

Reflexology and Stress Management



This 21-hour course offers reflex techniques for vitalizing the whole body with emphasis on restoring balance to the Bipolar Currents, Nervous and Endocrine Systems. Reflexology involves distal stimulation on the feet, hands or ears to release metabolic wastes that impede the nerve terminals in the tissues. The Nervous System may be likened to the electrical system of the body. Clearing congestion in the nerve terminals of the feet allows the body to make contact with the electricity or negative electrons in the ground that help power the organs and glands.

In this course students will learn to:

- Interface with the electromagnetic zones or bipolar currents
- Clear impedances that precede neuromuscular pain (i.e pain in the neck, back, hips...)
- Effect a healing response anywhere in the body with contact on the feet, hands or ears
- Address an assortment of stress and inflammation related pathologies

*Learning Reflexology validated beliefs that I hold about the connection between the energy zones and the feet. It gave me a much stronger awareness of my body mechanics and helped me shift my stress response. Before I started the course my hands were exposed to toxic chemicals that made my skin severely blistered, raw and swollen. The stress of that shifted tremendously during the course. It was a huge benefit to refocus how I dealt with the condition and my body's capacity to heal. My hands are now so much better." **Barbara Loveless, Reflexology Student***



Class: Jan 15, 2016 (Fri) 6-9:30pm, Jan 16, 17 (Sat, Sun) 9am-5:15pm

Clinic: Jan 19 (Tue) 5:45-8:45pm or Jan 21 (Thu) 1:45-4:45pm

Reg Fee: \$29 Tuition: \$294



CAMTC #18289, H.H.P., R.P.P Katie has served as Director of the Santa Barbara Body Therapy Institute for over 25 years. She has taught acupressure and process skills to thousands of students within the Institute's many programs. She received her training in skills included in course content through the Santa Barbara College of Oriental Medicine, the Institute for Holistic Healing, the Center for Nonviolent Communication, Women Within and Access Consciousness.

Approval to operate by CA BPPE since 1985 #19282 as in compliance with CA state standards. School code #4201111 NCBTMB continuing education Approved Provider #296749-00. NCBTMB Assigned School #490380-08 since 2001. Approved for training for Veterans and eligible persons by the CA State Approving Agency for Veterans #2-5-1333-05. Accepted by CA Board of Registered Nursing #CEP10769. Accepted by CA Workers Compensation, CA Vocational Rehab, CA Workforce Investment Act (WIA)

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What students and clients are saying about Reflexology:

"The number one thing I do for myself is Reflexology. I knew the benefits immediately when I came into the clinic and had a Reflexology clinic 18 months ago. I downloaded the process and feel of it. I can do this on myself every day. Why not? I can have a dramatic change of energy. Adrenals are the number one issue for most folks, so that is what I worked on. High energy is the name of the game. My personal practice of bodywork has come from getting it, integrating the feeling of it and then turning around and giving it. A year after my first Reflexology session, I started walking barefoot. For years I had to wear shoes for my stability and had a lot of sensitivity. After Reflexology my feet shifted. I can now walk on stones and feel very strong." **Dan Debroux, CEO, Business Coach and Speaker**

"I work for the Sherriff's department 12 hour shifts on my feet in boots on concrete all day. I got your email and thought what a great idea! I was so impressed with how I felt after the first session I decided to have a go for a second session. Tomorrow I'll be back for Deep Tissue and Saturday back for Swedish." **Chuck Van de Walker, SBBTI clinic client commenting on sessions with Toni Osuna, Tonya Roberts and James Margeson**

"I had a car accident two years ago. I was too weak from the accident to make it for a massage session. Nothing I had been trying medically was helping. In the past I had received many massages at the Institute that had helped me so I finally forced myself to come and received a Swedish. Following my session, the therapist recommended that I go to the intro to Reflexology. I loved it and decided to take the whole course. Day one of class I came in with a cane for balance and walked out with no cane. I was able to put away chairs and help with the cleanup. I felt perfectly balanced. It was amazing! Normally at this time of day I am wiped out because of fibromyalgia but my energy felt great. Day two of class I didn't need to sleep. I had lots of energy. (I normally sleep a lot during the daytime.) I was able to stand and do the golf ball exercise and now I am able to sit cross legged on the floor. I can't remember the last time I have been able to that!" Day three of class I was able to do the opening exercise without my cane. I picked up the massage table and chair to set up my treatment space by myself. I wasn't able to do any of those activities before. I've never felt grounded like this. Day four of class I left the cane in the car. I went up and down the stairs like a normal person. I haven't done that since 2006. I used to have to go one foot at a time and pull myself up. I feel a heat through my body when healing is happening and I feel great. However I am sad about the class ending as I want it to last forever. I will do these techniques with my son because he has asthma and I tell him this has made such a difference in me that it could make a difference in you too." **Amy Lowe, Reflexology student**

"Before receiving Reflexology my back was really bothering me. On a scale of 1-10 it was about a five. During my sessions I had a lot of strong sensations, I got really cold, when my kidney points were worked on - my teeth were chattering. Now I feel really great and have no pain in my back." **Tony Torrez, 550 graduate, and Iraq Veteran**

