



AoR Approved – 12 CPD Points
CThA Accredited – 5 CPD Points

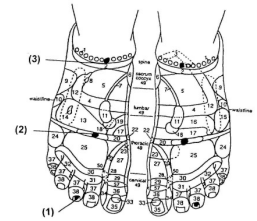
ADVANCED VRT WORKSHOP “THE BOOTH METHOD”

Presented by Lynne Booth

BA(Hons), BRCP, IIR, ART(Regd) Hon, MAR (Hon)

in conjunction with International Institute of Reflexology®

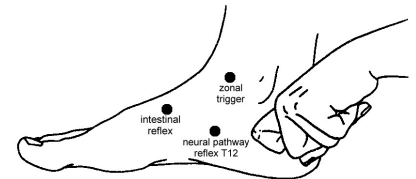
**Sunday 14th March 2010
Edinburgh**



“VRT adds hugely to the success of conventional reflexology. All reflexologists should be taught it.”
Course feedback.

This is an ADVANCED VRT Workshop, for reflexologists who have attended a Basic VRT course, and will cover a variety of new techniques and updates on the development of Vertical Reflex Therapy and Synergistic Reflexology. The following techniques will be introduced:

- Neural Pathways are located and worked in conjunction with the *Zonal Triggers* – this is a very powerful triple reflex technique for use on the feet or hands for all conditions.
- Combined *Diaphragm Rocking* and *Lymphatic Stimulation* (Dirkx method).
- *Metatarsal Pressure* and *Plantar Stepping* - unique method of combining VRT and the brief working of the plantar. Weight-bearing pressure is exercised by using the ball of the foot at different angles.
- VRT and stimulation of the neural pathways using a *Knuckle-Dusting* technique. Very profound when treating asthma and respiratory conditions.
- Hand Reflexology in weight-bearing position plus self-help.
- Review and update of basic VRT treatment.
- Specific mini-treatment practice i.e. asthma, irritable bowel etc.
- *Palming* for lymphatic and respiratory conditions.
- There will be practical and theoretical sessions in equal measures throughout the day.



A 20 minute *Complete VRT/Reflexology* treatment will be taught and experienced on both days. Participants will be encouraged give shorter treatments for the workplace, sports teams, children, the chronically ill and elderly.

- **A Certificate of Attendance will be issued. Approved by the AoR and Accredited by the C.Th.A (IGPP). Learn more techniques on the VRT Hand and Nail course or Endocrine Foot Course. Both courses offer techniques that can be applied to all systems of the body on the feet and the hands.**

VRT has featured in hundreds of general publications and professional journals plus conferences, TV and radio.

***Vertical Reflexology and Vertical Reflexology for Hands* by Lynne Booth publ. by Piatkus Books.**

Price £14.99 each Website: www.boothvrt.com

VRT ADVANCED WORKSHOP – Gillis Centre, Edinburgh 14th March 2010 £100.00 per person

I wish to pay the deposit of **£50.00** for part payment of the workshop. The balance is payable on the day

I wish to pay the full workshop fee of **£100.00**

Cheques should be paid payable to Ingham Teaching

Complete below and send to: Anne Brunton, Ingham Teaching, 57 Cranbrook Road, Redland, Bristol, BS6 7BS

Tel: 0117 924 5915 email: anne@reflexology-uk.net.

PLEASE PRINT IN BLOCK CAPITALS

Name.....School/Qualification.....

Address.....

.....Post Code:.....County:.....

Tel/Fax E-mail: Signed:.....

Claim your VRT Membership Discount - enter Membership No.:

Membership No:..... Please tick for discount : New Courses £5 disc Repeated Courses £15 disc

Reduction on balance payable on the day. Please send the full deposit. Date and place of previous course

"VRT has been shown to amplify the effects of treatment and enable the body to balance and heal more quickly".

Nursing and Residential Care Journal July 2005

"I've had reflexology treatments before, but none of them have had such an immediate effect"

The Scotsman 17 February 2004

"It's a formula that's worked and Vertical Reflexology allows people like you and me to 'heal thyself'"

Saturday Star (South Africa) 6 April 2002

*"A Bristol reflexologist is revolutionising the ancient therapy with vigorous new techniques",
"VRT - three-minutes magic. Shoulder fine - sleep fantastic"*

Daily Telegraph, 5 March 1999

"Success stories mount up. Some cases ... responded dramatically to combined VRT and SR"

Here's Health, May 1999

"I can vouch for the effectiveness of this approach"

ART (Advanced Reflexology Techniques), Newsletter 1997

VERTICAL REFLEX THERAPY ADVANCED WORKSHOP TIMETABLE
9.30-10.00 a.m Registration and Refreshments. 1 hour for lunch. Finish by 5.00 p.m.

Course Venue
The Gillis Centre
100 Strathearn Road
Edinburgh
EH9 1BB

Further details and a map will be sent on confirmation

Participants are asked to wear suitable casual clothing and to bring a towel, a foot cream and a small cushion.
You must be able to sit or kneel on the floor to practice VRT.
Please bring a small Porta-ped type stool if you wish.

For your reference: £50.00 balance payable on Sunday 14th March 2010
Please note that deposits are non-returnable.

Address: Anne Brunton, Ingham Teaching, 57 Cranbrook Road, Bristol, BS6 7BS.
Tel: 0117 924 5915 / e-mail: anne@reflexology-uk.net /
websites: www.boothvrt.com and www.reflexology-uk.net