

Membership Network Newsletter

No 43 Spring 2016

Dear VRT Practitioner,

Greetings to you all and I have just returned from a very interesting few days in Brussels where I attend, and spoke, at the RiEN conference (Reflexology in Europe Network). It was good to see colleagues from many countries and it was very well attended with around 180 delegates. The topic was Golden Years: Reflexology and Healthy Ageing and the speakers gave us a wide range of views and reflexology techniques to help us assist our clients in staying fit and well in later life. Topics covered included Nerve Reflexology & Parkinson's Disease, Cranio-sacral reflexology, Women's health, Active ageing and Energetic medicine.



RiEN organisers and presenters at the closing conference ceremony

I spoke about the new VRT mobilisation techniques (VRTM) and how they can be used to keep clients supple and also to aid recovery after operations or acute illness. VRTM can also help chronically sick clients manage their condition as well as possible.

We all want to keep as well in older age and stay as independent as we can, but I have noticed that some older people can become much healthier and more active once they stop struggling to remain in their own home. Downsizing and giving up independence is a traumatic and distressing time but it can have a plus side. Once a person is in sheltered accommodation or a nursing home, many of the tiring chores and day-to-day living are taken out of their hands and they have more

energy to concentrate on leisure, relaxation and regaining some health.

This edition of the VRT Newsletter contains a very interesting article by two of the RiEN presenters, Peter Lund Frandsen and Dorthe Krogsgaard on "Your heart is much more than a pump". They offer new techniques and insights into how reflexologists can help support this most essential organ.

Next year in September, I will be participating in a reflexology retreat in the tranquil setting of the Hidden Paradise retreat centre, in Southern Spain, with Equilibrio who have created a special centre run by therapists for therapists. Read about their plans for the future and last year's retreat. We all need time and space to relax and recharge our batteries even if it is for a only a few minutes in our busy working day.

Mary Atkinson, founder of the Story Massage project, has been a friend and colleague for many years and I have attended her excellent course on the subject. On page 2 you can read how sharing, nurturing touch though gentle massage has brought comfort and hope to a group of teenage rape victims living in desperate conditions in a local camp in Diyarbakir in Eastern Turkey

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With best wishes from all the VRT tutors



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Sharing Nurturing Massage in a Refugee Camp

The power of touch can reach across continents and bring comfort and connection to those most in need. **Mary Atkinson**, co-founder of the Story Massage project (with **Sandra Hooper**) says that it was a privilege to be invited to offer simple massage suggestions for use within a refugee camp in East Turkey. Here is an extract from Mary's blog:

Sharing nurturing touch through gentle massage has brought comfort and hope to a group of teenage rape victims living in desperate conditions in a local camp in Diyarbakir in Eastern Turkey.



"For a few hours, the girls were smiling and happy," says Rachel, a British mother of three, who is currently volunteering in this very dangerous part of East Turkey, "For a few hours, they were just young girls ... not pregnant rape victims, traumatised, living in tents and petrified of giving birth in such intolerable circumstances. For a few hours, we had fun!"

Rachel says that the camp is overcrowded with Ezidi refugees and displaced people forced to flee their homes in Kurdish district of Sur, in the centre of Diyarbakir. Many people have been killed, raped and disabled, children are orphaned, and everyone is living in constant fear. At night, there is no escape from the sound of bombing and small arms fire that is destroying their homes.



When we made first contact with Rachel she told us that she is particularly concerned about a group of young Ezidi girls, all under 16 years old, who have escaped ISIS and are now pregnant. One of Rachel's priorities (apart from food which is always in short supply) is to provide some comfort for these young girls who feel so alone, and so fearful of their future. Using donations, she was able to buy some new blankets and sheets, and few decorations for their tent. She is now hoping to buy some baby bottles so that feeding of the babies can be shared if necessary.

Rachel said she was keen to teach the girls some self-help techniques for relaxation and distraction from their situation. She told us that she had received a donation of blended aromatherapy oils which she wanted to use. We gave her our Story Massage book and simple suggestions for using the ten basic story massage strokes with or without the oils.

A few days ago, we were so heartened to hear that sharing simple, nurturing massage strokes with each other had made such a difference not only to these young girls but also to Rachel. "I can't believe that I slept for a whole 10 hours after the massage," she told us, "The bombs didn't wake me up."

Rachel says that the girls were a bit wary of



the massage at first, and a couple showed no interest at all, but once the younger girls started then they all joined in. "I think they thought it would be embarrassing, but they found it very calming and relaxing," she

explains, “Many of them associated it with happier times when they were growing up. They loved using the rose oil for massage.”



Rachel is now hoping to have time to translate some of the massage stories from the book for the girls, and maybe even encourage them to write their own. “One of the Ezidi girls (pictured above with Rachel) from another tent helped me with the session,” said Rachel, “She enjoyed it so much that she has now offered to be in charge of the massage sessions so they can continue when I go back to the UK. She is only 19. It will give a sense of purpose when everything feels so desperate.”



Rachel’s Story

Rachel has a fund-raising page giving regular updates of her remarkable work in the camp in Diyarbakir. All contributions are much needed and go **directly** to helping those most in need in the camp. However, Rachel will be coming back in the UK within a few days so do check it out now if you would like to give a donation: Rachel’s Fundraising Page

More about Story Massage

Story Massage combines the benefits of positive touch with words as a fun and interactive activity for all ages and abilities. You can find out more on the website: Story Massage



NERVE REFLEXOLOGY WITH NICO PAULY: 3-DAY WEEKEND LEVEL 1 RETURNS TO BRISTOL, UK ON 21-23 OCTOBER 2016.

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The heart is much more than a pump

By Dorthe Krosgaard and Peter Lund Frandsen, June 2015

The perception of the heart as the centre of life is common in many cultures. In ancient Egypt, the hearts of deceased were weighed in a ceremony to see if they were worthy of entering the afterlife. The Aztec would sacrifice hearts to return power to the sun. In the Bible, the heart represents the core of a human being, its soul or true self. The Indian Upanishads talk about "The Lotus of the Heart", the inner chamber of the ego, which is an indestructible part of the universe, even when the body ceases to exist. "As large as the external universe, so large is the universe in the heart lotus".

These philosophical descriptions, despite their different origin, share the same deep wisdom of the heart. Moreover, excitingly, new scientific research enables us to revive this old knowledge in a Western scientific reference frame. The wealth of new information inspires us to emphasize working more with the heart in all reflexology sessions.

The heart "unwound"

The heart is the first organ to form and begin to function in the primitive embryo (3 weeks). First two "heart tubes" develop. A left and a right, on either side of the centre line. As the foetus then bends along its longitudinal axis, the two tubes meet, swirl around each other and grow together to form the finer internal structures of the heart.

The Spanish cardiologist Francisco Torrent-Guasp has recently demonstrated, that it is possible by blunt dissection to "untie the heart knot" and clearly see how the muscle fibres are twisted together in a double helix.

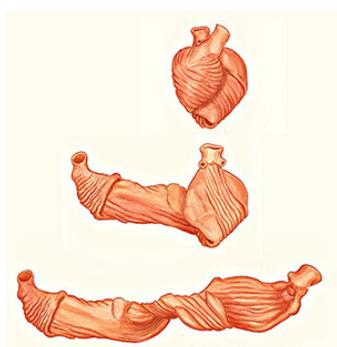


Fig. 1: The heart knot

The magnetic heart

Medical science has long known of the electrical signals emitted by the heart (ECG), but with the development of finer instruments it has been demonstrated that the heart also form the body's most powerful magnetic field. With a so-called SQUID magnetometer a magnetic field about 5000 times stronger than the brain's can be detected up to 3-4 meters from a person's heart. The magnetic field pulses and have the shape of a double torus (see Figure 2), which according to physicists is one of the most information-rich waveforms.

These phenomena may help to explain the many studies, showing that a person's heart clearly affects the hearts of other people nearby.

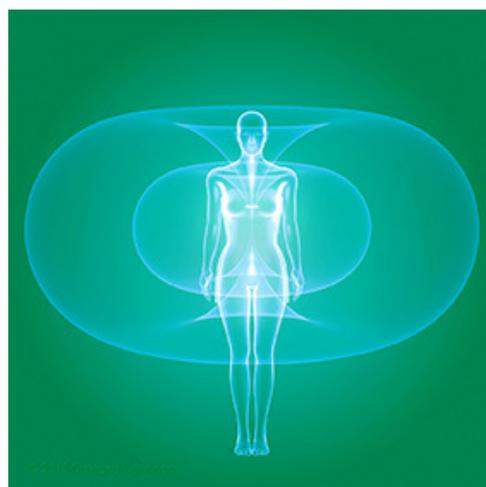


Fig. 2: The heart's toroidal magnetic field

From heart to brain

Some researchers are introducing the term "heart brain" because it turns out, that the cardiac nervous system with approximately 40,000 neurons is much more complicated than previously thought: It can to a large extend function on its own and there are 10 times as many nerve fibres transmitting information from the heart to the brain than vice versa!

Psychological and para-psychological research suggest that the heart is able to sense and react to emotional events before our normal senses and the brain have perceived anything!

A pinched heart

Could it be that the heart can be physically squeezed by tensions and insufficient space in the mediastinum (the space in the middle of the chest between the lungs)? With increasing time spent in front of computers and television many people develop, what is called a sterno-symphysal syndrome, which means reduced distance between the sternum and the pubic symphysis. A posture not unlike the cucumber on the label of Heidelberg vinegar!. This provides less room for the heart, and makes it harder for the heart muscle to do its work. In yoga, many poses emphasize the concept of "revealing your heart" to open up the entire chest.

Reflexology that "reveals the heart"

In the reflexology session, it is also worth thinking about the chest when working with the heart. The connective tissue (fascia) of the chest is diverse and very strong, it continues in between the lungs and encloses the heart. It connects the front with the back (the sternum and spine) and top with the bottom (neck and respiratory diaphragm).

Begin by working reflexes for the sternum, and the thoracic spine, which are the strongest structures in the thorax. By working the first metatarsal carefully in its entire width, plantar and dorsal, you treat both structures at the same time.

Continue with the ribs. A good technique is to work with the four ulnar fingers (the thumb supporting on the plantar side) across the back of the foot from the first metatarsal (sternum), and deep into the tissue between the bones all the way to the fifth metatarsal (Figure 3).



Fig. 3

Supplement by standing up with the back to the client and placing your two thumbs on top of two adjacent toes. The other fingers support below the same two toes. Then do a translational move, so that the two toes are shifted up and down (Figure 4). Continue with the next two toes, etc. Imagine you are "opening" and "closing" the chest, or twisting it back and forth, so that all fascia and joints are stretched and released.



Fig. 4

Heart reflexes

When a person is standing upright the heart is located behind the sternum, level with the lower half of the thoracic spine (T4-T10). It rests on the diaphragm and projects slightly to the right of the sternum. On the left side the tip of the heart reaches a vertical line through the middle of the clavicle. When lying down the heart moves up 3-4 cm.

Figure 5 shows some of the heart reflexes we work with.

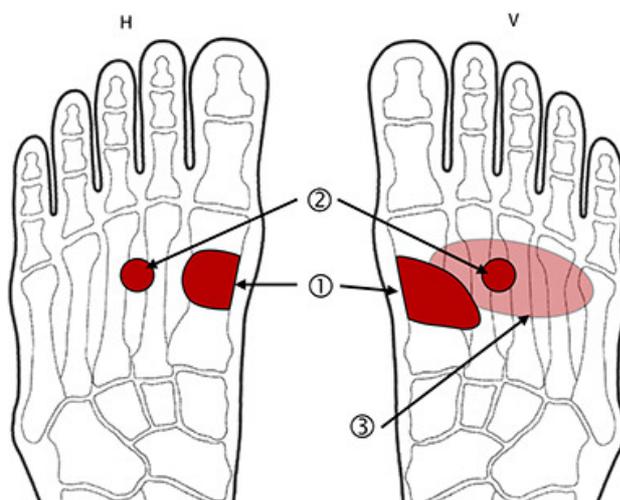


Fig. 5:

for Fig 5

- 1) Touchpoint anatomical heart reflex (modified after Fitzgerald and Marquardt),
- 2) Heart reflex according to Karl-Axel Lind and Henrik Hellberg,
- 3) Eunice Inghams original heart reflex. (Plantar view)

A good method for reflexology treatment of the heart is to first relax all the structures around the heart with circular movements and then slowly approaching the heart reflex as the seed of a flower:

- 1) Start by working reflexes for the connective tissue of the septum (mediastinum), i.e. the entire area from T2 to T10, along and on the first metatarsal and the groove to the second metatarsal. Use fascia technique, which means deep, very slow strokes.
- 2) Continue with the pericardium (the area right around the heart reflex) still using fascia technique.
- 3) Finally, work the actual heart reflex. Try several different techniques. A nice relaxation technique is to hold a still, firm grip, both plantar and dorsal together and on both feet (Figure 6). Try simultaneously to sense the client's heart beat (most clearly felt on the dorsal side). If you cannot catch the pulse, or are unsure whether you feel your own, ask the client to find her own pulse at the wrist and count out loud.



Fig. 6: Relaxation of the heart

Synchronicity

The inventor of the pendulum clock Dutch Christian Huygens (1629-95) discovered that clocks placed near each other tend to synchronize so that all pendulums beat

together. The strongest pendulum determines the pace.

This principle (entrainment) seems to apply to many rhythmic systems, also in biology. Man's strongest pulse generator is the heart, but not mechanical like a clock. Scientists have shown that the heart can synchronize or capture the rhythms of the other parts, but only when the mind is at rest. When thoughts are harmonious all rhythms synchronize!

These ideas are now being explored in the new discipline called chronobiology.

Learn more

There are many more techniques and more exciting new knowledge about the heart that we cannot fit into this article, such as: The heart as coordinator of all the physiological rhythms; the heart as an endocrine gland (secretes ANF, norepinephrine, dopamine, oxytocin, and more); and the emotional aspects of the heart.

For a long time we have been fascinated by the heart both as organ and as a concept, and how the latest bio science supports a broader view of the heart's key role as much more than a blood pump. That is why we have developed the latest training course for reflexologists "Round about: The Heart".

See more on www.touchpoint.dk/en

Copenhagen: Fascinating summer school classes in August 2016 in English.

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LETTERS



Along with seven other reflexologists, I enjoyed a great day learning about Sleep and Mobility issues with Lynne, As always, Lynne explains things so well and I came away with some very useful tools for my reflexology practice. I thoroughly recommend this and in fact any training sessions on VRT. Very many thanks Lynne.

Liz Castle

I was very interested to read the **Reflexions Dec 2014** journal on Reflexology and Dementia which is very timely as I have just started treating an 85 year old lady with dementia with hand reflexology and just today tried some VRT weight bearing techniques on her hands as well (using a cushion on her lap) - I have been visiting her for some time on a voluntary basis and she seems to really enjoy having the reflexology on her hands and in fact remembered that we did it last week which is unusual in itself as she does not really remember much at all. This article will be very helpful for me. Today she actually said that she found the reflexology session very relaxing.



Julie de Vidas

The Fortuneswell Clinical Reflexology project

Report by reflexologist Abigail Langstone-Wring

In November 2014 this project was launched at the NHS Dorset County Hospital. The aim being to introduce complementary therapies to patients on the Fortuneswell Cancer Ward and Chemotherapy Unit. Prior to its launch senior clinical staff had identified that certain patients were suffering symptoms associated with anxiety. Having established that a need

existed to improve the patient experience in this condition specific group the holistic approach of Complementary Therapies was deemed appropriate.

Discussions via emails and meetings with the project funder, clinical staff and me resulted in my NHS Honorary DCHFT contract being raised. At this point I could not believe this decision and “*amazed and overjoyed*” is an understatement.

The next stage required me to assess which therapy to trial. Experience led to my decision to trial Clinical Reflexology firstly for its mode of action.

Being aware of the emotional and physical symptoms associated with anxiety and the role of the nervous system in the creation of a symptom cycle, reflexology offers a system of therapeutic touch that can have a direct impact on relaxing and calming the nerves throughout the body. It was a natural step forward to develop a modified style of Clinical Reflexology that encompassed techniques from Zone Therapy, Reflexology, VRT, ART and Nerve Reflexology also encompassing my working knowledge of Acupuncture, Osteopathy and Massage.

Secondly, for delivery suitability it would potentially offer the least disruption to patients as they were not required to disrobe or move. I delivered the treatments to patients in their beds or chairs on the ward and to patients receiving their chemotherapy in the unit. Working with and around staff there was no disruption to the day-to-day functioning of a busy hospital ward and unit. In fact, staff commented on the relaxing positive impact the delivery of Reflexology created on the whole ward and unit.

One year later, and over 300 treatments delivered, I am in the process of putting together an audit report. Information from patients collected via an evaluation tool, and revealed by patient feedback, reported that they felt more relaxed and the overall patient experience was enhanced following a treatment. A measured reduction in stress levels averaging a drop of between 2-6 points was achieved. Positive changes were noted in the patient’s physical symptoms associated with chemotherapy including Peripheral Neuropathy, swelling or oedema of the lower legs and feet. Other positive

changes included: nausea and issues of the digestive, respiratory and circulatory systems and overall pain reduction.

Findings indicate that, by reducing stress, anxiety and relaxing the patient, symptom reduction and an overall sense of wellbeing was enhanced by the delivery of the Clinical Reflexology treatments.

The funder, when presented with these outcomes, agreed that the project should be extended and expanded into 2016. I am now collecting data from the delivery of Clinical Reflexology on two mornings per week. News of the success of this project has reached other hospital departments and requests for meetings to discuss how the project may be grown are underway.

VRT Endocrine issues including Women's Health Master Class

This Vertical Reflexology workshop for Endocrine issues including Women's health teaches a profound range of foot and hand techniques and offers a selection of new VRT treatments centred on the Endocrine system for all issues, with particular a focus on Women's Health. Some hand reflexology techniques are also taught and no previous knowledge of hand reflexology is required.

This post-graduate class is open to all qualified reflexologists who have previously attended an authorised VRT Basic or VRT Fast Track class and are familiar with the techniques and principles of VRT.

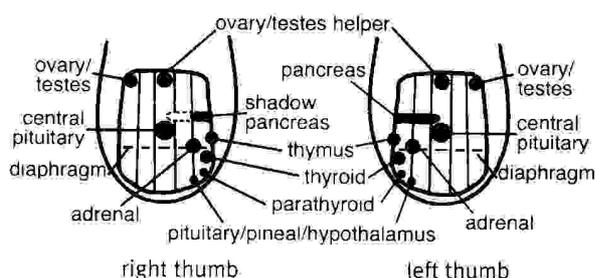
- Basic VRT techniques for Hands – sequence.
- Working individual weight-bearing fingers.
- Precise reflex working on the grid reflexes on the big toe and thumbnails.
- Whole Body Brush and Diaphragm Rocking.
- Introducing and combining VRT foot techniques on the hands
- Powerful self-help techniques for therapists, clients, family and friends.
- 20-minute comprehensive VRT session
- A Certificate of Attendance will be issued. Approved by the Association of Reflexologists (AoR) (12 CPD points)

techniques taught, including the very powerful VRT nail-working, may be used generally on all systems in the body, not only hormonal, to give a general sense of well-being. There will be mix of practical and theoretical sessions throughout the day with an emphasis on the practical. The aim of VRT and reflexology is to help the body to achieve balance (homeostasis) and to trigger a natural healing response.

VRT Courses cost in the region of £90-100 per person, per day depending on location and organiser.

Course Contents:

- Practical sessions for specific mini-treatments – VRT Endocrine Flush and Endocrine Balance.
- Stimulation of the pituitary reflex using the extremely powerful and unique “VRT Nail working”.
- Self-help Hand reflexology for stress related problems – experiment with the powerful nail reflexes illustrating how the nail-working technique can be applied to hands and feet.
- Topics covered in the theoretical sections and in the comprehensive handouts, include an overview of hormonal imbalance; stress related illness; adolescence; the menopause; blood sugar disorders. Specific treatments for common ailments.
- Brief introduction to conventional hand reflexology relaxation techniques.



VRT Endocrine Class is full for July 6th...book for last few places on the next Bristol Master class on Wednesday November 9th 2016

VRT Tension, Mobility and Sleep Issues: Next Master class in Bristol Tuesday 4th October.

Book here online

Enhancing Professional Practice

By Val Bullen

As professional therapists we can all benefit from reviewing our practice on a regular basis to enhance our effectiveness, especially if things are not going as well as expected. Most professions develop reflective practitioners to reflect on their practice and current skill base, and require continuing professional development (CPD), but often that can mean learning more advanced techniques.

What we are aiming to do in our series of Professional Practice Enhancement Workshops is to consider the skills that successful practitioners, from a range of therapies, have developed to add to their portfolio, taking their practice to the next level. This can range from setting and maintaining boundaries to understanding the importance of sleep for successful outcomes.

Setting the scene

If you are running your practice as your main source of income, then keeping yourself healthy and able to work, and ensuring you keep to your schedule, is vital for success. Many therapists find it difficult to know how to stop a client who may have finally revealed some important information, or are in full flow, at the end of a session without seeming uncaring or disinterested.

In counselling, one is advised to warn the client that the session is ending and that they will continue the conversation later, but these are often clients that have booked for a series of sessions. Perhaps more of us should consider that approach! However, if you set up your times and process very clearly at the beginning, people will adjust even if they may try to over-run. It is you that needs to lead the way!

Seeing a lot of clients with difficult issues can be tiring and may result in transference, more so when you are tired or unwell yourself. So take time out, work with a mentor or another colleague, have treatments yourself, especially from practitioners in a different discipline, so you can both learn more about their approach but also get to know therapists for referral. It is important not to let your boundaries get blurred in your desire to help

someone. Keeping your distance is essential in maintaining clarity and determining the best therapeutic approach.

The therapist as facilitator

Another factor that can be a drain on your resources is thinking that the healing of the client is down to you. Many of us go into practice to heal others but you can only facilitate their healing. We need to assess the client's readiness for change as many are wedded to their illness/ disability as it currently defines them. How does one address that? What are the presenting signs? Certainly little will work or hold for any length of time, and both you and they may become frustrated by the lack of progress.

If there is little change in a client's situation then it is part of professional conduct to refer them on to someone that may be able to help. So it is good to know of suitable therapists to whom to refer so you can be seen to be acting in the most professional manner. However the most difficult cases will often hop from one therapist to another looking for the 'magic bullet', failing to realise the answer lies within. However they do need guidance to access their internal healer and it may be beyond your current expertise.

Tracking the timeline

When taking a case history we usually have a set protocol for looking for critical incidents or antecedents that have led to the current situation. These have to be addressed if the situation is to be resolved or else we are treating symptoms and not the cause. Most protocols also have a set approach for resolution and yet the better practitioners will think outside the box, trust their inner voice or listening skills which can also be developed to hear what is not being said.

Most body workers know that we hold trauma and memories in our bodies, particularly in our fascia. That will determine how we hold ourselves and what we can do physically, but also have an impact on all organs of the body and their functioning. An initial event many years ago and long forgotten, can act as a nucleus around which others coalesce. Accessing these events is often referred to as 'peeling an onion' or 'stripping back the layers'. This may release long forgotten emotions and incidents that you may not feel comfortable dealing with especially as, with the right trigger, all those past experiences

may be released in one overwhelming cascade of emotions. How can one deal with this more easily?

Dealing with the weight issue

As more of us are becoming overweight and obese, so weight may be a contributory factor to the issues the client is presenting with. However it is usually the 'elephant in the room' that most are afraid to address because it is such a difficult problem to confront. In our work we have found that people need to review not only what they are eating but why, and how, they are eating because it is often a way of dealing with feelings other than hunger which few of us really experience these days. From an early age food is used as a comforter/reward and this can be a hard habit to break.

Managing the perfectly imperfect.

A lot of us are driven by the need to get it right, or for everything to be perfect, or to ensure we please everyone but ourselves. This applies to both clients and practitioners alike and stems from a desire to be seen as perfect. Such a driver underlies many chronic illnesses and particularly eating disorders. Managing this situation, and getting the client to accept their imperfections as making them perfect as they are is a real challenge!

Success lies in sleep

A good night's sleep is essential for both you and your client. Having done your best work in the therapy session there are at least two other aspects to be considered. Does the person have the necessary physical, emotional and mental resources to undergo the necessary healing, and are they sleeping in a place that is optimised for healing as this is where most healing takes place? You may consider this outside your area of expertise but there are some simple things that can be checked out in terms of diet, emotional support, and particularly chronic exposure to electromagnetic radiation.

Most of us are exposed to more electromagnetic radiation than the body can cope with, especially if your resources are depleted. This not only acts as a stressor in its own right but will also impede healing sleep.

Getting back in touch with nature

One of the ways to continue the healing, and indeed promote self healing, is to get back to nature. Many clients are disconnected from

the energy of Mother Earth to some extent. That's just the way it is with our modern lifestyle. What we fail to recognise is the powerful healing benefit of nature which is free to everyone. How wonderful do you feel when you walk along the coast or in a wood or park, or take time to look at the birds or flowers in your garden? Herbal medicines, flower essences and crystal therapy are ways of tapping into natural healing.

London and Bristol Workshops

- **Val Bullen and Rhian Jones**, both professional therapists and teachers with many years experience, will be running a series of workshops (9.30 -13.00) in both Bristol and London covering topics such as:
- **Reaching the healer within**
- **Confessions at the door handle**
- **The ticking timeline**
- **Successful sleep**
- **Managing the perfectly imperfect**
- **Weigh the food or the feeling**
- **The natural approach**



Rhian Jones

There is no requirement to attend these workshops in any order or take all sessions. Select the areas that you feel will benefit you most.

For further information email:

enhancingpractice@gmail.com

A MARKETING IDEA



A Swiss attendee on a recent VRT class shared an interesting idea that has been very successful in enhancing her practice. She approached a local women's hairdresser and offered to give the clients a hand reflexology treatment while they are waiting for their highlights to "set" and other applications that take 20-45 minutes. Now, instead of reading a magazine, many clients pay to receive a gentle therapeutic reflexology treatment. They are truly multi-tasking and relaxing at the same time! Several clients have become interested in booking hand and foot reflexology appointments in the therapist's clinic.

Equilibrio

"Creating balance between giving and receiving"

Jane Bartholomew writes:

Equilibrio is a group of complementary health practitioners living and working in the beautiful mountains of South Spain. We have increasingly



come to realise that hardworking therapists need time and space to recharge. In this way we can enrich our own lives and provide the best possible care and support to others – without burning out! We also know how hard it can be to give ourselves permission to do this, so at Equilibrio we combine this 'me time' with opportunities to share our skills and learn from one another through creative workshops, informal discussions and

treatments to encourage Continuing Professional Development (CPD).

In September 2015 we ran our first retreat that was created by Reflexologists exclusively for Reflexologists. We would like to share our feedback and some of the feedback from our guests about this amazing week. *"The best thing I could have done for myself"*



Each day began with a yoga class followed by meditation and throughout the day

participants were able to take part in treatment swaps, workshops, and discussions and shared learning. All activities were optional and guests were also free to make use of the retreat's facilities including outdoor covered swimming



pool and comfy sun loungers, to take themselves off exploring or simply just sleep. Delicious and nutritious meals were provided three times a day by the Hidden Paradise dedicated kitchen staff and chef Julia was always happy to share her extensive knowledge of healthy eating.

"What I found particularly useful is that each day was filled with interesting subjects to learn from, warm exchanges, highly nutritious and tasty food and that there was always that freedom to participate or retreat."

Equilibrio workshops covered a range of topics of interest to therapists generally as well as specific to reflexology. Both the Herbal Medicine and Nutrition workshops were very informative in terms of the participants' work life and also gave real

insight into changes that they might wish to make to their own diets, or herbs that might be beneficial for them personally. The Intuition workshop gave an opportunity to explore the concept of therapists intuition and gave confidence in the fact that the therapeutic relationship can be enhanced by being open to what is unsaid.

Our special guest Mauricio Kruchik gave a workshop sharing his theories and techniques for reflexology and the treatment of pain and lead a light-hearted evening session on the art of foot reading. We also very much appreciated his willingness to share spontaneously during the week.

"With regards to the techniques, well, I've been booked solid since my return and am so grateful for learning new techniques. I admit that I was feeling quite despondent regarding the future of my new career, and rather feel that I have been saved!!"



Shared learning happened organically and was led by guests' interests and needs. All were interested in different relaxation techniques and methods of working the spine so sessions were created for sharing and practising. One guest was very concerned about her hands and increasing pain while treating, which led to a session where a therapist shared her knowledge of finger free techniques.

Another guest specialised in cancer care and shared her techniques for lymphatic drainage which led to a further discussion and sharing of other lymphatic drainage techniques. Daily discussions about systems of the body also led to spontaneous sharing of techniques between the Equilibrio team and guests. The treatment swaps gave participants the opportunity to receive, rest and learn from each other and to chat about different ways of working, although some just slept during their treatments which we're sure was equally beneficial!

Each participant also received a complementary shiatsu massage and a holistic massage. Guests reported experiencing deep relaxation, balance and renewed energy from their treatments and also felt that they gained or increased their first hand knowledge of these therapies. As part of the Equilibrio team, these practitioners were also on hand at other times during the week to share their knowledge in a relaxed and informal way.

"Hospitality is your art and your very generous approach to transmitting knowledge touched me."

We are now excited to be planning our next retreat for September 2016! The retreat will follow more or less the same structure as last year with a few tweaks to include more of what our guests loved and we are very pleased that Mauricio will once again be joining us as our special guest. We are also developing an exciting retreat programme for 2017 and delighted to be welcoming **Hagar Basis and Lynne Booth** as our special guests.

As well as all we have mentioned above, our programme allows time for hill walking or horse riding should you choose to do this; and the views are truly stunning. The retreats take place at the Hidden Paradise retreat centre, a delightful and peaceful place high in the mountains in Southern Spain. The nearest town, Orgiva, is the market town for the local area and has a number of charming cafes and restaurants. We are also close enough to visit the highest villages in Spain, the beautiful city of Granada or the Costa Del Sol for a trip out on Wednesday, our official lazy day.

"It was an amazing 6 days and I have told all my colleagues about this fantastic experience. Thanks for everything." The retreats we have run so far and the feedback we have had make us feel that we have created something really special and worth sharing. We welcome you to experience this for yourself and hope you feel inspired to come along.

Contact Equilibrio for more details:

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The Golden Years Reflexology: steps to Healthy Ageing 7- 8 May 2016

Lynne reports: This was an excellent conference held in the lovely setting of Convent conference centre in Brussels among in acres of gardens and lawns. My VRT Tutor for Belgium and Holland, Suzy Jacops, joined me.

All the presenters paid heed to these stark warnings regarding the future of older people.



Lynne Booth and Belgium VRT tutor, Suzy Jacops at the RIEN conference.

All 28 European countries have a serious challenge ahead as they consider the health of their aging populations. Statistics published by Eurostat state that, by 2080, the number of over 65 year olds will account for 28.7% of the EU's population – compared with 18.2% in 2013. People over 80 are projected to double between 2013 and 2080. Our challenge as reflexologists is to help these people enjoy a longer healthy lifespan.



In Memoriam: Brussels Airport near the scene of the recent terrorist atrocity. At this moving shrine where many had written words of hope, peace and reconciliation.

Book Review

Travelling with RoloR

By Elsemarie Richt and Danielle Schothorst



A fascinating new reflexology book for children ...and much more

A new reflexology discovery book for all ages. It is beautifully illustrated with coloured drawings and photos. The first part of the book can be read separately and each chapter has a topic and reflection.

RoloR is an animated mirror that reflects. He will take you on a journey along subjects that are important in life.

- Love
- health and happiness
- balance,
- reflexology
- being together.

In the second part of the book the reader is invited to play with these subjects with drawings, photo's, exercises and with an invitation to share thoughts and ideas. Having time together and share what we think can make us happy, especially when we do it respectful and with loving attention.



High quality illustrations and photographs complement this interesting and thought provoking book and enables children to read about reflexology and other interests/ideas in an entertaining context.

This highly recommended book for children, which adults will enjoy too, can be bought at www.reflexsupply.com. Booth VRT have copies for sale at £12.99 plus £1.50 postage and packing. Email us or call on 01179 626746 for details contact@boothvrt.com.

Book Review

Hand Reflexology for Practitioners

By Nicola Hall

Nicola Hall has written an extremely useful and well produced book on *Hand Reflexology for Practitioners*.

A book like this is greatly needed in the reflexology world because hand reflexology still does not gain the respect and widespread use it deserves. In my own practice, I use hand reflexology intensively and I also encourage my students to use it. I feel strongly that a therapist who only works the feet, has not made the most of another set of "tools" on the hands. We can increase the scope of our work, and who we can treat, when we apply reflexology to the hands.

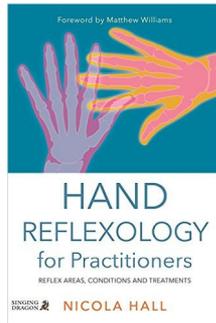
Nicola Hall covers all the information needed for effective practice, increased understanding of theory and skill development. The book is fully illustrated with photographs and diagrams, and descriptions of the positions functions of the reflex areas in each hand, and covers the basics of body and hand anatomy. She introduces a wide range of techniques and explains how they relate to each reflex area, as well as exploring which areas to target in order to treat common conditions and disorders.

At the end of the book there is another section where other reflexology traditions and techniques are described and Vertical Reflexology for the Hands, VRT Synergistic Reflexology and VRT nail reflexology are included, along with Meridian therapy and Korean hand reflexology.

Other endorsements for the book include one from Mariette Lobo from Body in Balance training:

"There are still very few good books on hand reflexology as a treatment in its own right. Nicola Hall's book fills this gap admirably and is a must-have"

And Sally Price, a senior lecturer in Well-being at the University of Wolverhampton writes:



"Nicola Hall has produced a concise, practical guide to hand reflexology. This text provides an invaluable resource for practitioners, which offers a synopsis of the history and practice of reflexology and provides an overview of the necessary background conditions often encountered. It includes clear pictorial demonstration of hand positioning and application and embraces and synthesises new techniques offered by Lynne Booth, utilising Vertical Reflex Therapy (VRT)".

Nicola Hall is Chair of the British Association and is also director of the Bayley School since 1980. She brings a wealth of experience to this helpful book and I welcome it as a means of increasing the awareness of the efficacy of hand reflexology.

Published by Singing Dragon
ISBN 978-1-84819-280-5



Membership Renewal Notice

Members can now use the VRT logo on their leaflets and website. The membership fee is £25 per annum for UK and international or £20 if you pay by Standing Order from a UK bank.

For those members whose annual subscriptions were renewable on 1st March you will have received an email request to renew online or send a cheque. If you pay by Standing Order already you will have received your new certificate automatically. To renew online or pay by cheque please visit: www.boothvrt.com/vrt-membership

Members are first to hear of new courses and priority booking, their names are the only ones on our website and there are often special offers, reduced prices for courses and lots of hints and information in the newsletters.

Why not re-take a previous VRT class as a Refresher for only £65 per day?

For current courses see online:
www.boothvrt.com/course-dates-booking/
Contact us on: contact@boothvrt.com
www.boothvrt.com or phone 01179626746
for more details



Special Members Only Offer: VRT Basic and Advanced Fast Track class - Save £30 - only £65 per day in London or Bristol in 2016!

- **COME AND REVISE THE VRT BASIC TECHNIQUES PLUS LEARN OR REVISE THE VRT ADVANCED TECHNIQUES IN ONE DAY.**

An article about VRT from a New York class said: "Without hesitation, I can say this was one of the most rewarding continuing educational classes I have ever taken. The method is amazingly logical and therefore very simple and straightforward and uncomplicated".

Book now for London June 18th or 19th 2016.

VRT concentrated Basic and Advanced "Fast Track" workshop. 18/6/16

This workshop covers all core weight-bearing instruction on the dorsal feet and hands plus Neural Pathway and several advanced Synergistic techniques. VRT can be fully integrated into classical sessions immediately. Also suitable for brief emergency reflexology, older seated people and children & sports injury. Musculo-skeletal issues respond particularly quickly. For full booking details: [Click here](#).

VRT Pain, Tension, Sleep and Mobilisation £90 to members (£95 full price) 19/6/16

This very popular VRT class has been taught all over the world and demonstrates many powerful new techniques for all ages and conditions. A key topic introduced is successful new VRT techniques where the limbs or body is mobilised in gentle movements while weight-bearing reflexes are worked at the same time. This class takes reflexologists to a new level of experience and includes working with the acclaimed Nerve Reflexology techniques of Nico Pauly on the Sciatic, Psoas and Piriformis reflexes. For full booking details: [Click here](#)

"VRT has been shown to amplify the effects of treatment and enable the body to balance and heal more quickly". **Nursing and Residential Care Journal**

Forthcoming VRT Courses in the UK and Abroad

Course Date	Place	Tutor	Organiser	Phone
<u>Course Type: VRT Basic Course</u>				
Fri, 1 Jul 16	Breda, Holland	Suzy Jacops	elsemarie@richtinzicht.nl	Elsie Marie Richt 0521-851805
Sat, 22 Oct 16	Hasselt, Belgium	Suzy Jacops	www.alternatieva.com	Wellness Academie +32(0)11872703
<u>Course Type: VRT Basic Fast Track</u>				
Sat, 18 Jun 16	Hampstead, NW3	Lynne Booth	contact@boothvrt.com	Lynne Booth 01179 626746
Sat, 9 Jul 16	Mullingar, Eire	Britta Stewart Dolan	aura@aromaflex.info	Britta S Dolan +353 (0)44 9345607
Fri, 5 Aug 16	Seattle, USA	Lynne Booth	lhensell@netzero.net	Lisa Hensell +1 206 284 8389
Sat, 3 Sep 16	Knutsford, Cheshire	Allison Walker	allison.walker@jubileecollege.com	Allison Walker 0808 108 8311
Sun, 20 Nov 16	Solihull, Midlands	Allison Walker	allison.walker@jubileecollege.com	Allison Walker 0808 108 8311
<u>Course Type: VRT Advanced Course</u>				
Sat, 2 Jul 16	Breda, Holland	Suzy Jacops	elsemarie@richtinzicht.nl	Elsie Marie Richt 0521-851805
Sun, 23 Oct 16	Hasselt, Belgium	Suzy Jacops	www.alternatieva.com	Wellness Academie +32(0)11872703
<u>Course Type: Sleep, Mobility and New Developments</u>				
Sat, 6 Aug 16	Seattle, USA	Lynne Booth	lhensell@netzero.net	Lisa Hensell +1 206 284 8389
<u>Course Type: VRT for Pain, Tension and Sleep with Mobilisation</u>				
Sun, 19 Jun 16	Hampstead, NW3	Lynne Booth	contact@boothvrt.com	Lynne Booth 01179 626746
Tue, 4 Oct 16	Bristol	Lynne Booth	contact@boothvrt.com	Lynne Booth 01179 626746
<u>Course Type: VRT Endocrine Course</u>				
Sun, 7 Aug 16	Seattle, USA	Lynne Booth	lhensell@netzero.net	Lisa Hensell +1 206 284 8389
<u>Course Type: VRT Endocrine issues including Women's health</u>				
Wed, 6 Jul 16	Bristol BS9	Lynne Booth	contact@boothvrt.com	Lynne Booth 01179 626746
Wed, 9 Nov 16	Bristol	Lynne Booth	contact@boothvrt.com	Lynne Booth 01179 626746