



BOOK LINDA NOW!

Come to the stage for a one-of-a-kind interactive self-healing experience.

This engaging presentation introduces healing recipes from her new book, Reflexology 2 Go® Self-Healing Recipes for Daily Wellness.

Learn "Stressflexology" and see how you can terminate stress with simple easy to learn moves! Ask about "Stressless Boot Camp" a day with Linda's team of Wellness Experts!

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Reflexology 2 Go® is a Self-Healing Journey Through Reflexology. A Unique Interactive Workshop Presented by Linda Googh RCRT, Teacher/Examiner RAC & Wellness Speaker.

Please join former Dance Pro and top Choreographer, Linda Googh as she shares with you her remarkable journey of self-healing through reflexology.

Linda shares many unique tips and techniques that **helped speed up her "miraculous" recovery from foot paralysis and traumatic injury.** Learn how feeling the body from within helped her cope with agonizing pain from extensive inflammation and nerve damage.

Linda's skills and knowledge of body mechanics as a dancer and International Dance Adjudicator, certainly gave her the fighting edge when she was abandoned by Doctors who couldn't "fix her."

In this workshop, participants are walked through some of her successful routines.

Learn about hot and cold water therapy, sandbox ballet, foot stretching, as well as many useful tips for healthy feet.

Attendees will also walk away empow-

ered with a deeper and clearer understanding of the causes of foot injuries and associated pain.

Reflexology 2 Go® video samples will demonstrate various self-healing recipes for daily wellness. Learn Linda's "Five Minute Motivator" and powerful "Stress Terminator," along with many other simple and easy to follow recipes.

Linda also shows how other modalities, when teamed up with reflexology heightens not only our body awareness but also tunes us up and tunes us in to the power of now...where pain and stress are fought!

As a dancer/choreographer/reflexologist, Linda understands the problems and injuries that dancers and athletes face throughout their career. The impact of reflexology on her personal recovery inspired her to combine her skills to create a signature wellness workshop she calls "Danceflexology."

Linda has since discovered that anyone who engages in any athletic discipline such as running, martial arts, yoga, sports, track and field, swimming, dance, or just working out will all benefit.

The last 30 minutes of this workshop offers both a seated and standing demon-

stration that reinforces reflexology skills.

Danceflexology movements and breathing techniques address inflammation, congestion and tension as well as an overall understanding of the body. Warm ups and cool downs are coordinated with key stretch and strength exercises to balance the body.

Booking: www.reflexology2go.com
Linda's Speaking and Workshop engage-



ments are customized. Please contact Linda directly to discuss your program needs. All quotations are Confidential and tailored to work within your budget.

Attendees Receive: **Reflexology 2 Go®** Self-healing recipes for daily wellness and an Audiovisual Reference Guide offered on a custom USB Flash Drive.

Observe and Participate:
Please bring your yoga mats and be sure to wear loose clothing.

