

Introduction to “Danceflexology ” a Therapeutic Sports Cross Training



Please join former dance pro /known choreographer and wellness speaker, Linda Googh as she shares with you her remarkable journey of self-healing through reflexology. This engaging interactive workshop is based on her own healing journey and successful, audio visual book on a custom USB “Reflexology 2 Go “ self-healing recipes for daily wellness.

Linda shares many unique tips and techniques that helped to speed up her “**Miraculous**“ recovery from foot paralysis and traumatic injury.

Interactive Clinic Customized for Dancers, Skaters, Ice Hockey Players , Runners, + other Athletes

Created and Presented by : Linda Googh RCRT
Wellness Speaker | Reflexology Therapist

“ Danceflexology “ is reflexology in motion.... launched in Dubai in 2011 it incorporates movement + reflexology+ breathing techniques.

Warm ups and cool downs are co-coordinated with key stretch and strength exercises to balance the body. You will be learning combinations that focus on the body as the dynamic energy system that it is! Athletes with physical imbalances, injuries, and weaknesses can use Danceflexology , and the principals of Ballet to rebalance and strengthen muscle joints and ligaments. Linda addresses some of the key reasons for Hockey Injuries and teaches the related Danceflexology moves that help prevent these injuries.

Learn beneficial self-reflexology routines used in warm ups and cool downs . Routines have been designed to assist in the prevention of the most common Hockey Injuries, such as

High Ankle Sprains,

Groin Pulls & Strains

Knee Ligament

Injuries -MCL,

AC Joint Injury

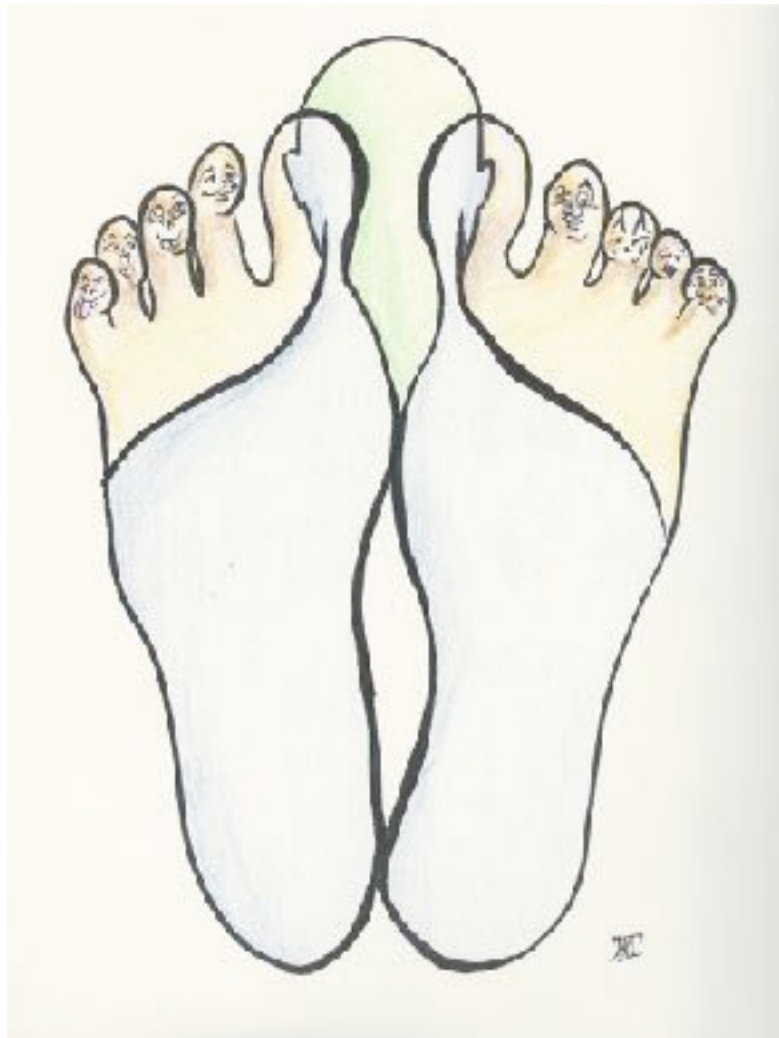




Pituitary Gland



Feet Mirror the body. As do hands & face



Learn how and why, hot and cold water therapy is golden! Experience why Linda's signature "Sandbox Ballet" moves, along with toe and foot stretching, plus many other useful tips and tapping techniques have helped so many of her clients that have work related injuries and conditions. Coaches, Personal Trainers, Police Offices, Fire Fighters, Football Players , Massage Therapists, and many others have learned from her techniques and clinics.

Stretching for Injury Prevention

Ballet is one of the most difficult sports, as well as an art form. Ask Jackie Chan and Jean -Claude Van Dame who cross trained in ballet as a means to compliment their Martial Arts performance skills, and prevent injury. Linda has combined her talents as a Dance Pro and Reflexology Therapist to develop and create this effective self-reflexology cross training that everyone can implement into their sport.

Discovered, how anyone who engages in an athletic discipline will benefit !

Wishing You Wellness

Now Booking for 2021 Dance Competitions