

# Stress -Less

## VIRTUAL - Workshop

### AT YOUR DESK REFLEXOLOGY2GO



PRESENTED BY  
REFLEXOLOGY THERAPIST  
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## **Self - Reflexology to relieve tension in a snap !**

### Brain Walk



**While sitting  
right at your desk**

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. Through its work on the nervous system, balance is restored .

Self-reflexology is an excellent skill for everyone to know. It can be executed anywhere!. Reflexology is not for just the feet. Key reflex's are also found on the hands, ears and face. This is demonstrated in my custom " Stressflexology" Workshop " which is up beat ,fast paced , interactive and engaging. Each person will walk away empowered!

# Learn Simple effective Facial Reflexology

## 1- Mental Stimulation

Improving Mental Alertness & Memory

Clears blockages in the nerve endings Tightens the Forehead...learn more

## 2- Third Eye / Pituitary Gland

Helps to improve perception is the Master Gland in the Endocrine System



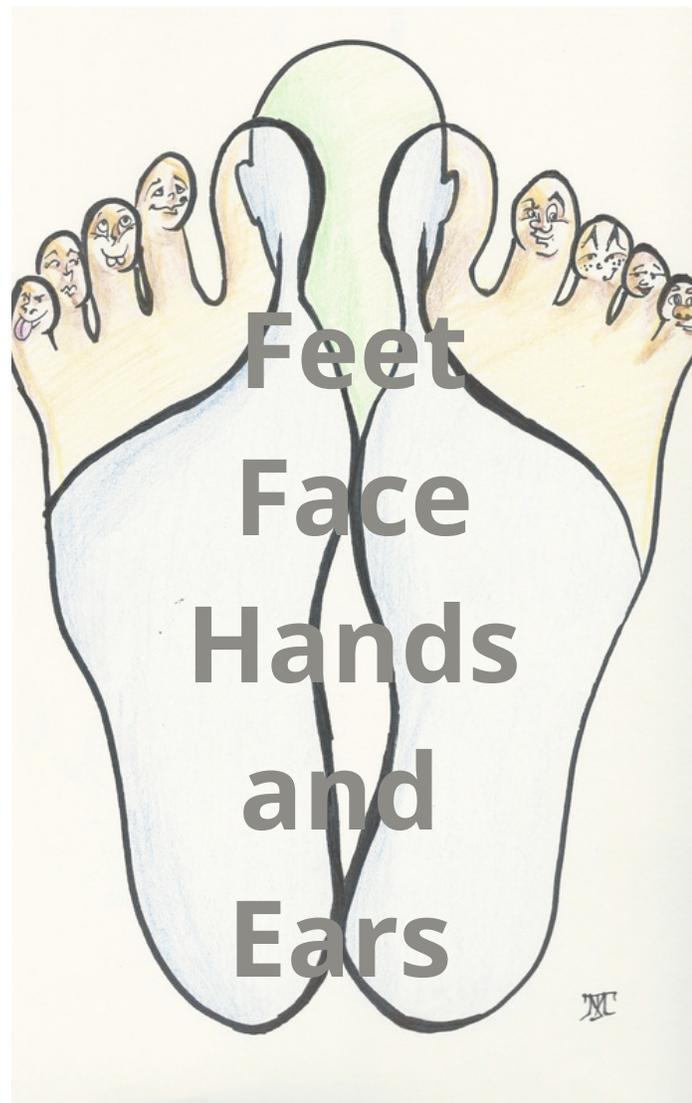
# Learn Zones of the Body

Free up stuck energy

learn anatomy and how

Feet mirror our body

Learn simple techniques  
for



Staff participants, will learn self-healing recipes for daily wellness from my Video book and mini video series which played on Rogers Cable in York Region for 3 years. I will demonstrate and teach self-reflexology that can be executed right at your desk. Learn many simple self-healing techniques, that can be used daily. Here are some samples of the recipes you will be learning!

### #1/ Super Charging Techniques

Super charging techniques bring balance to the mind body and soul! This daily recipe shows viewers how to use healing energy to balance Qi, and up our own vibration.

### #2/ Allergy Sinus Suffers

This is a "Facial" self-reflexology recipe that relieves sinus tension, opens airways, and flushes kidneys. It's a lot of fun following along!

### #3/ Hands for Shear Energy

Computer workers, Guitar players, or anyone with hard working hands will benefit from this “maintaining hands recipe “. When performed daily, hand dexterity can be greatly improved!

### #4/ Clearing for Clarity

Just like we de clutter our living space from stale stagnant energy, we need to clear our Qi for clarity. I demonstrates the self- stimulation of nerve endings and how to increase blood flow, for daily wellness.

The” Stressflexology Workshop”, promises to have long lasting and on going health benefits that help Attendees help themselves. Self- awareness through self- reflexology let’s people become an active participant in their own daily wellness! For more information please visit my website and click on Workshops and Speaking visit : [www.reflexology2go.com](http://www.reflexology2go.com) / view Bio, Workshops, Videos, References.

I look forward to customizing a Virtual Wellness Experience just for your Team tailored to your industry and it's issues.

Wishing you Wellness,

L Linda Googh RCRT/RAC



# Pituitary Reflex Hand



## Hard-Working Hand Care!

Guitar player's musicians, computer workers or anyone with hard-working hands will benefit from this maintaining hands recipe!

### Benefits

- Promotes Hand Dexterity
- Improves Hand and Body Circulation
- Reinforces Mental Clarity

**Key Reflexes:** Solar Plexus, Brain, Zones, Neck Ridge & Spine

**Action:** Frictions, Tapping, Hooking, Compress, Rotate, Walking, Pinch-Off & Gentle Stretching.



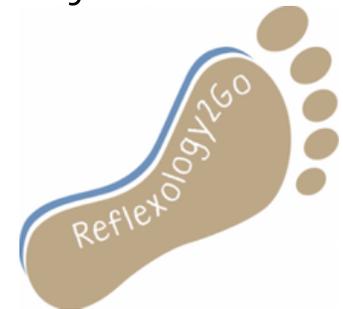
**Investment : Quoted upon request . Single and Series of presentations are available**

Please contact Linda to discuss your specifics and details in order for a quotation to be prepared.

Virtual Body Breaks range from 10,15, 20 minutes  
Workshops 30-60 min or customized in sections

Other Topic choices are also available, so ask me !

All presentations combine Linda in live time and pre recorded follow along video. Each video is then broken down step by step to learn, and then replayed for follow along. Simple anatomy for key reflex's are demonstrated, and a custom reflexology study guide of the reflex's are available for purchase. They are on PDF and can be shared with your team.



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