



**ADVANCED  
REFLEXOLOGY TRAINING  
SEMINARS**



**ABOUT ADVANCED REFLEXOLOGY TRAINING**

**The aim of ART is to give postgraduate training in clinical reflexology.**

The concepts and techniques taught at Advanced Reflexology Training (ART) were formulated and adapted in 1989 by Anthony Porter to fulfil the demand by qualified reflexologists to study advanced techniques.

ART incorporates techniques and approaches which combine to create the most therapeutically effective reflexology method possible. A complete and comprehensive overview of the techniques is presented at ART seminars, held over two days.

*Training is only available to qualified reflexologists.*

Therapists wishing to be included on the ART Register of Advanced Reflexologists have to be fully qualified at a recognised training school, and then attend at least three comprehensive ART seminars to become eligible for assessment. Successful completion of the assessment entitles the therapist to use the letters ART (Regd) after their name and to be added to the list of ART registered practitioners.

*Because of the high standards of postgraduate tuition and assessment, patients are assured of the best possible practice of clinical reflexology.*

**We look forward to hearing from you and meeting you at a seminar.**

**ANTHONY PORTER**



*A practising reflexologist since 1972, Anthony has given many thousands of treatments and lectured internationally.*

*A qualified masseur, he first began practising reflexology in 1972, and from 1980 to 1991 he was the European director of an international reflexology training organisation. He relinquished the post in 1989 to focus on new directions in reflexology; new ideas that could be utilised alongside the more orthodox techniques applied by most reflexologists.*

*Many years of accumulated experience have led to the development of Advanced Reflexology Techniques, some of which are adapted and refined from existing practices, and others are his own discoveries.*

*Anthony is now concentrating on his own patients, but Sarah Tromans and a new generation of practitioners is continuing giving training in his techniques.*

Anthony discovered that many ailments (presented by women in particular) are caused by hormonal imbalance - in particular hypothyroidism. This can be a major cause of many conditions, often unsuspected by medical and naturopathic practitioners alike. He discovered that a painful reflex does NOT always mean a pathological disturbance in a corresponding organ - it is the reflex texture which is more important, and in fact sensitive reflexes can mean a better prognosis for a sick patient.

*In 1997 Anthony received the Eunice Ingham Award for his services to Reflexology. The following year the Association of Reflexologists awarded him an Honorary Fellowship.*

45 High Street  
Wheatley  
Oxford OX33 1XX



Tel. 0800 970 1559

Fax 01865 872 475

### ADVANCED REFLEXOLOGY TRAINING WEEKENDS IN 2010

Oxford School of Reflexology is pleased to invite you to seminars in Advanced Reflexology Techniques. Information on Advanced Reflexology Training can be found on the enclosed sheet, and as always OSR will be delighted to answer any questions you may have about the seminar.

Please be aware that Tony Porter works with a number of tutors to deliver the workshops: to be certain who is teaching on your given day we recommend that you contact Tony direct.

The seminar is held at venues in Wheatley or Holton, just off the M40, directions to each venue will be provided with your joining instructions. You can bring packed lunches, but a good lunch is also available at venues nearby. We can provide contact numbers if you are coming from further afield and would like to find overnight accommodation in the local area.

- ◆ **Dates:** TBC
- ◆ **Venue:** Holton Village Hall, Holton, Oxfordshire OX33 1PS
- ◆ **Cost:** £220 per seminar attendee, including certificate of attendance
- ◆ **Please note: this seminar will only run with a minimum of 10 attendees, and is available only to qualified Reflexologists**

To book, please return the slip below with your deposit or full payment to OSR. We will be in touch with a confirmation once we receive your form, and then joining instructions are sent shortly before the course.

*Please note that if you cancel a booking, we can only refund your course fees if given at least one month's notice, or if we can fill your place from a waiting list, which we will make every effort to do.*

*cut here if you like*

Advanced Reflexology Training with Tony Porter	
I wish to book .... place(s) on this workshop hosted by Oxford School of Reflexology. I enclose a cheque / credit card details for my deposit of £50.00 per person, balance of £170 to be paid on the day. I understand that if I wish to cancel less than one month before the course, a refund can only be given if my place can be filled. My preferred attendance date is <b>Signed:</b> ..... <b>Date:</b> .....	
Date of last ART seminar attended, if applicable:	Please debit my <i>Visa / Mastercard / Delta / Switch</i> card for the £50 deposit.
Name to be shown on certificate of attendance:	Card No.: .....
Name you prefer to be known by:	Start date:..... Expiry date:.....
Daytime telephone number ( <i>this is important</i> ):	Issue No.:..... Security code:..... <i>(3 digits on signature strip)</i>
Exact name on card: .....	
Address:	
<i>(If paying by card, and this is not the address your credit card is registered to, please supply the card address overleaf)</i>	
Where did you first hear of this workshop?	