Sun
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Dr Shweta Choudhary
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Heather Edwards
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Cairns is a tropical paradise with an environment offering lots of things to see and do.

Don't miss the:

- Great Barrier Reef
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- Experience an Outback Adventure

Further Details:
www.icr-reflexology.org

COMPLEMENTARY DIVERSITY: ORTHO-BIONOMY[®] AND REFLEXOLOGY ENHANCE EACH OTHER

By Norma Weaver, NSW

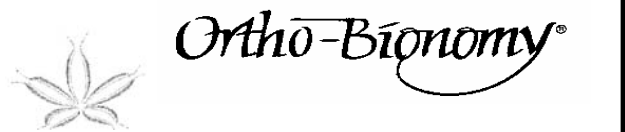
Sitting on the edge of the doctor's table there is a gentle tap, tap, tap on my knee cap and involuntarily my leg and foot kick out and swing like a pendulum until it finds its point of balance and then it hangs there quietly awaiting its next instruction. Most of us have had this experience at least once in life. This is an example of the classical "stimulus – response" reflex experience. This reflex activity is such a common daily occurrence that we rarely pay attention to how often this natural law of life occurs in everything we do. While this is an example of the response being directly related to the given stimulus, it is not unusual for a response to be evident at a place different from the stimulus. For example, the snow melting in the mountains may cause horrific floods on the plains.

The purpose of this article is to introduce the readers of Footprints to Ortho-Bionomy. This word originated with the Founder of Ortho-Bionomy, Arthur Lincoln Pauls, an Osteopath and Martial Arts Instructor. Going back to the Greek derivative of each aspect of the word, "Ortho" means correct or straight, "bio" equates life and "nomy" is the study of. Arthur put it all together saying that "Ortho-Bionomy is the corrective application of the natural laws of life."

He developed a subtle way, yet with a deeply profound effect, of using this naturally occurring reflex system of the body. By creating a position around points of pain, tension and sensitivity the proprioceptor aspect of the nervous system is reminded of the balance and health it once knew at all levels. Thus working with a sprained ankle may result in increased confidence in walking and within the person's psyche, as well as realigning and strengthening of the ligaments and muscles that stabilise the ankle joint. The person may find they are less fearful and more adventurous in their daily activities. Working with the nervous system (not on it) stimulates the self healing and self balancing of the entire person.

As in Reflexology, Ortho-Bionomy understands that the point of pain is not necessarily where the problem is and that the therapeutic effect is greater than just pain relief. An important aspect of the treatment is the presence and the witnessing by the practitioner of the "dis-ease" the client is experiencing in their body. It is the act of the practitioner holding space so that there is room for the body to respond and to take responsibility for the choices it makes. This is the greatest treatment a practitioner can give their client.

Ortho-Bionomy[®] is a registered trademark of the Society of Ortho-Bionomy[®] Australia and is used with permission.



Reminding the body of its natural ability to find balance

Adelaide Workshops

Contact: Annie McLeod 08 8232 0500

The following workshops will be taught by Norma Weaver

- October 21 & 22** RAA Conference & Workshops
- October 24** A One Day Introduction to Ortho-Bionomy
- October 28 & 29** Isometrics

Ortho-Bionomy[®] and the Sand Dollar logo are registered trademarks of the Society of Ortho-Bionomy[®] Australia and are used with permission.

IMPORTANT DIARY DATES

All members of the Reflexology Association of Australia are welcome to attend any branch meeting in any state. So if you are planning an interstate trip, make a note of when the next meeting is, contact the branch chairperson to let them know you are visiting and hop along to meet your colleagues.

Sept 24th- 30thWorld Reflexology Week

Oct 6thGeneral MeetingVic
 Oct 9thGeneral MeetingSA
 Oct 9thGeneral MeetingQld
 Oct 17thGeneral MeetingNSW
 Oct 19th/20thBoard MeetingSA
 Oct 21stAnnual General MeetingSA
Oct 20th-22ndNational ConferenceSA

Nov 6thGeneral MeetingSA
 Nov 12thExec/General MeetingTas
 Nov 13thGeneral MeetingQld
 NovChristmas Break UpTas

Dec 1stChristmas Break UpVic
 Dec 4thChristmas Break UpSA
 Dec 11thChristmas Break UpQld
 Dec 12Christmas Break UpNSW

2006/2007 CPT EDUCATION

RAA Workshops - 2006/2007

This draft calendar outlines some of the workshops being run by the Reflexology Association in 2006 as a fundraiser for the Association. It is likely to be updated during the year. Other workshops run by private schools and trainers are also available and are advertised independently. All advertisement enquiries should be directed to Judee Hawkins.

A comprehensive listing of all CPT opportunities will appear shortly on the website. www.reflexology.org.au
Please contact Libby Stark to notify her of any CPT opportunities you are aware of.

Date	Presenter	Training Title	Location
Oct 20-22		RAA National Conference	Adelaide
Oct 23-24	<i>Dorthe Krogsgaard & Peter Lund Frandsen</i>	Round about the Shoulder	Adelaide
Oct 26	<i>Dorthe Krogsgaard & Peter Lund Frandsen</i>	Round about Infertility	Sydney
Oct 28, 29	<i>Dorthe Krogsgaard & Peter Lund Frandsen</i>	Round about the Neck	Brisbane
2007			
Jan 4-5	<i>Dr Martine Faure-Alderson</i>	Cranio-Sacral Reflexology - Basic Level	Brisbane
Jan 6-7	<i>Dr Martine Faure-Alderson</i>	Cranio-Sacral Reflexology - Advanced Level	Brisbane
Jan 8-9	<i>Dr Martine Faure-Alderson</i>	Cranio-Sacral Reflexology - Part 3	Brisbane
Jan 11-12	<i>Dr Martine Faure-Alderson</i>	Cranio-Sacral Reflexology - Basic Level	Sydney
Jan 13-14	<i>Dr Martine Faure-Alderson</i>	Cranio-Sacral Reflexology - Advanced Level	Sydney
Sept 22-23	<i>Dr Martine Faure-Alderson</i>	Cranio-Sacral Reflexology - Part 3	Sydney

REFLEXOLOGY RECLINER CHAIRS

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Lightweight, 8 kg - AVAILABLE In AZTEC only
125 kg recommended max weight .
Easy to fold and carry Padded seat and headrest
Original chair, made in France for over 50 years.

\$250 plus postage
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Approx.\$30 SA; VIC &QLD
Approx.\$60 WA; NT)



\$145 plus postage
to anywhere in Australia
(as above)

New Coast Recliner Chairs

available in blue and green, Padded, canvas material,
sturdy, 9kg, and tested for 160 kg weigh

Name: _____
Address: _____
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LA FUMA RECLINER - AZTEC \$250 PLUS POST _____ \$250 OR
COAST RECLINER BLUE or GREEN - \$145 PLUS POST _____ \$145

Post approx \$15 in NSW; \$30 in Vic Qld, SA; \$60 WA & NT and \$70 NZ (unless bulk of min 10) TOTAL \$ _____

Carry bags \$85
Carry bag with wheels \$105 Postage: \$10 Total: \$ _____

Pay by cheque or money order (addressed to Brenda SARNO)

Visa: _____ Expiry Date __ / __ / __
CR.CARD WILL BE DEPOSITED IN THE ACCOUNT OF "GOLDCRAFT"

Name on Bankcard: _____ Signature: _____



Post to: BRENDA SARNO, Reflexologist, 2 Boonamin Road, PORT MACQUARIE 2444 AUST.
TEL/FAX: (02) 65 82 1080. EMAIL: reflex@midcoast.com.au

REFLEXOLOGY ASSOCIATION OF AUSTRALIA PRODUCT GUIDE

The Reflexology Association of Australia is committed to supporting Professionalism in Reflexology

\$22.00
Inc GST and P&H

• **OFFICIAL RECEIPT BOOKS**

Places for information required by health funds

NOTE: Only available to currently registered Professional Members.



100 \$23.40
200 \$38.40
300 \$53.40
400 \$76.80
Inc GST and P&H



• **REFLEXOLOGY ASSOCIATION BROCHURE**

Increase your professional profile. Information on basic principles, benefits, history & what to expect from a session.



• **REFLEXOLOGY POWER POINT PRESENTATION**

PC based - a must for any presentation or promotion of reflexology. Designed for use with laptop or overhead projector. Information includes overview, history and benefits with space for inserting specific information for your audience.

\$20.00 ea
inc GST and P&H

\$32.50 ea
inc GST and P&H

• **REFLEXOLOGY ASSOCIATION T-SHIRTS - NEW DESIGN**

Smart, professional appearance in crisp white with navy blue embrodered logo. 65-35% poly/cotton mix. Sizes 10 - 18.



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Spread the word with Reflex blue attention grabbers. Stocks available at your local branch meeting.

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• **REFLEXOLOGY ASSOCIATION JUTE AND CALICO CARRY-ALL**



• **NAME BADGES**

\$12.00 ea
inc GST and P&H

All Merchandise can be ordered through the Reflexology Association Administration:

Contact: Jenn Cooper
Email: reflexologyadmin@tpg.com.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 editors, 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 or on a floppy disc (IBM compatible in Text File or Word for Windows File) to the editor (see address above). Faxed articles are not acceptable as they do not scan well. Pictures can be sent as TIF files or JPG files. Please do NOT send PDF files.
4. If an article has been previously published, written permission from the author/other publication will be required. The editors must be informed if an article is currently under consideration by another publication.
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6. The editors reserve the right to make alterations to, or reject an article for publication. Where substantial changes have to be made, the editors will show the final copy to the author, time permitting.
7. Advertorials will not be accepted.

ADVERTISING IN FOOTPRINTS

Inside front and Inside back covers – Enquiries to Judee Hawkins

Display advertisements

Full page	26 cm deep x 18 cm wide	\$200 per issue
Half page	13 cm deep x 18 cm wide	\$110 per issue
Quarter page	13 cm deep x 8.5 cm wide	\$ 60 per issue
Eighth page	6.5 cm deep x 8.5 cm wide	\$ 40 per issue

- ◆ All rates include GST
- ◆ Members of the Reflexology Association of Australia receive a 10% discount on the above rates only.

Inserts

- ◆ Per A4 sheet: to all States \$200;
- ◆ to an individual State \$0.50 per copy

***FootPrints is distributed to approximately 1,100 members
Australia-wide***

All Enquiries Contact

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Email: secretary@reflexology.org.au or **Mobile:** 0412 187 238.

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Email: secretary@reflexology.org.au
Please email only booked advertisements to this address.

FootPrints Liaison Officer

Kerrie Baldock
1 Chaleyer Street,
Rose Bay, NSW 2029
Phone: (02) 9371 4380

Advertising Policy

- ◆ ***As only a limited number of advertisements and inserts can be accepted it is advisable to book early.***
All advertisements must be booked well in advance with the Advertising Co-ordinator, Judee Hawkins, email secretary@reflexology.org.au or Mobile: 0412 187 238. Print copy sent to Advertising Co-ordinator, Judee Hawkins, email secretary@reflexology.org.au
- ◆ Display advertisements must be submitted by the copy deadline (see p24) on high quality paper using 600 dpi laser print or by electronic transfer.
- ◆ Footprints is distributed at around the end of the month of issue, i.e. March, June, September and December.
- ◆ All advertising must be paid for at the time of booking.
- ◆ All inserts must be booked with the Advertising Co-ordinator, Judee Hawkins, email secretary@reflexology.org.au and sent to Kerrie Baldock for inclusion in the journal.

COPY DEADLINES

March Issue: February 1
September Issue: August 1

June Issue: May 1
December Issue: November 1