

**Reflexology and Pampered Feet Workshop**  
**Friday, October 15, 2010 and Saturday, October 16, 2010**  
**Presenter: Paula J. Hall, NCBTMB Provider#402459-00**  
**Alabama Massage Therapy License #182**  
**Alabama Board of Massage Therapy Instructor's License # I-053**

**A Two Day Conference**  
**Hands-on Workshop**

**Licensed Massage Therapist will receive 16 CE Contact Hours**  
**as approved by the National Certification Board for Therapeutic Massage and Bodywork**

**Pre-Registration Form**

Print name exactly as you wish it to appear on your certificate, and include your Massage Therapy License Number.

Name: \_\_\_\_\_ AL License# \_\_\_\_\_ National # \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

(The above information will remain private/confident and only available to the instructor and her assistant).

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**Detach and Mail the above Pre-registration form to:**

Paula J. Hall  
1228 Josephine Court  
Prattville, Alabama 36066

Paula J. Hall  
Reflexology by Paula  
Phone Number: 334-358-3990

E-Mail: PHALL10157@aol.com Subject: Reflexology Workshop  
Check out my website: <http://www.reflexologybypaula.com>

**Prerequisite for attending workshop:** Massage Therapy License or Massage Therapy Student..

Total cost of the Workshop is \$250.00. Pre-Registration is **Required** by September 28, 2010. The class will be limited to the first 16 applicants. Submit the above Pre-Registration with a non-refundable deposit of \$50.00. Make the check or money order payable to Paula J. Hall. (Sorry, no credit cards.)

The Pampered Feet and Reflexology Program will be held **Friday, October 15, 2010 and Saturday, October 16, 2010** in the conference room at the Prattville Holiday Inn, Prattville, Alabama.

The Holiday Inn is located at Prattville I-65 Exit #179.

Their phone number is: 334-285-3420.

**Instructor:** Paula J. Hall, Alabama Massage Therapy License #182  
Alabama Instructor License Number I-053  
NCBTMB Approved Provider for 16 Continuing Education Contact Hours

Paula J. Hall, LMT, received her Reflexology Certification from the International Institute of Reflexology in October of 1996. The prerequisite for take the certification exam is one year of study of Reflexology theory, technique, anatomy and physiology. The assessment for receiving certification consists of passing both a practical and written examination. She has had a Reflexology practice located in Prattville, Alabama for (9) nine years. She has attended numerous Reflexology and other types of workshops in order to maintain and gain professional continuing education intended for Massage Therapists/Bodyworkers. She received her Alabama Massage Therapy License in January 1998. Incorporated in the workshop will include the experience she has gained during the nine years of her Reflexology Practice. Other studies include: aromatherapy, Healing Touch Levels I and II, Therapeutic Touch, and Breema.

**Goal of Workshop:** A Comprehensive study of Reflexology history, theory, zone therapy theory, foot anatomy. The hands-on learning techniques will include instruction and guidance to comprehend, Reflexology relaxation techniques, pressure point Reflexology techniques, and foot massage techniques. A portion of the presentation includes instruction regarding the Pampered Feet segment. The attendees will be shown how to do the Pampered Feet portion of the session. At the conclusion of the 2-day seminar each attendee is to have gained the knowledge to perform the entire Pampered Feet and Reflexology session which includes the foot massage. The concluding segment will provide each attendee an opportunity to give and receive a Reflexology Session complete with the foot massage. This will serve as a review integrating the skills attained during educational offering.

Although the workshop will be filled with much instruction and hands-on-techniques, it is her desire for the workshop to also be fun and the 2 days an enjoyable experience. Learning is always more fun when the atmosphere is a relaxing one.

**A Certificate of Completion:** To be awarded to each attendee who has been present for the entire two-day seminar.

**Number of Continuing Education Credits:** 16 Credit Hours at the conclusion of the workshop providing the attendee has been present for the entire two-day seminar.

**Brief statement of the content of the course:** How to do a Reflexology Session including Pampered Feet (a foot bath and foot massage).

**Learning objective the attendee will acquire as a result of attending the course:** The attendee will learn how to do a Pampered Feet and Reflexology Session which includes:

1. Pampered Feet portion of the Reflexology Session.
2. How to do all of the foot relaxation techniques.
3. Skills and the precise technique of using the finger and thumb to work the reflex areas on the foot.
4. How to do a thorough foot massage.

During the class the students will learn how to do a series of techniques. The handbook provided to each attendee contains the class material taught during the course. This handbook also provides the itinerary/framework for the 2-day presentation. The development skills will be taught using the hands-on approach. The instructor will include a question/answer segment before moving to the next series. This will give the attendee the opportunity to perfect their skills.

At the conclusion of the course each person should have the knowledge to do the entire Pampered Feet and Reflexology Session. For future reference each attendee will receive a handbook which reflects material taught during the two-day seminar.

### **Schedule for Workshop**

1 <sup>st</sup>	Day	8:00 A.M. - 8:30 A.M. 8:30 A.M. - Noon 1:00 P.M. - 5:00 P.M.	Sign-In Lecture & Practice Lecture & Practice
2 <sup>nd</sup>	Day	8:00 A.M. - Noon 1:00 P.M. - 5:00 P.M.	Lecture & Practice Lecture & Practice

**Note: Dress comfortably as this is a Hands-on workshop. Please bring a large towel or a blanket and two (2) pillows. Also bring a small foot stool if you have one available.**