

# Reflexology



This 21 hour course offers reflex techniques for vitalizing the whole body with emphasis on activating the channels of elimination, drainage of the lymphatics and detoxification of metabolic wastes stored in the tissues of the feet, organs, glands and nervous system. Reflexology involves distal stimulation on the feet, hands or ears to release metabolic wastes that impede the nerve terminals in the feet and hands. Students will also learn: the importance of detoxifying metabolic wastes stored in tissues of the body, and adjunctive measures to support detoxification, magnesium absorption, immune support and relaxation. Treatment adjuncts include: a Liver Flush, Polarity Tea, Fresh juices, Essential oils, Hydrotherapy and Epsom salt foot bath.

*"I incorporate Reflexology into almost every modality I offer at the Spa and in my private practice. We have had so much positive feedback from guests that Reflexology has become a standard part of our Ayurveda treatment protocol. Reflexology enhances every massage experience. Clients respond with increased vitality and come back asking for more."*

*-Randi Sharp, 550 hour grad and Lead Therapist for the Ojai Valley Spa*

**2023 Class:** January 27 (Fr) 5-9 pm

January 28, 29 (Sat/Sun) 9:30 -5:30 pm

**Clinic:** (Wed), Feb 1 1:45 – 5pm

**Course location:** Day 1: 516 N Quarantina St; Day 2/3: 1201 W Valerio St.

**Reg Fee:** \$37 **Tuition:** \$378

**Textbook:** Reflexology Packet



Instructor Katie Mickey, CAMTC #18289, H.H.P., R.P.P

Katie has served as Director and core instructor of the Santa Barbara Body Therapy Institute for over 32 years. During that time, she has trained over 3000 students in the Institutes's many programs. She has also served as School Advisory Committee member to the CAMTC. Her educational background includes: UCSB, The International Institute of Reflexology, Santa Barbara College of Oriental Medicine, Institute of Holistic Healing, Body Therapy Institute, School of Intuitive Massage and the Center for Nonviolent Communication. She maintains a private bodywork practice in Reflexology integrated with assorted modalities.

Approval to operate by CA BPPE since 1985 #19282 as in compliance with CA state standards. School code #4201111. Approved for training for Veterans and eligible persons by the CA State Approving Agency for Veterans #2-5-1333-05. Approved by the CAMTC only as a part of our 550 hour program requirement #SCH 0020. Accepted by CA Vocational Rehabilitation.

**Santa Barbara Body Therapy Institute 516 N Quarantina St Santa Barbara, CA 93103**

**805.966.5802 [www.sbbti.com](http://www.sbbti.com) [info@sbbti.com](mailto:info@sbbti.com)**