

## HAND REFLEXOLOGY

### A one-day workshop looking more closely at working the hands

Penny Odhams MAR has been teaching Hand Reflexology modules on OSR's main reflexology courses for many years. Now we would like to give other people the chance to benefit from Penny's unique degree of experience in the subject. Use of the hands for reflexology is so often under-estimated, and yet can be a very powerful and versatile tool.

***As reflexologists we tend to 'sideline' hand reflexology until we suddenly need it!***

Penny's Hand Reflexology Seminar is intended for reflexologists of all levels of experience, from newly-qualified therapists who would like to hone their skills in this discipline to those who have been practising for some time and feel they would benefit from a refresher. The workshop is capped to a maximum of 6 attendee's, and the standard cost is £85 for the day, with a £35 deposit required to secure a place (see below).

The workshop covers:

- A brief history
- Appreciation and awareness of Hand Reflexology in your practice and the workplace
- Discussion of the relevance of working on the hands in Reflexology
- Exploration of the reflexes on the hands and the 'the connection' with the body
- Observations of the hands relating to body conditions
- Exploration of different working positions
- The application and techniques necessary for working on the hands
- A hand routine
- Discussion of an option of completing case studies for a Certificate of Competency in Hand Reflexology

After the course the knowledge you have acquired through the experience of Penny and your fellow attendees will give you renewed confidence in treating your clients using hand reflexology.

You will receive a certificate of attendance from Oxford School of Reflexology, as well as the support, refresher training and encouragement to use your hand reflexology skill - not lose it!

### ***Equipment and refreshments provided***

*cut here if you like*

#### Hand Reflexology – 8<sup>th</sup> October 2010

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 £35.00 per person, balance of £50 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.

Signed: ..... Date: .....

Name to be shown on certificate of attendance:

Please debit my *Visa / Mastercard / Delta / Switch* card for the £35 deposit.

Name you prefer to be known by:

Card No.: .....

Start date: ..... Expiry date: .....

Daytime telephone number (*this is important*):

Issue No.: ..... Security code: .....  
(3 digits on signature strip)

Exact name on card: .....

Address:

*(If paying by card, and this is not the address your credit card is registered to, please supply the card address overleaf)*

Where did you first hear of this workshop?