



# **International Institute of Reflexology UK**

## *Orthopedic Reflexology (OR)*

### *Training Workshops (Part 1 & 2)*

**Presented by Spiros Dimitrakoulas**

*President of the Hellenic Association of Reflexology (HAR), Greece*

## *Orthopedic Reflexology - Part 1*

**Saturday 24<sup>th</sup> & Sunday 25<sup>th</sup> March 2012**

**Columbia Hotel, 95-99 Lancaster Gate, London W2 3NS**

*Seminar Fee £200/£180 Special 10% DISCOUNT for all IIR students, IIR/ART trained AoR & PR members*

Come and be the first students of this exiting new course, presented by one of Greece's leading reflexologists, Spiros Dimitrakoulas. Orthopedic Reflexology (OR) is based on the teachings of Hippocrates, the father of western medicine. Orthopedic Reflexology is about utilizing the experience one has obtained in discriminating the reflex areas or the condition of the foot's tissues and then applying the correct technique, the proper amount of pressure for the appropriate amount of time to achieve the medium as taught by Hippocrates, in order for nature to heal. This course includes Hippocrates and Galens guide on the effects of "rubbing" – *Anatripsis*, depending on the combination of: the amount of pressure and duration - nine different types and results explained. The anatomy of the foot - muscle chains - zones - meridians Chinese and Hippocrates (4 pairs of meridians) - nerves- Orthopedic reflexology maps - understanding pain - Hippocrates Holistic approach and Case History taking. Sufficient time will be given for practicing and understanding the Hippocrates approach. Participants will receive the Hippocrates corpus in digital form (students are required to bring a flash disk for this) the four Hippocratic meridians and other important educational material relevant to this course. All qualified practitioners and students of reflexology, massage therapists, physiotherapists, and all serious body workers are welcome to attend. A special IIR (UK) CPD certificate is awarded to all attendees. For more detailed information on the Orthopedic Reflexology Course and Spiros Dimitrakoulas please use the contact information below.

***Places are limited so please book early to avoid disappointment***

**Name (for CPD certificate: in capitals).....**

**Address.....**

**.....Post code .....**

**I have enclosed deposit of £80 / I have enclosed full payment of £\_\_\_\_\_.**

**Tel. no .....Email.....**

*Please make cheques payable to IIR London, and send to IIR London Office:  
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