



# LINDA GOOGH,

## STRESSFLEXOLOGY

– Interactive Workshop Based on Self-Reflexology

One of the primary benefits of reflexology and self-reflexology is to relieve stress and restore balance to not only the body, but also our mind, and spirit. Reflexology is a natural healing art based on the principals that there are zones and reflexes in the feet, hands, ears that correspond to every part, gland and organ in the body. This 2-hour workshop is upbeat, fast paced, interactive and engaging.

At the beginning of the workshop, attendees will learn basic anatomy, key reflex points, and simple finger and thumb techniques used to promote self-healing. You will also be shown how to reflex your own hands, face and ears when your feet are not available. Linda will customize the program

for the industry, targeting specific concerns, and the ongoing physical and mental challenges of (**your Industry**). Please join former Dance Pro and known choreographer/wellness speaker, Linda Googh as she shares with you her remarkable journey of self-healing through reflexology.

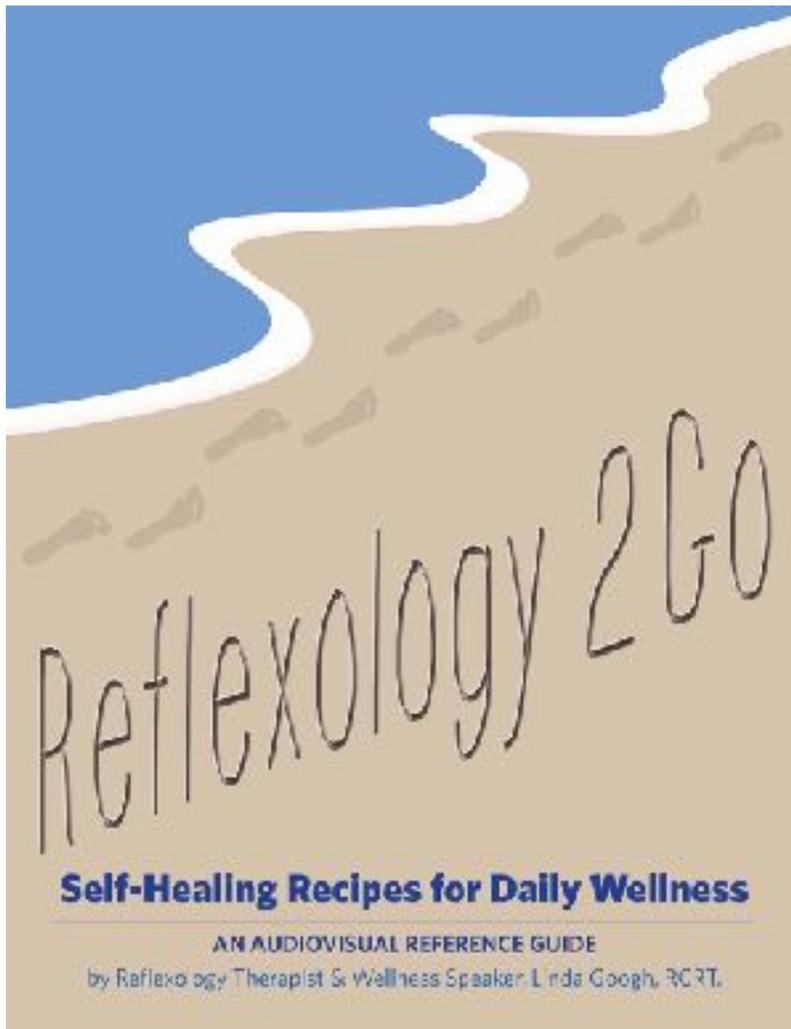
### **BENEFITS OF SELF-REFLEXOLOGY:**

- Release of good feeling endorphins • Enhanced vitality and energy
- Improved circulation
- Improved muscle tone
  
- Restored balance, body, mind and reduction in inflammation • Mood elevation
- Pain deduction
- Less stress

### **ABOUT LINDA**

Over the last three decades Linda Googh has written, produced, and executed stellar special events & stress management/team bonding programs for major corporations. Linda's companies, Linda Googh Enterprises and Reflexology2Go, seamlessly combine the 2 worlds of Events and Wellness. Today her Speaking, Workshops, and Signature Stress Management Boot Camp "Stressless" empower her clients to wellness and motivate them to excellence.

Financial Investment : Lindas fee can be negotiated to include her audio visual digital **reference guide** “Reflexology2go” self-healing recipes for daily wellness. This amazing book serves as a memory bank to the workshop, offering self-reflexology techniques, anatomy charts, and follow along videos!



**Participants receive a Copy of Linda’s book on USB**