

Teacher's Information

**Gina M. Bello, RCRT, RRPPr, Teacher
Certified Holistic Therapist
Hand Heart & Sole Wellness
Established in 2002**

Certified in

- Ear Candling
- Chair Massage
- Original IonCleanse®
- Reflexology (Feet, Hands, Ears, Face)
- Reiki Master
- Swedish Massage
- Thermal Palms Massage
- Vibrational Medicine
- Zone Therapy

Teacher of

- Reflexology
(Feet, Hands, Ears, Face)
- Original IonCleanse® Technology
- Ear Candling

2012 FOOT REFLEXOLOGY 4 Individual Course Dates

Sat/Sun - Jan. 14, 15: 9 am – 6 pm
Sat/Sun - Jan. 28, 29: 9 am – 6 pm
Sat Feb. 4 : 9 am – 2:30 pm

Sat/Sun – Apr 14, 15: 9 am – 6 pm
Sat/Sun – Apr 28, 29: 9 am – 6 pm
Sat May 5 : 9 am – 2:30 pm

Sat/Sun – Sept 8, 9 : 9 am – 6 pm
Sat/Sun – Sept 22, 23: 9 am – 6 pm
Sat Sept 29 : 9 am – 2:30 pm

Sat/Sun – Nov 10, 11 : 9 am – 6 pm
Sat/Sun – Nov 24, 25 : 9 am – 6 pm
Sat Dec 1 : 9 am – 2:30 pm

The Association

The Reflexology Association of Canada is a federally chartered non-profit association formed in 1976 with members from coast to coast. The prime objectives are to set and maintain high standards among practicing Reflexologists for the advancement of quality training, examining, and certification, to share ideas, and to develop an effective referral system and network across Canada and internationally.

For further information contact the teacher listed on this brochure or RAC head office.

**Gina M. Bello
Hand Heart & Sole**

www.HandHeartAndSole.com
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**HEAD OFFICE:
Reflexology Association of
Canada
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**Telephone: 204-477-4909
Toll Free: 1-877-722-3338
Fax: 204-477-4955**

RAC web page:

www.reflexolog.org

Teachers page:

www.reflexolog.org/Teachers.html

What is Reflexology? & **FOOT REFLEXOLOGY** Course Information



What is Reflexology?

Foot, Hand and Ear Reflexology is based on the premise that there are zones and reflex areas in the feet, hands, and ears which correspond to all body parts.

By applying specific pressure using thumb, finger and hand techniques, reflexology reduces tension, improves circulation and promotes the natural functioning of the related areas of the body.

Nervous people pace back and forth; wring their hands; rub their hands together and some even handle worry beads and or rocks. Unknowingly they are relieving tensions by working the reflexes.

What Happens in a Session?

With the client relaxing in a comfortable position, the reflexologist may work on either the hands, ears or feet. Sessions usually last from 45 - 60 minutes.

Reflexology is safe for everyone, although pressure and length of session may vary for babies, the aged or extremely ill.

Steps to Learning Reflexology

Comprehensive training in the theory and practice of reflexology is available from independent teachers who have been certified and approved by the Reflexology Association of Canada.

Steps to Foot Reflexology Certification

The foot course consists of 35 hours of classroom instruction, 15 hours of home study and 60 practical case studies.

Examination:

- Written (two hours)
- Practical (one and half hours) and submission of case histories of at least 60 sessions.

In order to become certified you will have to pass each exam with at least 80% which you will arrange with your individual teacher.

RCRT & Continuing Education

As a certified Reflexologist you can sign up to be a Registered Canadian Reflexology Therapist. With this program you have to carry insurance and then gain 30 credits over a 3 year period.

Why take the course with a RAC certified teacher?

The Reflexology Association has been around for over 30 years with a strong reputation and recognition of your certificate across Canada and internationally.

What the RCRT Membership has to Offer

- **Canadian Journal of Reflexology**
- **Website Referral**(for Insured RCRT Members)
- **Certification:**
 - Hand & Ear Courses
 - Teacher Training – leading to certification
 - Advanced courses & Workshops
- **Products:**
 - Charts (Foot, Hand)
 - Videos (Dr Wikler)
 - Promotional ItemsSee website for order form
- **Insurance coverage with Green Shield**
- **Liability Insurance Programs**
Lackner McLennan offers special member pricing.
- **Health Insurance Programs**