

**CHINESE HAND AND FOOT VITAFLEX REFLEXOLOGY WITH  
AROMATHERAPY ESSENTIAL OILS ,MEDICAL QI GONG and LYMPHATIC DRAINAGE  
WHERE: NORTHERN VIRG. SCHOOL OF MASSAGE THERAPY / WHEN: APRIL 14 – 15<sup>TH</sup>  
( SAT. 8.30 – 5.30/SUN. 9.00 – 6.00 ) / COST: \$ 250.00 / \$ 50.00 DEPOSIT LOCKS  
DOWN YOUR PLACE.  
18 CE HOURS ,APPROVED BY THE N.C.B.T.M.B. APPROVAL # 279778-00, and FLORIDA  
STATE BOARD OF MASSAGE THERAPY PROV # 50-1674**

**“ What a piece of work is man” - Shakespeare**

*If you are keen on expanding your practice beyond pain relief and would like to do more for the chronically ill using **MORE THAN MASSAGE** , then this is definitely for you*

Reflexology and acupressure are 5000 year-old hands-on therapies that were introduced to the United States in the early 1900's. They are based on the theory that there are reflex zones and acupressure points in the hands and feet which are linked to every organ, tissue, gland and part of the body through energy or qi which travels through zones and channels.

The ancient art of **VITAFLEX REFLEXOLOGY AND AROMATHERAPY** is an offshoot of **TIBETAN MEDICINE** and uses essential oils to align the spine, align the energy frequencies of the body and promotes self-healing. All essential oils used are also anti-viral, anti-inflammatory , anti-spasmodic and help support muscle, bone and nerve function. **VITAFLEX REFLEX OLOGY** and **AROMATHERAPY** can be used in all chronic , difficult myofascial and viral conditions. Both the zones and acupressure points are manipulated with the oils. **CHINESE HAND AND FOOT REFLEXOLOGY IS MORE REVITALISING AND DEEPER THAN CONVENTIONAL WESTERN REFLEXOLOGY . IT USES A COMBINATION OF MERIDIAN AND ZONE THERAPY WITH ESSENTIAL OILS.** The lymphatic drainage is activated by specific acupressure points, oils and strokes.

**Some of the benefits of this course:**

- 1.Pain reduction
2. Improved results of medication
3. Lower cholesterol levels
4. Improved signs and symptoms of heart disease
5. Stress hormone reduction
- 6 Less anxiety and panic attacks
7. Regulated bowel/gastrointestinal motility
8. Healing gynecological disorders
9. Headache relief
10. Elimination of asthma and respiratory disorders
11. Improvement of multiple sclerosis signs and symptoms
12. Elimination and Improvement of symptoms of Scoliosis, Kyphosis and Lordosis
13. WEIGHT LOSS AND DETOXIFICATION
14. PREVENTION OF DISEASES FROM INVADING OUR BODIES....and much much more.

**The course objectives are:**

1. Learn the location and function of reflex zones and acupressure points in the hands and feet
2. Relate the physiological systems of the body to the zones and meridians and understand how energy medicine increases their functions
3. Perform a comprehensive treatment using essential oils, acupressure and reflexology.
4. Learn the function and value of essential oils.
5. Learn acupressure for self-maintenance and prevention of diseases
6. Learn to recognize important pathologies on the feet through special palpation

This workshop enables you to understand reflexology from the **Oriental ( Energetic ) and Western ( Neurological/Circulatory Perspective)** and then brings it all together through the use of **AROMATHERAPY , ACUPRESSURE AND A UNIQUE STYLE OF REFLEXOLOGY/ MASSAGE OF THE FEET**

The course consists of mainly hands-on practice with **CASE-STUDIES**. What to bring:: table, Linen and a pillow for the table, shorts and loose comfortable clothing and essential oils.

Consult with **WOLFGANG LUCKMANN** for details ( e-mail: [wushebang@comcast.net](mailto:wushebang@comcast.net)

Tel: 904 6109489 / 904 225 0798 webaddress: [www.wolfgangluckmann.com](http://www.wolfgangluckmann.com)

