

45 High Street
Wheatley
Oxford OX33 1XX



Tel. 0800 970 1559

Fax 01865 872 475

CHINESE MERIDIAN THEORY AND THE FIVE ELEMENTS IN RELATION TO REFLEXOLOGY

Presented by Geraldine Giles

Geraldine has trained and worked extensively with Inge Dougans both in the UK and South Africa, with the concept of the Chinese meridian theory and the five elements, in relation to reflexology and interpretation.

Time and again practitioners tell us that attending the seminars has provided them with a new dimension to their practical and theoretical skills, as well as covering aspects of Chinese meridian theory and the five elements and an overview of related nutritional information.

The workshop will provide a grounding in:

- the concepts of meridians versus zones
- yin and yang theory and its relevance to reflexology
- internal and external meridians
- how to use meridians effectively in reflexology
- the relationship between muscles, organs, meridians and the five elements
- interpretation and practical application of knowledge
- nutritional guidelines

We will be using and referencing the following books:

- A Practical Guide to Reflexology, using the Chinese Meridian Theory
- The Complete Illustrated Guide to Reflexology
- Reflexology - An Introductory Guide to Foot Massage for Total Health

The author, Inge Dougans is also the creator of the Vacuflex reflexology system.

Inge Dougans believes that reflexology's true origins lie more in the fundamental principles of Oriental medicine than in the relatively modern concept of zones. These principles add a powerful new dimension to the practitioner's understanding of the body's natural processes.

This course is only open to qualified reflexologists. You might also wish to read the section of "Reflexology - A Practical Introduction" covering Chinese meridian theory before the course, as this will give you an introduction to some of the concepts covered. Please contact us if you are having difficulty locating a copy of this book, or order from Amazon via this address:

<http://www.therapy-school.co.uk/books.htm>

45 High Street
Wheatley
Oxford OX33 1XX



Tel: 0800 970 1559

Fax: 01865 872 475

CHINESE MERIDIAN THEORY SEMINAR WITH GERALDINE GILES

Private or small group seminar's can be booked by arrangement with Geraldine Giles, please call the school for more details.

The two day course lays a foundation where it is possible to develop your knowledge further via email (distance learning) allowing for CPD in this area.

Participants should arrive for a 10.00 start and aim to finish by 5pm at the latest.

To ensure that each participant receives personal attention for the most rewarding time possible, there is a maximum of 6 places on the course.

To book, please complete the form below and return it by post or fax with your cheque or card details.

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

Chinese Meridian Theory and the Five Elements in relation to reflexology	
I wish to book place(s) on the above seminar on.....	
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.	
Signed:..... Date:.....	
<i>Please delete as appropriate:</i> ◆ I enclose a deposit of £50 per person <i>(balance payable at seminar)</i> ◆ I enclose full payment of £180 Total enclosed: £.....	Please debit my <i>Visa / Mastercard / Delta / Switch</i> card for the sum of £..... Card No.:..... Start date:..... Expiry date:..... Issue No.:..... Security code:..... <i>(3 digits on signature strip)</i> Exact name on card:.....
Full name(s): <i>(as you would like to see on your certificate of attendance)</i>	
Name you like to be known by if different:	
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>	
Daytime telephone: <i>(this is important)</i>	
Where did you first hear of this workshop?	