



# BOOKING DETAILS and SYLLABUS



5 CPD



12 CPD

## ONE DAY BASIC VRT COURSE

Website: [www.boothvrt.com](http://www.boothvrt.com) for full details

This Basic VRT Workshop, for qualified reflexologists, will cover the background to the discovery and development of Vertical Reflex Therapy. There are practical and theory sessions on the basic concepts VRT techniques: Synergistic Reflexology technique where hands and feet are worked simultaneously, self-help and Diaphragm Rocking. The theory of Zonal Triggers and three-point Synergistic Reflexology will be shown. **A Basic Hand VRT Course is also taught - ring VRT for details.**

## NEW - ONE DAY BASIC AND ADVANCED REFRESHER COURSE

This course is for VRT Practitioners who have attended the Basic and Advanced courses and wish to revise and update their techniques. This course will also bring you some brief taster sessions of the VRT Hand and Nail-working and Endocrine courses as well as other new techniques Lynne is developing. Specific treatment sequences are taught and, as with all VRT courses, attendees give each other a "Complete VRT" session. This combination course has a £5.00 reduction for members.

## ONE DAY ADVANCED VRT COURSE

For reflexologists who have attended a Basic VRT Foot or Hand course, and covers a variety of new techniques and updates on VRT. The following techniques will be included: Important knuckle work and three-point stimulation of the Neural Pathways, *Knuckle-Dusting* technique, Lymphatic stimulation (Dirkx method), Metatarsal Pressure, Plantar stepping. Review and update of basic VRT treatment. Examples given of asthma, irritable bowel treatments.

## ONE DAY ADVANCED ENDOCRINE COURSE

For reflexologists who have attended a Basic VRT Foot or Hand courses. The enhanced working of the Endocrine System will be taught using new techniques and the unique *VRT nail-working*. Topics covered will include the male and female menopause, pregnancy and childbirth, hyperthyroidism, stress and others. The following techniques will be taught in detail: VRT and nail stimulation of the pituitary/pineal reflex using three variations on the *VRT Endocrine Flush*. Review and update of basic VRT treatment.

## ONE DAY ADVANCED VRT HAND AND NAIL-WORKING COURSE

An advanced VRT workshop for reflexologists who have attended either of the Basic VRT Foot or Hand Courses. This brand new course will be based on Lynne Booth's second revolutionary new book 'Vertical Reflexology for Hands'. This covers new work on the weight-bearing and passive hands, in addition *VRT nail-working* using a precise grid system on the nail reflexes will be covered. Many other new VRT Hand techniques are introduced for specific ailments.

**Comprehensive handouts, articles and dorsal chart are provided for all courses and a 20 minute Complete VRT treatment will be taught. A Certificate of Attendance will be issued.**

### TO BOOK A VRT COURSE - THERE ARE TWO OPTIONS PLEASE CHOOSE THE CORRECT ONE

1. If the phone number of the organiser is given on the course list, please phone them direct for a booking form, price and full details of the VRT course they are organising. The cost of these courses will usually be in the region of £95 - £105.
2. For a course organised by the UK VRT Tutors themselves, please complete the course booking form below and include your deposit cheque payable to the relevant tutor, as detailed. Cheques for Lynne Booth's courses should be payable to 'Booth VRT Ltd'.

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For any queries phone UK tutor direct or e-mail to: [contact@boothvrt.com](mailto:contact@boothvrt.com) Also see our website: [www.boothvrt.com](http://www.boothvrt.com)  
 Regional course price: £95 per day. London Courses are £105 per day. **Deposit £50**  
 You will receive confirmation of your booking in 2-3 weeks with full details of course and location directions.

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Title: ..... First Name: ..... Surname: .....

Address: .....

County: ..... Post Code:..... Tel:.....

E-mail: .....

Course Required: Venue:..... Date: .....

**Claim your VRT Membership Discount** - If you are a Member of the VRT Network enter Membership No. You must have previously attended a Basic course to be eligible to join the membership scheme. See website if you wish to join.

Membership No:..... To apply please tick discount : New Courses £5  Repeated Courses £15

This reduction will be made on the balance payable on the day. Please send the full deposit.

I enclose a non returnable deposit cheque for £..... payable as above ( balance due on the day by cheque or cash).

1)For a Basic Course please enter your Reflexology Qualification, 2) For VRT advanced courses you must have attended one of our Basic courses - please enter venue and date of Basic Course.....