

Danceflexology with Reflexology Therapist / Choreographer Author/ Wellness Speaker/ Linda Googh RCRT/RAC

Dancers, athletes, and fitness instructors are a few of the professions that experience chronic foot problems. My earlier career as a professional dance instructor and then choreographer inspired me to develop my reflexology practice for people needing the proper holistic therapeutic treatments necessary to maintain soundness and assist with injury prevention.

Danceflexology is an interactive workshop/ clinic that addresses the many issues and conditions of the feet that dancers and athletes face every day. The workshop is for every active person and can be customized to the needs of your specific group.

Topics covered include

Treating Your Feet for:

Blisters

Sprains & Strains

Tendon & Ligament Injuries Heel Problems

Toe Problems

Forefoot Problems

Numb Toes & Feet Plantar Fasciitis

Foot Odor/ Diabetic feet

Cold and Heat Therapy

Hot & Cold Water Therapy And More

During the workshop Linda will address self reflexology as a complement to foot recovery . You will learn basic foot anatomy key reflex points, and simple finger and thumb techniques used to promote self healing.Walk away with tapping techniques and many tips for foot care.

Please contact us to book a workshop .

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All attendees receive Linda's Audio Visual Book Reflexology2Go / recipes for daily wellness on USB . You can review study guides, of key reflex's. and review follow along self-reflexology video's.

Danceflexology

View Video Reference #9

Danceflexology is Reflexology in Motion!

When combined with sports training, dance, yoga or any other athletic discipline, you now have a very unique cross training that will assist your existing warm up and cool down exercises. **Adding self-reflexology moves to your stretch and strength practice is also beneficial.**

Once you learn some basic anatomy plus some simple finger and thumb techniques, you will have not only introduced a therapeutics component to your training, **but also an awareness that focuses on the body as the dynamic energy system it is!**

Understanding that our feet, hands, ears and face mirror our body brings you one step closer to preventing injuries.

My earlier career as a dancer and choreographer inspired me to develop my own system to help not only dancers, but also all types of athletic individuals.

Injury prevention is a necessary education!



Press & Release



Butterfly Stretch: Heavenly!

