

FootPrints

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REFLEXOLOGY
International Conference 2026

BACK TO THE FUTURE

REFLECTING THE GOLD SPECTRUM OF REFLEXOLOGY

In-Person or Virtual

Dates: Friday, May 22, 2026 – Sunday, May 24, 2026

Time: 9:00am – 5:00pm CT

In-Person Location: Canadian Museum for Human Rights,
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From the Chair's desk



We welcome new WA State Director, Christina Hall. Christina came to us with a lot of life and reflexology experience. She is joining her daughter in a new wellness centre which includes Integrative doctors.

One of our Admin agents recently passed away and we have now engaged Debbie Helm to take over this position.

The ABMs are all completed now and there were excellent presenters in all states. Thank you to the outgoing committee in each Branch for the hours that you volunteered in engaging these presenters at workshops throughout the year. I also want to thank the new committees for volunteering their time for the coming year.

Since my last letter the website has finally gone live, not without some challenges. Fortunately, most of these are fixed. It is a pleasure to receive such positive feedback from members about how much they like the new website and how much of an improvement it is from the last one.

There are some definite changes with this new site which we will all have to get used to. The CPT tracker is different, but fairer in that you can receive two points per hour for a gold category for direct reflexology activities.

We are no longer needing to use membership numbers as our new login is our name. Updating your own information when a change occurs, like email address, street address- will be far quicker. No need to email documents, as it is up to members to be in control of their own data. There will, however, be four random audits each year to check this information, so make sure it is kept in a safe and secure place.

The badges are still proving popular and are sent within two days of paying and ordering. There is a change in postage to registered mail, as we have found that four badges were not received. As we know there is theft out of letter boxes, so it was decided to engage this for security.

In my last letter, I wrote about new polo shirts coming. We had a few hiccups regarding the colour chosen being the same as the logo. The choice we had was to have the logo embroidered on white material, which was very thick, or change the colour of the shirt to a lighter blue. This is what

we have done. When it is available I will email a picture to members of what it looks like.

We are fortunate to have Leon Botes join the research working party. We are still looking at ways to be involved in a research project, possibly internationally.

Natural Therapies Review—14th Final Stake Holders Meeting held 13th February 2025

The final meeting of the of the Natural Therapies Panel was held on 10 December 2024.

Conclusions

There is a large body of evidence examining the effects of reflexology on health. Despite this, it is not possible to draw conclusions about the effects of reflexology with confidence for any condition or outcome. The uncertainty reflects significant methodological problems with the evidence base. Although an interpretation is made for some results from meta-analyses, the evidence for these results is of low certainty, meaning that the true effects of reflexology may be substantially different from the estimated effects. Many factors contribute to this uncertainty. Of greatest concern is that results that show large beneficial effects from reflexology (beyond what would be seen for many first line therapies) may have been published selectively, while results that show little, or no effect are not reported. Together with biases in the conduct of studies (e.g. bias arising from unblinded outcome assessment), this may be one of the underlying reasons for the inconsistent results observed across studies. In addition, the absence of any studies at low risk of bias means it is not possible to examine the impact that bias in the included studies has on the results.

Thank you all for your patience during this difficult time whilst we transform the administration of the Association and run a new website to serve all members better, which will also reduce some of the complexities of administration that have existed in the past. I appreciate your patience with some differences from the last membership renewal. Change is never easy.

MA Steinke
Marie Steinke



July 2025

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Front cover – Cover image by Jill Wellington from Pixabay.

If you want to see the report of all modalities that were reviewed, copy the URL into your browser:

<https://www.health.gov.au/topics/private-health-insurance/reforms/natural-therapies-review>

Natural Therapies Review 2024

Review of the Australian Government Rebate on Natural Therapies for Private Health Insurance

Reflexology

Brief therapy description

Reflexology is a non-invasive touch-based therapy in which practitioners use their hands, thumbs and fingers to apply pressure to specific points on the feet, hands, face and outer ears. The practice is based on the belief that there are “areas on the feet, hands, face, lower legs and ears” that correspond to other parts of the body, including organs and glands. Manual touch techniques “such as thumb- and finger-walking, hook and backup and rotating-on-a-point” are used to apply pressure to these ‘reflex points’ in order to stimulate a therapeutic response. The process is guided by a reflex map that shows the different zones of the body associated with each reflex point.

(For more detail see p.15 of the evidence evaluation at Appendix M)

Key messages

There is a large body of evidence examining the effects of reflexology on health.

The evidence is of low certainty for four of the outcomes examined in the evaluation and of very low certainty for all other outcomes (34 of 38), meaning that the true effect of reflexology may be substantially different. It is not possible to draw conclusions about the effects of reflexology with confidence for any condition or outcome.

(For more detail see p.6 of the evidence evaluation at Appendix M)

Summary of main results

Across multiple conditions and compared to an inactive control (placebo, no intervention, usual care), the evidence provides low certainty that reflexology may improve sleep quality (12 trials, 782 participants).

For pain, fatigue, emotional functioning and mental health, health related quality of life, physical function and global symptoms the evidence was very uncertain overall. For

these outcomes, the effects varied importantly across studies; some studies showed benefit, others showed little or no effect on the outcome.

For some population groups the results were somewhat more certain, as follows.

There was low certainty that reflexology may:

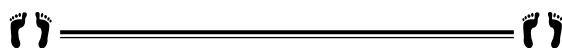
- ◆ improve sleep quality for people with symptoms of sleep disruption (6 trials, 376 participants),
- ◆ reduce fatigue for people with certain chronic conditions (8 trials, 535 participants),
- ◆ improve health-related quality of life for people with certain chronic and longer-term conditions (12 trials, 777 participants).

Effects were very uncertain for:

- ◆ pain for surgery, procedures, labour and childbirth, other acute pain, cancer or advanced disease, chronic musculoskeletal conditions or other chronic pain,
- ◆ sleep quality for surgery, hospitalisation (not procedures) or cancer or advanced disease,
- ◆ fatigue for cancer or advanced disease, chronic musculoskeletal conditions or pregnancy,
- ◆ emotional functioning and mental health for surgery, procedures, hospitalisation (not procedures), labour or childbirth, mental distress, cancer or advanced disease, mental disorders, dementia,
- ◆ health related quality of life for cancer or advanced disease,
- ◆ physical function for cancer or advanced disease, chronic musculoskeletal conditions or other chronic conditions,
- ◆ global symptoms for cancer or advanced disease, other chronic conditions or chronic respiratory conditions.

No studies were found comparing reflexology to inactive controls for pain for people with acute musculoskeletal conditions or migraine / headache, sleep for people with chronic insomnia or dementia, or physical function for people with migraine or headache (chronic or episodic).

(For more detail see p.7 of the evidence evaluation at Appendix M)



Ayurvedic Kansa Vatki Foot Massage™

By Mary Matthews

Ayurvedic Kansa Vatki Foot Massage™ is a specialized treatment for the feet and lower legs using a small bronze bowl (Kansa Vatki) and oils. It is a wonderfully relaxing holistic therapy that helps to balance the body, mind, and spirit.

Background

This treatment was developed by the London Centre of Indian Champissage (LCIC), United Kingdom, an Ayurvedic Training Centre established in 1981.

The power of foot massage is expressed in the ancient Indian saying: ***“Diseases do not go near those who massage their feet before sleeping, just as snakes do not approach eagles.”***

Ayurveda is the traditional system of medicine in India and is regarded as one of the world’s oldest healing systems. Its name is derived from two Sanskrit words: ‘Ayur’ meaning life and ‘Veda’ meaning knowledge. Ayurveda, the art of harmonious and healthy living, was recorded over 5,000 years ago by Indian sages in sacred texts called the Vedas.

In Ayurveda, every individual is considered unique, there is no single diet or lifestyle routine that works for everyone. Ayurveda believes that a balance between the mind, body, and spirit is fundamental to good health. This balance is achieved by balancing the Doshas.

What are the Doshas?

The Doshas are the underlying energetic forces behind the workings of both body and mind.

Ayurveda explains that human beings, like the universe, are composed of five elements: air, fire, water, earth, and space. These elements combine to form three energies known as the **Doshas – Vata, Pitta, and Kapha** – and every person has a unique combination of these three.

- ◆ **Vata** is composed of space and air. People with a predominantly Vata constitution tend to be quick-thinking, thin, and fast-moving, reflecting the qualities of these elements.
- ◆ **Pitta** is composed of fire and water. Those with a Pitta constitution often have a fiery personality and may exhibit a ruddy complexion.
- ◆ **Kapha** is formed from earth and water. Individuals with a Kapha constitution typically have a solid body frame and a calm, grounded temperament.
- ◆ While one Doshha usually predominates, a second Doshha often plays a strong secondary role. This is referred to as a **dual-doshic constitution**.



The word **Dosha** means “*fault*”. It refers to the energies within the body that can become imbalanced. When the Doshas are out of balance, it can lead to ill health. The **Ayurvedic Kansa Vatki Foot Massage** helps to rebalance the Doshas and promote overall well-being.

What are the Marma points?

Marma points (vital energy points) are an important aspect of Ayurvedic anatomy. Similar to reflexology, these points correspond to internal organs and body systems, and they are worked on in all Ayurvedic treatments.

There are 107 Marma points in the body, forming vital energy channels that run throughout. Some of these points are located on the feet and legs.

According to renowned Ayurvedic expert Dr. Vasant Lad, we can reduce stress, stimulate the immune system, and even support healing of the body, mind, and consciousness through the simple practice of foot massage. Stimulating these Marma points is believed to help alleviate various conditions in the body and free the flow of energy/life force.

Kansa Vatki (KV) foot massage overview

The treatment begins with a consultation to assess the client’s current health and see if there are any contraindications present. Although most therapists offering Ayurvedic foot massage may not be fully qualified Ayurvedic practitioners (as this requires many years of study), a simple Ayurvedic dosha questionnaire can be offered to determine the client’s *prakrit* (individual constitution).

The treatment takes just under an hour. It begins with cleansing the feet and legs, or the client may choose to soak their feet in a bowl of water before the treatment. This is

Continued on page 4

followed by specific movements to release tension in the feet and legs. Then, slowly and methodically, the entire feet and lower legs (toes, feet, ankles, calves, and knees) are encouraged to relax through the application of massage techniques using coconut oil, ghee, or other oils.

Sequence overview

- ◆ The sequence begins with massage techniques to release muscle tension, reduce foot and leg fatigue, improve blood and lymphatic circulation.
- ◆ Kansa bowl sequence of foot and lower leg. Helping to lower excess Pitta (fire/heat) and balance Vata. Vata is associated with the nervous system.
- ◆ A Chakra balance using the Kansa bowl.
- ◆ Marma point massage using hands and Kansa bowl.
- ◆ Various stretching techniques to enhance flexibility of ankles, toes, muscles of the feet and lower leg.
- ◆ Relaxation and finishing techniques.



Therapeutic benefits

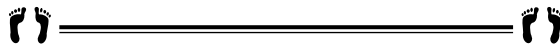
- ◆ Relaxes the muscles of the feet and legs.
- ◆ Improves blood and lymphatic circulation in feet and the lower limbs.
- ◆ Enhances joint mobility.
- ◆ Improves the condition of the ligaments and muscles of the lower limbs.
- ◆ The high electrical conductivity of the Kansa allows it to interact easily with the body's subtle energy, helping to clear energy blocks and enhance the flow of Prana.
- ◆ Helps reduce inflammation and pain. Kansa helps draw out Pitta (heat and acidity) that has accumulated in the tissues.
- ◆ Helps to relieve eyestrain and tired eyes.
- ◆ Promotes sound sleep by balancing Vata energy.
- ◆ Balances doshas: Vata, Pitta, and Kapha.
- ◆ Stimulating Marma points on the feet supports digestion and detoxification.
- ◆ Restores and balances the body's innate subtle energy system.

Ayurvedic foot massage can be offered as a standalone treatment 45–60 min or can easily be adapted and combined with another treatment such as reflexology, head massage, a facial treatment or body massage.

Mary Matthews, a professional reflexologist since 2007, studied for many years with LCIC in London. Based in Western Australia, Mary teaches on behalf of LCIC Australia-wide and New Zealand:

- ◆ *Ayurvedic Kansa Vatki Foot Massage (1 Day)*
- ◆ *Ayurvedic Kansa Wand Face Lifting Massage and Marma Therapy (2 Days)*
- ◆ *Natural Facial Rejuvenation Massage (4 Days)*

To arrange training in your area, contact Mary at admin@naturallyrejuvenate.com.au <https://www.facebook.com/NaturallyRejuvenate/>



*"You have brains in your head.
You have feet in your shoes.
You can steer yourself any direction you choose.
You're on your own.
And you know what you know.
And you are the guy who'll decide where to go."*

Dr. Seuss

Obituary: Hanne Marquardt

By Dorthe Krogsgaard and Peter Lund Frandsen



We have said farewell to a world-renowned figure in the field of reflexology: **Hanne Marquardt** of Germany.

Hanne Marquardt was internationally recognized for her pioneering role in the development of reflexology. With her high professional standards and deep dedication, she elevated the treatment method to a respected discipline worldwide.

She lived to be 92 years old and continued teaching until just a few years before her passing.

As early as 1967, she founded her first reflexology school, and in 1972 she established the first schools outside Germany – in Denmark and South Africa. By 1975, students from her schools were working in 25 European countries. Today, there are Marquardt schools in Germany and several other European countries. Through the *International Teacher Association for Foot Reflexology (Internationaler Lehrerverband für Reflexzonentherapie am Fuß)*, new ideas continue to be developed and shared annually at the teacher symposium.

Due to German legislation, training requires a medical background, but her methods and philosophy have greatly influenced many reflexology schools without such prerequisites.

In 1994, she presented her methods outside of her own network for the first time as keynote speaker at the European Reflexology Conference (RIEN). She herself described it as an eye-opener to other approaches within reflexology.

Since then, she became a beloved and highly sought-after speaker at numerous international conferences and conducted postgraduate training courses in countries around the world.

Hanne Marquardt authored several books on reflexology, including her autobiography *“Unterm Dach der Füße”* (*“Beneath the Roof of the Feet”*). She continuously worked on expanding and refining her main textbook *“Reflexzonentherapie am Fuß”*, which went through eight editions and was translated into 13 languages.

She held a special place in her heart for Armenia, where, early on, she established a reflexology school as part of an aid project. In 2017, she was honored by the German Federal President for her therapeutic and social contributions to the country.

Who was Hanne Marquardt as a person? She grew up during World War II, while her parents ran a vegetarian *Gästehaus* in the Allgäu region of southern Germany. She first trained as a massage therapist and later qualified as a nurse in England in 1954.

Her journey into the world of reflexology began in 1958 when she came across Eunice Ingham’s book *“Stories the Feet Can Tell”*. She then attended one of Ingham’s courses in Canada.

Hanne Marquardt was a strong woman. The father of her three children left the family to become a “famous” *Heilpraktiker* (naturopath) – but alone with three small children, she managed to further educate herself as a *Heilpraktiker* and build the career she would become known for. Hanne Marquardt was the one who became famous!

She radiated strength and authority – no one was ever in doubt about who was in charge. She had natural leadership, and there was no room for small talk. She knew her worth, but had no patience for formalities or flattery.

Empathy and respect for patients were central values in her teaching. She was focused, observant, and fully present in every treatment.

Visiting Hanne Marquardt in her beautiful surroundings in the Black Forest was like stepping into a fairytale. She had a keen eye for aesthetics: from the teaching room, there was a view of a Japanese-inspired garden with flowing water, flowers, and shrubs. Her private residence above the school was equally beautiful – filled with art, a large gong, and an entire “laboratory” of dried herbs.

She was an inspiring and dynamic person who gladly took the lead. She did not compromise – but her warm humor brought balance.

In 2020, she was honored with induction into the *Deutsches Naturheilkunde Museum* – a great distinction. <https://www.deutsches-naturheilkunde-museum.de/>

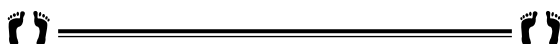
Thank you, Hanne Marquardt, for the deep impact you made on this world. Thank you for choosing reflexology as your life’s path with such determination and strength – to the benefit of so many.

Hanne Marquardt’s life motto: **“Der Fülle eine gute Form geben”** – best translated as: *“Giving meaningful shape to all that life contains.”*

May your memory be honored.

Videos

During our last visit with Hanne Marquardt in 2021, we filmed parts of her teaching and recorded a short interview. Watch excerpts here: <https://vimeo.com/user/29504407/folder/24961868>



Reflexology for psoriasis: Does it work?

By Carol Flint, Healing Soles

Introduction

Psoriasis is a common skin disease characterized by persistent localized erythematous scaly plaques, typically on the elbows, knees, and scalp. It is an immune-abnormal disease that progresses slowly over a long period of time with frequent symptom recurrence.

As most skin problems are caused due to the malfunction of the internal organs, it is thought that foot reflexology might help, as it will stimulate and improve the function of the organs. At the basic level, foot reflexology will increase the blood flow and circulation of oxygen in the body. It will also help in removing waste material from the body which will result in better skin.

Case study 1: A 9-year-old girl, with psoriasis vulgaris for three years, was treated with foot reflexology daily for 100 sessions focusing on the Endocrine and Immune systems. After 40 treatments, there was improvement; and when she was finished, the psoriasis completely disappeared.

Case study 2: A 21-year-old college student with psoriasis for 14 years, was given 15 sessions of foot reflexology focusing on the respiratory, digestive and endocrine systems. All the scales and lesions on the body disappeared and the skin colour returned to normal.

Excerpt VIVAWOMEN.NET

Pain is a common symptom of psoriasis, which means, in theory, that reflexology may be helpful for psoriasis pain. Reflexology may also help a person living with psoriasis with potential co-occurring conditions, such as depression. However, evidence for its effects on pain management is lacking and as a result, more clinical research with large numbers of participants is necessary before making broad claims about its effect on psoriasis.

Furthermore, psoriasis has also been associated with a significantly increased risk of myocardial infarction, stroke, and peripheral vascular disease, possibly because of accelerated atherosclerosis in the setting of an inflammatory state.

How can reflexology help with psoriasis?

Proponents of reflexology state that by manipulating and applying pressure to certain points in the hands, feet, and ears, a person can provide therapeutic benefits to the corresponding areas of the body.

- ◆ **It reduces stress, which then reduces pain:** This theory states that a person's stress level can influence how they experience pain, and by reducing stress, a person will find some pain relief.
- ◆ **It relaxes the central nervous system:** This theory states that manipulating the hands, feet, and ears can send a signal through the nerves to the central nervous system, which can then reduce a person's pain.
- ◆ **Reflexology keeps vital energy flowing:** This theory suggests that reflexology helps to keep positive energy flowing throughout the body by reducing stress, which can block the energy from flowing.

- ◆ **Zone theory:** This theory divides the body into ten different vertical zones. The points on the hands, feet, ears, and other parts of the body correspond to the different zones. By manipulating them, a person can affect different areas of the body.

Also, Traditional Chinese medicine (TCM) based on the fundamental principle of Yin-Yang balance, Five Elements, and a relationship between humans and nature. TCM first evaluates presenting symptoms to differentiate the syndrome related to the disease and then clarifies a therapeutic method for this disease. It still remains the first choice of treatment for many people because of its effectiveness and its cost being inexpensive. Clinical practices have also proved that TCM is beneficial and effective in alleviating clinical symptoms, improving quality of life, immune function, reducing metastasis, and preventing recurrence in various diseases.

Psoriasis triggers

Some of the most common psoriasis triggers include but are not limited to:

- ◆ Stress.
- ◆ Flu.
- ◆ Throat inflammation or other infections.
- ◆ Certain medications.
- ◆ In women, hormonal changes that take place during puberty and menopause.
- ◆ Damage to the skin. Psoriasis can develop one to two weeks later.
- ◆ It appears that psoriasis is more common in people who smoke and drink alcohol.
- ◆ Foods such as white potatoes, peppers, tomatoes, eggplant, pork, shellfish, foods high in sugar and fats, and gluten. Eggs, dairy products, and red meat all contain a polyunsaturated fat called arachidonic acid which promotes inflammation.
- ◆ Very cold and dry weather, as well as heaters, dry out the skin. A humidifier is highly recommended during harsh weather conditions to keep the skin hydrated.

Excerpt from PMC.NCBI.NLM.NIH.GOV

Scientific proof

Proponents of reflexology claim that by manipulating or putting pressure on certain points in the hands, feet, or ears, a person can find relief from symptoms such as pain. While these claims may hold true for some, scientific evidence is lacking. Limited evidence [suggests](#) that reflexology, alongside standard treatments, can benefit a person's psoriasis symptoms.

For example, a [2019 study by TrustedSource](#) found that acupressure applied to the ear had some positive effects in people with psoriasis. The researchers also noted that it was one of the first studies to look at acupressure on psoriasis, indicating that more research is necessary.

Continued on page 7

However, in a [2017 meta-review by TrustedSource](#), researchers found that most studies showed an overall positive review of pressure point therapies for psoriasis. They also noted that additional research needs to include larger, well-designed studies to fully understand how pressure point therapies may help with psoriasis.

In a small [2015 study by TrustedSource](#), researchers found that about 78.9% of participants had depression, and 76.7% of participants had anxiety, which means individuals living with both psoriasis and depression or anxiety may benefit from reflexology.

What are trigger points for psoriasis?

Trigger points for psoriasis may refer to the reflexology trigger points that some people believe can help alleviate pain associated with psoriasis. These include reflexes of all the glands, especially thyroid and adrenal, liver, all lymph areas, treat reflex in the affected area.

Summary

Reflexology may provide some benefits to people living with psoriasis, but the clinical evidence is generally lacking. Proponents suggest it can help manipulate stress levels, which can then help with pain. It may also help with other conditions, such as depression and anxiety, which can appear alongside psoriasis.

Excerpt [MEDICAL NEWS TODAY.COM](#)

Guttate



Pustular



Plaque



Inverse



Psoriatic



Scalp



Erythrodermic



Images sourced from Wikipedia)



Photos from WA ABM and study day 2025



Hollie Kelly; Christina Ellis-Hall; Therese Lord; Amanda Barnett-Wood; Yolanda Baty; Melissa Beek; Lisa de Pledge; Nerida Grierson; Jenny Jones; Janette Hamill; Bernadette Sermon; LindsayBruchez-Walker; Sally Marchingo; Radha Raghvani; Donna Billington; Sarah Hoey and Mary Matthews



Stone reflexology

By Keri Wood, ASRR Principal

This treatment is for winter, to expand our treatment menus and is a combination of stone massage and reflexology points activated with appropriate stones and crystals.

Warm stones are used to activate cooler areas of the feet.

The ideal warm stone being basalt, as it retains its heat at a higher level than other stones.

Cool stones should be used as well in all treatments to reduce excess heat in an area but also to stop knots from re-entering a reflex.

This treatment is for the client that comes for a treatment but then needs another a few days later as the effect doesn't last long enough.

Crystal wands, palm stones and other crystals are used to work on the client to further enhance the treatment for everyone.

Crystals are carefully selected to match each individual client and their treatment needs – fluorite for those suffering with Parkinson's, yellow calcite for those with lactose intolerance.

Cold stones are used for reducing pain responses, swelling, and to interrupt muscle spasms. They help with toning a reflex and stimulating the autonomic nervous system.

Warm stones soften the fascia more quickly, and is great on clients with plantar fasciitis to allow for further touch to

occur. The warm stones increase blood lymph and digestive fluid flow. It helps sufferers of digestive disorders.

Correct stone selections are vital for the success and understanding of this treatment. Many try to replicate from a book just using hot stones which does not do justice to this treatment.

Stones must be selected according to their natural affinities. Why try to heat a stone that likes to remain cold, or ask a cold stone to become hot for a treatment duration?

To give the correct stone vibration to a treatment we must understand that stones like to be clean, re-charged and cared for.

This treatment takes the pressure off a reflexologist's joints, giving us a break from the usual movements. The warmth involved causes the client and the therapist to relax more quickly into the treatment flow making the treatment a pleasure to deliver.

Each stone movement is the equivalent of five with the hands so the treatment is an easy addition into our day.

Why not start with just a few simple additions to your treatment?

Adding cold stones to your clients' eyes are more hygienic than eye pillows.

Choose from marble, sardonyx, onyx, or blue lace agate.

Add hot stones between your client's toes whilst taking a consultation or soaking your client's feet.



Welcome new members

April – June 2025

First name	Surname	Suburb	State	
Lori	McCallum	Laidley	QLD	Student
Amanda	Stokoe	Elwood	Vic	Graduate
Jodi	McPherson	Blampied	Vic	Student
Marcie	Dickason	Carlie River	Vic	Student
Saraa	Phoenix	Lancefield	Vic	Student
Nissa	Barclay	Hillary	WA	Student
Sarah	Hollands	Bertram	WA	Student
Ceri-Anne	Nippierd	Joondally	WA	Student
Vanessa	Knopkiewicz	Baldivis	WA	Student
Desanka	Vukelich	South Yarra	Vic	Graduate
Lori	McCallum	Laidley	QLD	Student
Tania	Searle	Warrnambool	Vic	Graduate



Celebrating 35 years since the inaugural NSW Branch committee meeting

1990–2025

By Angela Clark

Our '35 Year Celebration' ABM, held in person at our favourite venue nestled in the heart of Willoughby's leafy café-lined streets, was a resounding success.

The event, curated and hosted by the ABM Committee, was ably led by Stephen O'Rourke and Jill Joris with support from Kerrie Baldock, Anne Moorcroft, Sue Rusden and Linda Williamson. Delicious catering was organised and generously donated by Bernice Stewart with assistance from Doris Litzki and Verena Harkness-Muller, who was also a standout with the raffle ticket sales.

Some of our regular attendees had their plans affected by, amongst other things, shocking regional NSW weather which caused internet blackouts and travel cancellations; the newly launched website that was initially 'Gmail-averse'; and a mix of personal issues including injury, bereavement, a sudden trip overseas, and an unavoidable conference clash.

Despite this blow to them personally and to our numbers, we STILL managed 27 members, six Zoom attendees and two guests. What we lacked in numbers on the day was more than made up for in enthusiasm.



Irene Tasho, Principal ASR and Shira Halberstadt

Loyal supporters

Our loyal trade tables of many years: [Dalice Enterprise](#) of Rowo Gel, Jayne Tancred & Scott Harris of [Tribe of the Tree](#) and Jill Joris of [Align Reflex Aromas](#) returned once again to lend their support. It is tradition for our trade tables to give short talks during which they generously weave stories of shared values together with their memories of past NSW branch meetings.

This year, author and member Misha Frankel showcased her second published book, much to the delight of her many fans. Misha also kindly donated two copies of "*The Opening*" (The Sacred Nature of Being Human). Thank you Misha, for supporting your branch.



Johanna Forsyth and Jane Hodgett

We are also grateful to Alice, Jayne and Jill for their donations of items towards our raffle. Members generously supported all the tables and were delighted in turn with their raffle prize wins. Together we raised \$340. Thank you so much, NSW Branch!

A big shout out to NSW member, Miho Suzuki, who, as Events Agent, deftly handled many questions and comments by email and WhatsApp, all while setting up our inaugural website registration page. Thank you, Miho, you are appreciated.



Natalie Body, Branch Admin Asst and Kerrie Baldock, Editor/Publicity

Zooming into ABM meeting

We were delighted to welcome six regional NSW members who joined our ABM meeting by Zoom. It was a pleasure for me to be able to spend time over Zoom with members who are not always able to attend our general meetings.

Continued on page 10

After nominations were concluded, an opportunity arose to catch the 'Zooming' members up on NSW Branch goings-on. Additionally, I was able to give them a run-through of Sue Ehinger's NSW Branch Timeline presentation, complete with a photo gallery, which was to be shown to the rest of the members later in the proceedings.

The NSW Branch Milestones presentation by Sue Ehinger was as emotive as it was informative. Long-standing members were delighted to see their younger selves depicted in the photo gallery, and more recent members commented that they were proud to be a part of a branch with such historical significance and longevity.

New committee looks a lot like the old one!

Nominations put forward before the meeting were uncontested on the day, and so it was that the branch and general committee members fell easily into place with people rolling on in their roles for the next financial year.

'Class of 25/26' is nearly complete. We do, however, have a vacancy for the role of Branch Secretary. Anyone wishing to take up this role, feel free to get in touch. We are a warm and friendly committee; all voices are heard, and ideas are welcome!

CPT-loaded speakers

This year, we were fortunate to score two 'homegrown' presenters:

Recently joined member, **Michelle Tanti**, took attendees through a fascinating slide deck on the subject of Reflexology integrated Reiki. Michelle was peppered with questions, and both the talk and practical aspects of the presentation were very well received. We highly recommend Michelle as a speaker for other State branch events.

An eager teacher and eternal student, member **John Bancroft**, gave attendees a deep and meaningful overview of working with Thoracolumbar Fascia. An engaging and dynamic speaker, John held his audience spellbound even after his allotted 90 minutes was up. We recommend giving John a two-hour stint for this unique presentation. State branches interested in this subject are encouraged to approach John directly.



Lee Irwin and John Bancroft

After all this thinking and absorbing of new information, **Lisa Sherl**, back for her second year, led a grateful group through a restful and restorative Vinyasa yoga session. Lisa's skill lies in holding space for her attendees while offering chair exercise alternatives and more challenging floor activities for the group. Lisa is also specialised in SUP Yoga (paddle boarding yoga) and, as a secondary school teacher, is skilled at mustering young people. We loved having Lisa take part in our ABM and thank her for her beautiful energy and kindness.

Awards and prizes

1. **Irene Tasho**, Principal of the [Australian School of Reflexology](#), had the pleasure of bestowing the Graeme Murray Prize to – drum roll please – this year's most gifted and talented ASR reflexology student: **Melinda Murphy**.
2. **Sue Ehinger** was awarded the 2025 Outstanding Achievement Award by Marie Steinke (Board Chair) on behalf of the Association, worded: "In recognition of the valuable contribution made to the Reflexology Association of Australia. In appreciation for the time and effort made as a member of the Website Committee development team".
3. Recognition, by way of a Special Award, was given to long-standing general committee member, **Valerie Barton**. Valerie was at the inaugural GM committee meeting, first held in Sydney in 1990. Valerie, now 91 years old, has been a continuous member for 35 years. Congratulations and our deepest appreciation for your many years of dedication and commitment to the NSW Branch.



Sue Ehinger and Valerie Barton

A soulful finish

Our Vice-Chair, Jill Joris, wore many hats on Sunday, the last of which was to take a happily tired group through a blissful 30-minute Sound Bowl session. In everything that Jill does, she shows a delightful mix of solemnity and kindness. We are so lucky to have Jill as our Vice-Chair, and we all look forward to another stellar year ahead for the ACT/NSW Branch!



DATES TO REMEMBER

CPT Education—Calendar of Events

Inclusion in the CPT Calendar of Events is a further bonus for advertisers and includes one free listing for each advertisement placed.

Place your advertisement with the National Office—admin@reflexology.org.au
For further course details contact CPT Directors or local Branch Chairs.



2025	PRESENTER	TITLE	LOCATION/CONTACT
22 July	Jayne Tancred from Tribe of the Tree	"Clarity, Confidence and Clients" (TBC)	NSW Branch event — Zoom
13 August		Preparing for WRW	NSW Branch meeting — Zoom
16 August	TBC	Workshop and member gathering	TAS Branch — Kingston Learning Centre, Kingston
24 August	TBC	Study Day	WA — Contact: Christina 0409 374 846
9 September		General Meeting—Last meeting before World Reflexology Week	NSW — Zoom
22–25 September	TBC	World Reflexology Week	WA — Contact: Christina 0409 374 846
23–29 September	'Awareness of our wonderful therapy'	World Reflexology Week Awareness Day	SA — Whyalla, South Australia
20 September		World Reflexology Week	Victoria — Location TBC. Contact: Monique Poppelaars 0416 124 584
28 September		World Reflexology Week	NSW — Crows Nest Community Centre Contact your Branch for further details
18 and 19 October	Charity event	Telethon charity event.	WA — Contact: Christina 0409374846
18 October	AGM	AGM	SA — Zoom
18 October	AGM	Presentation of "Foot mobilisation" by Tito Pignetti	SA — Zoom
9 November	TBC	General meeting	NSW — Speaker by Zoom / Party F2f Venue (TBD)
10 November	TBC	"Reflexology techniques for hormonal issues and balance"	Qld — Zoom Contact: jewell.touch@gmail.com
15 November	TBC	Educational workshop and member gathering	TAS — Location: Kingston Learning Centre, Kingston
21–22 November		Meeting and end of year celebration	SA — Wallaroo North Beach Holiday Park
23 November	TBC	General meeting	Victoria — Habitat Uniting Church, 2 Minona Street Hawthorn. Contact: Monique Poppelaars 0416 124 584
7 December		Christmas wind up	WA — Contact: Christina 0409 374 846
2026	PRESENTER	TITLE	LOCATION/CONTACT
February TBC	TBC	Proposed topic: "Auto-immunity with a focus on rheumatoid arthritis. Reflexology techniques for auto-immune conditions"	QLD — Contact: jewell.touch@gmail.com .
24 May	TBC	ABM and Study Day	WA — Contact: Christina 0409 374 846
31 May	TBC	ABM	NSW/ACT—Crows Nest Community Centre Contact your Branch for further details
6 June	TBC	ABM and presentation	QLD — Contact: jewell.touch@gmail.com .
Recorded Webinar	RAoA recorded webinar with David Wayte	"Hand Reflexology Masterclass"	Available via the RAoA website
Recorded Webinar	RAoA recorded webinar with David Wayte	"Palliative Reflexology"	Available via the RAoA website
Recorded Webinar	RAoA recorded webinar with Ian White	"Enhancing your practice and your patient's experience with the Australian Bush Flower Essences"	Available via the RAoA website
Recorded Webinar	RAoA recorded webinar with Ruth Hull	"Understanding the role of blood sugar imbalances in health and disease"	Available via the RAoA website



BRANCH NEWS



NEW SOUTH WALES/ACT



Hello!
The NSW Branch is still basking in the afterglow of a very special ABM celebrating 35 years since the NSW Branch was first inaugurated in 1990. I hope you enjoy reading my write up article which can also be found in this edition of FootPrints!

As we go to print before our handover meeting has taken place, we are unable to announce the date for next year's ABM. General members will of course find out all about our plans at our first general meeting of the NFY on Tuesday 22 July. Keep your eyes peeled for a survey where you will get to decide our next speakers and get involved in the planning for our WRW event in September.

A special shout out to the three GM speakers who have 'helped' our members to remember to attend our general meetings so far this year! We are proud to be attracting between 30 and 35 attendees at our Zoom meetings. Our speakers this year have included:

Katie Kaars—Photographer, who gave us all some fabulous tips and huge encouragement on how to post selfies and reels on our social media and business posts. One very lucky raffle prize winner at our ABM won a voucher for a photography session with Katie. How good is that?!

Ana Angarita—Reflexologist and Aromatherapist, gave us a fascinating insight into how she works in both the private and public healthcare sector in the UK. Ana's presentation was engaging and enlightening. We highly recommend Ana as a potential speaker at other Branch and Territory meetings.

Finally, members were delighted to have the opportunity to attend a 90-minute Zoom follow-up session with Sue Ehinger to review the Auriculotherapy course content prior to completing the assessment part of the course. We are very grateful to Sue, for her generosity and grace with her time and knowledge.

Looking forward to an active and purposeful new financial year in NSW!

Angela Clark



SOUTH AUSTRALIA

We had our ABM on 24 May. Anita Smith stepped down as Chairperson of the South Australian Branch but is happy to stay on as a committee member.

Christine Spencer has also stepped down as Secretary and Lynn Forrester is retiring as a member.

We have formed a general committee and agreed to share tasks. Members of the general committee are

Anita Smith, Amanda Wilson, Christine Clayton-Clark and Pamela Nish.

Events coming up are as follows: 27 September 2025 World Reflexology Week in Whyalla at the Wetlands.

For future events please see the CPT calendar in this edition of *FootPrints*.

Anita Smith



QUEENSLAND/NORTHERN TERRITORY



The Queensland Branch had a successful ABM and an informative presentation on Cranial Nerve Reflexology by Keri Wood. The present committee has returned minus one member who has relocated. We had a committee meeting 2 days after the ABM so that we could start to put plans in place for the next 12 months. In April we held an EPE zoom on the topics of the Spine, Metamorphosis and Brazilian Toe Massage. We utilized several YouTube videos of different techniques on how to work the spine which proved to be thought provoking and gave us some different techniques to practice with our clients. We are looking forward to exploring various areas of reflexology over the next 12 months.

South Australia and Tasmania are interested in joining our EPEs by Zoom and we will be discussing this in the next few weeks. This will provide educational opportunities to a wider group of reflexologists.

The new website has made the registration process and communication to the Branch a streamlined process and will make the provision of our EPE education zooms easy to access. Well done to all those who were involved in providing a new website with many new features. We will certainly be utilizing the new processes over the next 12 months.

Sue Jewell.



VICTORIA

Hello everyone.

On Sunday 4 May we gathered for our ABM where Maria Veerasamy treated us to a Taste of Tai Chi for Health. A beautiful practice of slow, gentle, continuous movement using a relaxing breathing exercise to relieve stress in our body.

As a group we shared our ideas and experiences on how to support our client's immune systems best and I spoke about Aromatic Heartwork, connecting in with our heart through meditation, scent and grounding reflexology techniques.

The energy in the room was inspiring, and the opportunity to reconnect face-to-face reminded us of the value of community support in our profession.

A new committee has risen with the following members stepping up: Lyndal McLean, Maria Veerasamy, Victoria Gean and me. We appreciate your patience as we find our rhythm, and we look forward to connecting with you

through upcoming events, gatherings, and opportunities for learning and sharing.

I would like to take this opportunity to thank our outgoing committee with the following members:

Catharine Brown, Maureen Wilson and Sue Whittaker for **7 !!!** years; Victoria Gean and Nonie Crozier for **5** years. This is an amazing input of energy and time and we are grateful for all of your hard work and commitment.

Whether you're newly qualified, a student or have decades of experience, we invite you to stay connected, keep learning, and reach out. We would love to hear from you!

You can email me with any questions, suggestions or your interest in joining the committee on Sundewtherapies@icloud.com.

Here's to a year together of growth, collaboration, and community.

Monique Poppelaars

Our May 18 study day and ABM began with an invigorating Dru Yoga session from Hollie Kelly. We were then joined on Zoom by 10 more members to help us navigate through the process of electing new office bearers for 2025-26. With thanks to the outgoing committee, ably led by Hollie Kelly, Christina Ellis-Hall (Deputy Chair); Bernie Sermon (Secretary and Footnotes Editor), Carol Flint (Special Events Coordinator), Lisa de Pledge (Librarian) Jackie Smartt (new Members) Keri Wood (CPT points) and Monique van den Ing (South West Branch representative) were elected. Debbie Helm and Jackie Smartt will join the committee as an ordinary member.

We are still hopeful the position of Chair will be filled but, until then, the new committee will forge ahead with planning for future study days, World Reflexology Week in September and the iconic Telethon (an annual fundraiser for research to assist in the treatment of children's illness and conditions) in October.

The consensus among the 16 attendees was that hands-on learning is the best way to introduce a new

WESTERN AUSTRALIA



modality into our treatments. With the business side of the day completed, we then settled back into the learning, with Mary Matthews' presentation on the use of Ayurvedic Kansa Vatti Foot Massage, which concluded with a practical exchange on each

other. Mary monitored and adjusted our techniques and answered our many questions as she moved between us. It was a well-received session, with many keen to pursue the practice further by enrolling in one of Mary's weekend courses. (See Facebook Naturally Rejuvenate Complementary Therapies and Training).

The afternoon session began with a wonderful reflexology exchange on each other, which proved to be another learning experience as we all have something different to offer.

To conclude what was a lovely day, Christina and Amanda Barnett-Wood sent us to another world with their combined sound meditation. It was hard to come back to reality, but we all left feeling happy and relaxed after a very productive and nurturing study day and ABM.

Christina Marie Hall

TASMANIA



*No report has been received for this issue.
If you are interested in volunteering to do reports for your branch, please contact your Branch Chair.*

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Attention contributors to FootPrints

The Guide to Authors of articles for *FootPrints* has been removed from the quarterly magazine and relocated onto the website <https://reflexology.org.au/publications/footprints/>. If you would like to contribute an article or advertisement to appear in a future issue of the Australian quarterly magazine “*FootPrints*”, please take time to read the “Guide to Authors” and “Advertising Policy”.

If you need more information on contributing to *FootPrints*, please don’t hesitate to email the current Editor of *FootPrints*: footprints.articles@reflexology.org.au

The Reflexology Association of Australia is committed to the belief that reflexology can be of great benefit to the health of all Australians. It publishes a referral register on its website (www.reflexology.org.au) and has a referral phone service for members of the public who wish to consult a qualified practitioner.

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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Please know that Directors can be contacted to clarify concerns

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This is where all merchandise is leaving from and, if needs to be, returned to this address.

Monday-Friday

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Phones will be answered daily 9.00am–5.00pm.

If phone is not answered please leave a message.

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Mechandise—

Brian Steinke: merchandise@reflexology.org.au

Advertising—

Susan Ramsey: advertising@reflexology.org.au



There are many positions available within our Association at the moment.

One such voluntary role is detailed below, however feel free to contact any department about similar roles to get more involved.

The Education Working Party has a vacancy for new members. This is a voluntary position however, you will gain CPT points for your contribution. The Education Working Party assists the Board, and its main purpose is to:

- ◆ Promote and support the education goals in the RAoA Strategic Plan.
- ◆ Be a key mechanism for developing the strategy, agenda and policy to promote a culture of sustained excellence in education opportunities and education requirements to members.

Education Working Party skill set requirements:

You must:

- ◆ Be a member.
- ◆ Have experience as a trainer – current Cert IV TAE 40116 or Award in education would be an advantage.
- ◆ Have an interest in education of reflexology.
- ◆ Have a sound understanding of the Education Program or be interested to learn about the RAoA Certificate of Clinical Reflexology and/or HLT Diploma of Reflexology and or ITEC Diploma in Reflexology for the complementary therapist/Diploma in Complementary Therapy/ITEC Diploma in Reflexology.
- ◆ Work effectively with groups.
- ◆ Have access to use email, Zoom, a web browser, a mobile phone/land line.
- ◆ Have basic to average computer skills—Word.
- ◆ Be willing to learn new skills.
- ◆ Be willing to contribute to tasks as and if required by the Education Director.
- ◆ Be able to assist in decision making if/when required.

LLN level 3+ (Learning, Literacy, Numeracy) is an advantage, but not essential.

Benefits of joining the RAoA Education Working Party:

- ◆ The opportunity to gain CPT points – 10 CPT points for being active on the committee.
- ◆ The satisfaction of having input into education of reflexology to the public and prospective students.
- ◆ An opportunity to learn some new/additional skills
- ◆ You will become part of a small team assisting in the greater network of reflexology education in Australia
- ◆ It will be an opportunity to mentor RAoA student and new members.
- ◆ It is the ideal committee to learn skills to become a future RAoA Director, if desired.

If you would like to be a part of this team, please contact the Education Director education@reflexology.org.au and include a small CV.

VISION for Reflexology: Reflexology is to be recognised as a major component of an integrated health care system.

VISION for the Association: The Reflexology Association of Australia is a leader in integrated health care systems.

MISSION: Develop and promote the quality of our practitioners and advance the safe and beneficial contribution of Reflexology to the health of the community.

We will achieve our mission by:

- Maintaining a viable and sustainable association.
- Maintaining high levels of training and qualifications.
- Promoting awareness, understanding and usage of reflexology in the general community and the health sector.
- Providing a professional support structure for members.
- Representing and advocating for members in the public, government and health arenas.
- Facilitating, supporting and engaging in research.
- Increasing membership and retaining existing members.



National AGM

18 October 2025

via Zoom

with Tito Pignetti presenting:

“Foot mobilisation—better feet, better body, better life”

www.reflexology.org.au

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