

What Is Reflexology?

Reflexology is a focussed pressure technique, usually directed at the feet or hands. It is based on the premise that there are zones and reflexes on different parts of the body which correspond to and are relative to all parts, glands and organs.

Zone Theory is the foundation of Foot Reflexology and an understanding of the Zones as a system for organizing relationships between various parts, glands and organs of the body and the reflexes are essential to reflexology and its applications.

The benefits of reflexology are:

1. Relaxation with the removal of stress;
2. Enhanced circulation;
3. Assists the body to normalize metabolisms naturally;
4. Complements all other healing modalities.

Reflexologists do not:

1. Diagnose medical conditions unless qualified to do so.
2. Prescribe medications unless qualified to do so.
3. Treat for specific conditions except in emergencies.
4. Work in opposition to the medical or other fields.
5. Encourage the client to cease taking their prescribed medication.



Contact Your Local OCR Foot Reflexology Teacher today for details on the courses offered.

SHANTI D. PARAKH

Certified Reflexologist

shanti-yoga.ca

or for more information, contact:

Ontario College of Reflexology

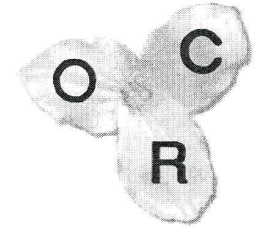
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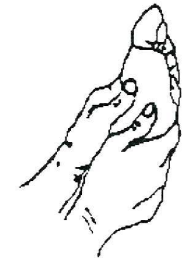
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*Ontario College
Of Reflexology*

**Foot
Reflexology
Certification
Course**



What We Have To Offer

Certification Programs

Certification programs are available at the following levels:

N101 Certified Foot Reflexologist

Other Courses:

Now available:

- N201 Hand Reflexology course
- Other courses available soon.

The Ontario College of Reflexology offers:

- Affordable rates
- Quality curriculum
- Certification, workshops and continuing education credit courses
- Professional and well-monitored instructors
- Structured Distance Education courses

Options and Course Descriptions**

For new students :

N101 Foot Reflexology Certification Course - 1-year course completion, 35 -hours in-class instruction, approx. 130 -hours practicum (min. 70 session records).

**Cost: \$1010.00.

***Required:** Mid-term practical assessment, practicum, written & practical final examinations.

For new students by **Distance Education:**

N101 Foot Reflexology Certification Course - 2-year course completion @ self-study and assigned Professor contact, approx. 130-hrs practicum (min. 70 session records).

**Cost: \$1010.00 plus S&H.

***Required:** Mandatory chapter tests, mid-term practical assessment by videotaping, written (by proctor) and practical (by videotaping) final examinations and practicum portfolio submission.

* Examination/Assessment fees **included** where applicable.

** All course fees **include** required textbook. All costs shown in Cdn. funds and is subject to change without notice.

N101 Foot Reflexology Certificate Course

Prerequisite: None

Designation: Certified Foot Reflexologist

- 1-year course completion - approx. 200 hours
- 35-hours in-class instruction
- Approx. 35-hours independent study with the aid of chapter summaries and chapter tests
- Approx. 130-hours practicum required: *Reflexology Health and Session Record Portfolio* (min. 70 session records)
- Mid-term practical assessment
- Written and practical final examinations
- Distance education studies available with 2-year course completion.

This certification course is taught by a qualified teacher from OCR. The course focuses on the basic understanding of anatomy and physiology as it applies to Foot Reflexology and the practical methodology.

Topics Include:

- Chapter 1 - History & Theory of Reflexology
- Chapter 2 - Zones of the Body
- Chapter 3 - Foot Examination
- Chapter 4 - Reflexology Techniques
- Chapter 5 - Reflexology Health and Session Records
- Chapters 6 to 15 - Anatomy & Physiology of Body Systems
- Chapter 16 - Reflexology Foot Procedure
- Chapter 17 - Business and Financial

Successful completion of the course will earn certification from the Ontario College of Reflexology .