

Course Syllabus: Rub Feet, Enhance Health

Introduction to the Art of Relaxation Reflexology

Total Hours: 50 hours of theory, technique, pathology, and practical application of technique and skills

I. General Reflexology

Unit 1: Page 6

- A. What Is Reflexology?
- B. Theory: How It Works

Unit 2: Page 14

- A. History of Reflexology

Unit 3: Page 21

- A. Basic Reflexology Techniques

Unit 4: Page 45

- A. Reflexology Benefits
- B. Professional Limitations/Contraindications
- C. Reactions to a Session

Unit 5: Page 58

- A. Differences in Foot Charts
- B. Comparing Zone & Meridian Theories

Unit 6: Page 70

- A. Reflexology Terminology
- B. Documenting Sessions
- C. Forms

II. Intermediate Reflexology

Unit 7: Page 81

- A. Common Foot Pathologies
- B. Red Flags for Referrals

Unit 8: Page 91

- A. Conducting Safe Sessions
- B. Reflexology Self Care

Unit 9: Page 98

- A. Strategies for Preventing Overuse

III. Advanced Reflexology

Unit 10: Page 110

- A. Orientation to Foot Charts
- B. Expanding the Basic 5-Step Sequencing

Unit 11: Page 127

- A. Ethics of the Profession
- B. The Next Step: Professional Certification

Unit 12: Page 135

- A. Hot Stone Applications
- B. Aromatherapy Applications

