

## What is Reflexology?

- Reflexology is a natural healing art based on the science that there are reflexes in the body that correlate to every gland, tissue, organ and system of the body.
- Most common charts used are the hand foot and ear.
- Reflexology stimulates over 7,000 nerve endings of the hand, foot or ear and is much more than massage.
- Has an ancient history as a professional health aid for more than 5 thousand years.
- Is up and coming as holistic health aid in North America.

By manipulating the reflex points, a reflexology treatment may...

- Relieve stress and tension in the body.
- Improve internal circulation.
- Help the body to normalize itself naturally.
- Help to maintain good health.
- Act as an excellent preventative to illness.



Instructor: Kirsten Blok RRPr

- **Start a new Career in Reflexology.**
- **Add reflexology to an existing career.**

**Mission Statement:**  
It is the intention of this BHOH School to build confidence, competence and skills in reflexology that help the student strive for excellence as well as advance professionally in this holistic field of study.



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[www.handsofhealing.ca](http://www.handsofhealing.ca)

## **B.H.O.H. Basic Reflexology Certification**

**(150 hours - 10 months)**

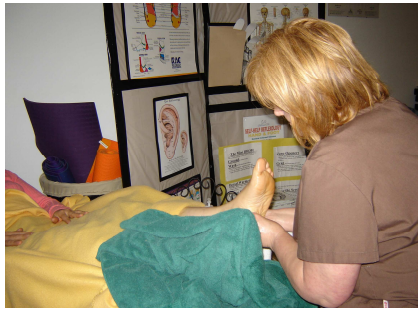
### **Includes Two Parts**

**1<sup>st</sup> \*16 Weekly classes**  
**\*Written Exam**

**2<sup>nd</sup> \*7 Monthly Practices**  
**\*Practical Exam**  
**\*Graduation**



Blok's HANDS of Healing is a registered school of Ontario in the Windsor & Licensing Board. This course exceeds the basic minimal requirements in Ontario.



Students learn in the classroom

### **Step 1. Pre-Screening**

**Make an appointment for your Pre-Screening Interview today.**

Receive a BHOH Reflexology appointment from the instructor to experience a full session from the style you will learn. It is a chance to ask questions and find out if this program is right for you. The cost is included in the course if you are enrolled.

### **Step 2. Registration**

Registration is required by August 1<sup>st</sup> to be enrolled in the Fall class. A down payment is required to hold your seat.

### **Step 3. Begin Class**

Classes will start the first week in September and will run for 16 weeks.

#### **Early Registration Discounts.**

#### **CREU's Available in:**

**\*Leg, Hand, Arm, Ear, & other Reflexology classes**

After you have passed Part A or Theory of this course, you may be eager to learn more. So, BHOH has Continuing Reflexology Educational Units / CREUs.

### **Step 4. Collect Practicum**

After you have finished the first part of this course it is now time to gain experience by collecting case studies.

You will have until July for this. Then, when all criteria is met, you will write the final practicum exam. During this time, the student will attend Feet Meet to study with continued supervision.

Supportive Networks available:

**Feet Meet Practice**

**Feet Meet Yahoo**

**Feet Meet On The Run**

### **Step 5. Graduation - July**

Now that you have finished and passed all requirements of the BHOH Reflexology Certification Course, it is now time to invite your friends and family to graduation.

Feet Meet On The Run



Feet Meet Practice

