

**Dates:**

Saturday March 8th 9am to 5pm  
Sunday March 9th 9am to 5pm

**Training Venue:**

Christchurch - Sumner Wellbeing Space

**Early Bird fee: SAVE \$30**

\$340 if paid by March 8th

**Regular Fee:**

\$370 if paid after March 8th

**Deposit** \$80 or full fee - to secure your place

**Direct Debit details:**

TSB Bank  
Ac No: 15-3959-0360-667-01  
Reference ID: Your name + HRT

**To register your interest:**

Contact Elisa [elisangelnz@gmail.com](mailto:elisangelnz@gmail.com)  
021 0474477 | 03 326 6159

(this course contributes to cross credits for further training)

**Once registered:**

You will receive an email letter confirming your place. Plus further course information and a small 'what to bring' list.

**Cancellation Policy:**

An administration fee of \$80 applies for cancellations. Fees paid after March 8th can be transferred to a future course.

Due to popularity...Early registration is recommended

Like us on Facebook

'Reflexology Therapy & Training'

**Tutor Elisa Lanau** DIP REFLEXOLOGY, MRNZ, ADULT ED

Elisa has been involved with the healing arts for over 33years. She is an Energy Healer who trained in Reflexology since 1992. Elisa has been in a busy private practice for 20 years and has worked alongside with, both orthodox medical and complementary health professionals. To further her practice Elisa has undertaken postgraduate studies in NZ, USA, UK, and Australia. She is a professional member of Reflexology New Zealand Inc and is a qualified adult educator. She founded the Holistic School of Reflexology which offered training to Practitioner level and post-grad studies with international tutors. Often complemented by students for her inspiring teaching style . . . Elisa's devotion, passion and enthusiasm for reflexology shines through her teaching.



**Elisa Lanau**

Intuitive . Reflex Therapist . Energy Healer  
Director HRQT

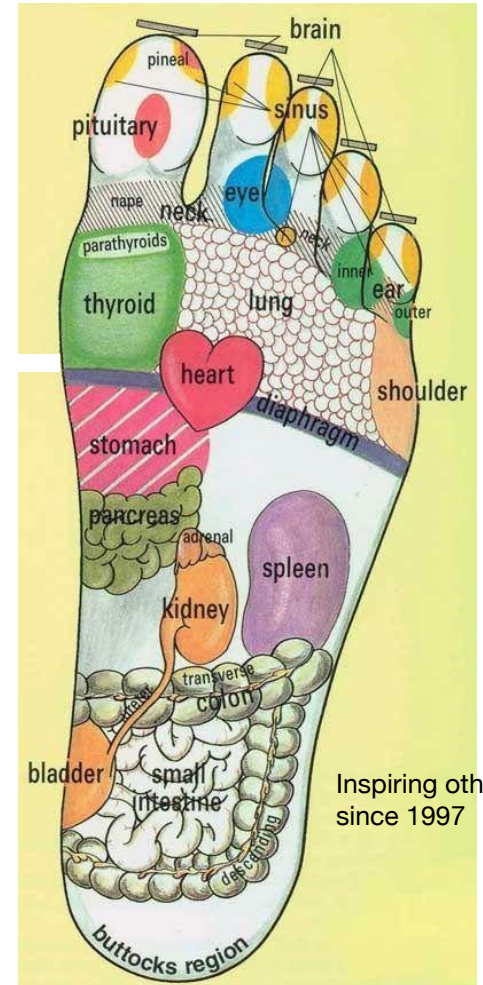
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Facebook: Sumner Wellbeing Space

[www.centreofwellbeing.co.nz](http://www.centreofwellbeing.co.nz)

# holistic Reflexology

Take home the gift of healing



Inspiring others since 1997

Feet Reflect Your Body Mind & Soul

**MARCH**  
**23 & 24**

[www.reflexologytraining.co.nz](http://www.reflexologytraining.co.nz)

## What is Reflexology?

Reflexology is a safe, effective, natural touch therapy that activates the body's own innate healing system.

On the feet, there are 'reflex' points, that are a 'reflection' of all organs, glands and body systems. The feet represent a mirror of the body and all parts of the body can be worked on via the feet.

Reflexology is the application of specialised combinations of thumb, finger and hand pressure techniques. Activating specific 'reflexes' creates an 'energetic shift' on a physiological and psychological level.

Thousands of nerve endings on the feet are touched on during a session, helping to improve energy flow via the sensory nervous system, thus allowing better communication between body and brain.

Reflexology improves circulatory and nerve supply function, so all body systems benefit greatly. Immunity and detoxification improves, hormones are balanced, stress and sleep patterns improve, emotions calmed and overall vital health is enhanced.

Reflexology can be a 'healing experience' in which the body/mind benefits.

Reflexology is a complementary therapy that is gentle, non-invasive and treats the person holistically. Everyone has the potential to benefit, from babies to the elderly.

Be part of the worldwide trend and learn this exceptional profound healing system.

Discover a Whole World of Wisdom

## What you will learn?

a comprehensive overview of reflexology combined with holistic energetic principles. The emphasis is on teaching simple, slow, reflexology moves, with technical precision that everyone can apply easily and effectively with amazing results. Holistic Reflexology techniques tap into the body's natural healing intelligence and are specifically chosen to positively effect the whole body/mind.

- Reflexology principles
- Feet as a mini micro system
- Map out reflex areas
- Identification of major reflexes
- Learn specific relaxer techniques
- Preparation & precautions
- Treatment philosophy
- Body - Mind - Energy Integration
- Solar Plexus energy exercise
- Elisa's case studies
- Self care / aware practice
- Foot Lymph massage moves
- Apply a foundation sequence

-Manual / Worksheets / Certificate of Attendance-

The class experience aims are, to create a safe, supportive, relaxed and joyful space for you to learn this fascinating study.

Be prepared to be inspired - participants constantly rate this course as excellent!!

## Holistic Reflexology

is suitable for everybody to learn, regardless if you know a little or a lot about reflexology. After one weekend - you will have the skill of offering a profoundly healing therapy. You will be able to use it safely, immediately, at home, for self care and for whole family wellness. A valuable refresher and therapy tool to incorporate with other healing modalities.

## Positive learning exploring:

- Benefits of giving & receiving
- Activate calm / reduce stress / insomnia
- Techniques to reduce aches / pain
- Boost energy / immunity / vitality
- Plenty hands-on skills taught
- Gain insight into your own health
- Demonstrations and supervision given

## Some participants comments:

Elisa is a teacher with so much joy, and that comes through to the student. She certainly makes it a safe & welcoming place to come to and because of that one is relaxed and trusting and therefore one learns a lot. **Librarian - Chch**

Loved it! I really enjoyed the energy emphasis and interactive teaching style. **Yoga teacher - Okarito**

Incredible effects on my family! Thank you so much for providing such a rewarding & satisfying course. **Mother - Chch.**

What I got from this course was way beyond my expectation. The experience of sharing, the format, the teaching style, the knowledge gained. Thank you Elisa, your awesome. Bus driver - Chch

An exceptional course! Learnt lots that were not included in my training. **Reflexologist - Canada**