

# Certificate IV in Reflexology

(Professional Training Program)



**Flexible program to be studied full time or part time (Pre requisite for Diploma of Reflexology)**

[Reflexology and Metamorphic Techniques](#) is a study of the zones of the feet, the energy meridians, and how these relate to the health and well being of the whole body. With specialised massage techniques on the different zones of the feet, various ailments may be treated in a safe and non-invasive way to create wellbeing, relaxation and many other benefits.

[Core Modules](#) are required in addition to the 10 full days of reflexology tuition and clinic.



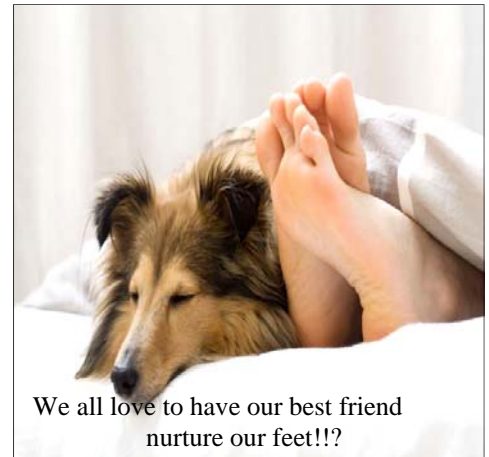
You will learn to give a therapeutic foot massage and a series of treatments aimed at alleviating common ailments and other conditions where to work on the feet is more practical or convenient than on the corresponding body parts. **And you can expect great results** - Reflexologists are much sought after due to growing community awareness of the benefits and the sheer pleasure of having a wonderful foot massage!!

In this course you will also learn to do reflexology on the hands and the ears, learn about the biomechanics of the foot,

reflexology techniques and pregnancy, and the metamorphic or energetic aspects of this modality. Learning to "read" the feet is often surprising and very interesting! For instance examination of the feet during pregnancy will show the outline of the developing baby! Really quite amazing until you understand the principles of reflexology.

[Supervised Clinic](#) conducted at the College with the public as clients, and your teacher, will give you the confidence you need to begin your own professional practice. Your teacher will advise you on the timetable and requirements when you are ready to complete this important part of your training as a professional reflexologist.

[Electives](#) may be chosen from the subjects below in consultation with Wendy or Andrea. In some



We all love to have our best friend nurture our feet!!?

Massage Therapy Practice 1  
Aromatherapy 2 and/or 3 and /or 4  
Lymphatic Drainage  
Herbal Remedies and Nutrition  
Infant Massage Instructor's Certificate  
Massage Therapy Practice 2-Remedial Techniques



Traditional Pacific Island Massage & Hot Stone Therapy  
Fijian Floor Massage  
Sports Therapies  
Subtle Aromatics and Aromatherapy and Ayurveda

cases the electives you choose may give you a second Certificate IV as the Core modules are common to all Certificate IV courses ie you may have already done them!

Module Name	Wks	Day	Starting Dates	Time	Cost
Reflexology	10	Fridays	Beginning on 4th June 2010 Excludes the school holidays	9.30am - 4.00pm	\$1695