

KURSUSTILBUD



Combination Treatments "Hand, Ear and Foot Reflexology"



Den 8 og 9. september 2012

Tidspunkt: Kl. 9.00 til 17.00, begge dage. Lørdag og Søndag. **RAB godkendt kursus med 16 point***

Kursuspris: DKR 2.900,- **Ved tilmelding inden den 1. august 2012 - gives 10 % rabat!**

Forplejning: Der er fuld forplejning på kurset. Mulighed for overnatning på www.bagatellen.dk.

Kursussted: Herstedøstergade 22, 1 sal – 2620 Albertslund. Blot 15 km fra Københavns Centrum & lufthavn.

Yderligere oplysning: Ring/sms på telefon (+45) 26 18 95 90, eller send en mail til jklmn@eriksen.mail.dk.

Baggrund for kurset: Zoneterapeut Leila Eriksen har i en årrække haft tilknytning til Foreningen Cancerramte Børn FCB der, foruden andre livsbekræftende aktiviteter, blandt andet tilbyder zoneterapi og massage på foreningens familieweekender. Som behandlerteam, ønsker vi at yde det bedste af det bedste. Vi er derfor glade for at opleve interesse fra internationale fag kapaciteter, der ønsker at dele deres viden & erfaringer med os. September 2012 er det formanden for verdensorganisationen for zoneterapeuter der besøger os. En mulighed, vi har lyst til at dele med dig!

Sprog: Undervisningen foregår på et let forståeligt engelsk, med oversættelse til dansk, efter ønske og behov.

Er man ikke en "ørn" til engelsk, er det bestemt ingen hindring. Alle kan være med. Det er lysten, der driver værket ☺

Tilmelding: Det er først til mølle princippet. Tilmelding er gældende, når beløb for deltagelse er indsat på Reg.nr. 2275 – Konto nr. 6276489761 - med angivelse af dit navn samt oplysningen, "kursus BC, sept.12". Har du lyst til yderligere inspiration for faglig udvikling, kan du kaste et blik på portalen www.carecam.dk – se under "kurser". Her er endnu en spændende mulighed "Healing Touch for Children"- november 2012.

Vi glæder os til at hilse på dig. Se her hvorfor!



The teacher - Beryl Crane

Beryl is the founder and Director of The Crane School of Reflexology in England. Beryl was made a Fellow by the Reflexologists' Society in 1989. The Association Of Reflexologists gave her a lifetime Honorary Fellowship for her services to Reflexology in 1998.

Beryl is also a Reflexology Advisor for the Guild of Complementary Practitioners. Beryl is an Advisor and examiner of Reflexology for the Institute of Complementary and Natural Medicine. (ICNM) In February 2012 they have honoured her by giving her a Fellowship.

From her very early visits to China she became aware of use of Oriental, Eastern, and Western philosophy as the basis of both assessing and treating the individual. From this she evolved the principles of "First Aid at your Fingertips" incorporating pressure points with a reflexology treatment. Her books and charts have evolved on these theories and have sold around the world.

The China Reflexology Association made her a Full Honourable Member for the many advanced courses that she taught there.

Reflexology incorporating the Meridian Theory

In most therapies the theory is that imbalances and blockages in energy flow translate into symptoms, physical and emotional. Regular reflexology treatment incorporating the meridians can help rectify imbalances. The body has an energy field that is very closely related to the musculo-skeletal system.

When treatment is administered by percussion or pressure on selected **acu points** there is an immediate relief of muscle spasm. Mild stimulation is analgesic and there is a general **relaxation** throughout the whole body. Body temperature may rise between 1-3 degrees after one session and there is a general improvement in the cardiovascular function. Treatment also lowers the arterial diastolic pressure and there is a slight increase in pulse pressure.

The aim of the course is to bring clarity and logic to the understanding of the Chinese energy system known as the meridians. Both physical and emotional disorders are said to alter the flow of energy (Qi) we utilise the Twelve Regular Channels on the upper and Lower Limbs and Two Extraordinary Channels on the face and head.

Participation in simulated patient assessment helps to develop dexterity enabling the graduate to embrace the Zone and the Meridian theory. Discussions on the theory of the **hands, feet and ears** should enable you to develop analytical skills to help in the differential diagnoses of a patient before treatment.

Beryl Crane teaches pure traditional reflexology utilising the combination acu points of the upper and lower limbs, facial points and auricular (ear) points. Many of these known acupressure points are unknowingly used throughout a treatment. Many relaxation methods are also utilised. There are many acu points that are wonderful during pregnancy for nausea and pain relief when giving birth. This treatment has also been found to be of great benefit and an aid in fertility.

Meridians and Combination Treatments

Power-Point presentations: Looking at the meridians - The relationship of the meridians to each other - Classification of the meridians – Pathways of the Meridians. Introducing 3 Basic acupressure techniques with reflexology.

Practical session: “First aid of the fingertips” – Hands, Feet and Lower limbs - The Yuan or Source points including into a Reflexology Treatment Session - Combination treatments of the hands/feet/legs/auricular (ear) therapy and some facial points - **balancing the meridians.**

The course allows **plenty of time for practical work**, so you’ll get the chance to get the technique “into your fingers”

Hand outs: The course is supported with relevant handouts. And you’ll get a certificate for participating. Books, ears and charts will be able to buy, for special price.

WELCOME TO AN INSPIRING WEEKEND

On behalf of the team

Leila Eriksen

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