



REFLEXOLOGY ROCKS!

Stones are part of the earth element and help you to reconnect with the earth's grounding, stable force. Used as an extension of your own hands, hot and cold mineral stones enhance and can elevate your client's experience of reflexology to one of primordial sacredness. Rooted in the ancient Tibetan and Native American traditions, Stone Therapy entices the mind/body to surrender all traces of mental and muscular tension – a logical adjunct to reflexology. Chilled stones calm and cool inflammatory conditions while heated stones invite the recipient into a deep experience of themselves that almost defies definition. Together hot and cold stones provide a vascular workout for the entire body, both stimulating and relaxing the circulatory system at the same time. As contradictory as this may sound, it is this unique interplay of heat and cold that deeply relaxes and re-energizes a tired body. Homeostasis is returned. Balance restored. The prime intention of a reflexology session.

In this class you will:

- give and receive a stone reflexology session
- learn how to safely use hot and cold mineral stones (basalt, marble and soapstone) within a reflexology session
- utilize Himalayan salt crystal stones to reduce the effects of harmful electro-magnetic frequencies
- be introduced to the benefit and placement of quartz crystal stones to balance the seven primary chakras
- practice a variety of techniques, such as gliding, occlusion, placement and point work
- learn how to choose appropriate stones for different purposes
- learn how to incorporate aromatherapy with hot stones
- be able to describe the theories and principles of Stone Therapy
- identify contraindications and considerations in using heated and chilled stones

Resources for tools and accessories required to offer Stone Reflexology sessions will be made available during the class. Please bring a bottom sheet, towel, tub to soak feet or hands and a writing instrument.

NOTE: *This class provides no training in reflexology. It is open to certified reflexologists and individuals who have completed at least two full days of professional training in offering a full reflexology session on either the hands or feet. Acceptance into the class is at the discretion of the instructor.*