

“ Reflexology 2 Go “

Wellness Speaker / Author Reflexology2Go
Dance Master/ International Dance Adjudicator

An Unique Interactive Practitioners Workshop
Presented by Linda Googh RCRT/Teacher/Examiner RAC



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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. Feeling the body from within helped her cope with agonizing pain



Learn how feeling the body from within helped her cope with agonizing pain from extensive inflammation and nerve damage to both her feet.

Linda ‘s skills and knowledge as a dancer and International dance adjudicator, certainly gave her the fighting edge when abandon by doctors to “fix herself “! In this workshop practitioners are walked through some of her successful routines . Tap into your own creatively , while expanding your approach with clients.

Learn how and why, hot and cold water therapy is golden! Linda introduces her signature

“Sandbox Ballet” along with toe and foot stretching, plus many useful nutritional tips and tapping techniques that have helped so many of her own clients!



RAC/ AGM/ OTTAWA

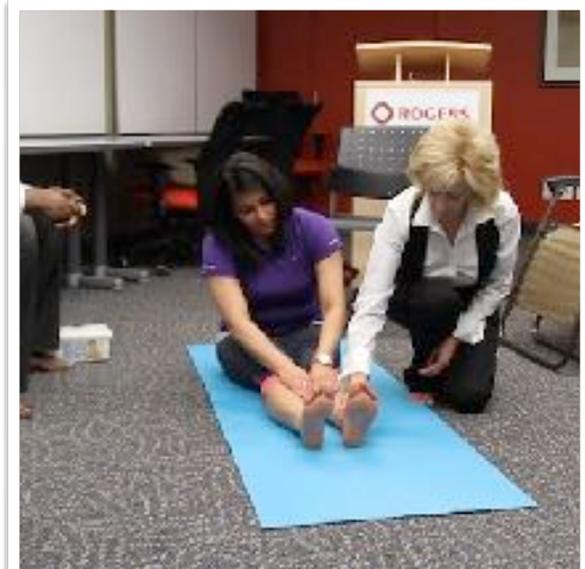
Linda is a strong believer that other modalities, when teamed up with reflexology heightens not only our body awareness but tunes us up and tunes us into the power of the present.....where pain and stress is fought! When reflexology and self-reflexology team up with complementary modalities such as meditation, yoga, deep breathing, and even self-hypnosis, it can be the secret sauce on top of self-healing. This is exactly why she developed and created

“Danceflexology “

Self- reflexology for Practitioners and their clients

Practitioners will also walk away empowered with a deeper and clearer understanding relating to causes of foot injuries, and conditions, associated with nerve damage. She explains, that as a practitioner you can help your clients by having a thorough understanding of the physical and emotional stress brought on by their fear, as well as their pain. You can also help clients help themselves! We will be looking at how Reflexology Therapists can introduce simple self-reflexology to clients in between their reflexology treatments. This is complimentary to your practice and by no means a threat! You will also get a chance to view a few of Linda’s” Reflexology 2 Go” video samples, that will demonstrate various self-healing-recipes.

The last portion of this workshop will take you through a seated and standing class room that will show you how to use the **reflexology skills** you already have, but in away they have never been used.

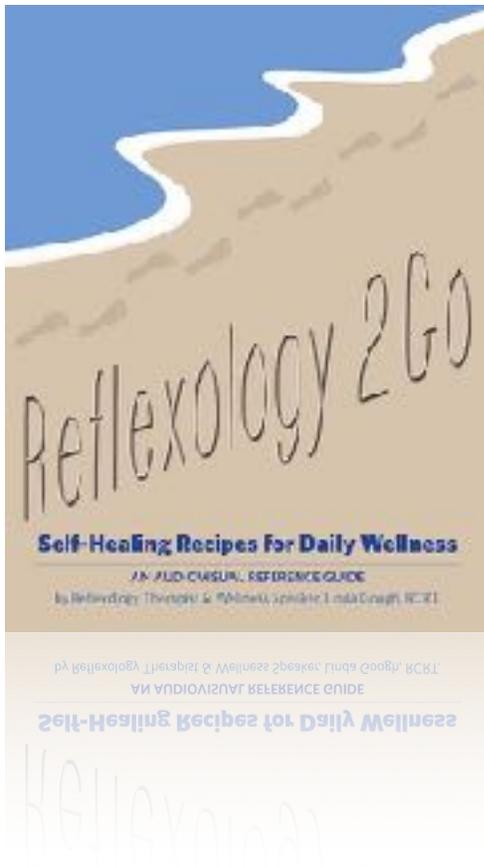


Please bring your yoga mats, and be sure to wear loose clothing. Those not able to work on the floor will be shown moves adapted and modified by using a chair.

Linda has since discovered, that anyone who engages in an athletic discipline such as running, martial arts, yoga, sports, track and field, swimming, dance, or just working out at home or the gym....will all benefit. “ **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!

Wishing You Wellness Linda Googh



SHOW SPECIAL

25.00