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Dear VRT Colleague

Many of you who have attended VRT courses have contacted us over the past two years with reports of great successes with VRT, with questions about certain techniques and with requests for workshop information .

So this is the first of occasional VRT newsletters that will provide up to date information to reflexologists who have attended our courses and for those who have expressed an interest in attending VRT courses.

Vertical Reflex Therapy is developing and expanding all the time as new reflexes are discovered and techniques are developed, many of which are included in our Advanced courses. The feedback from your course questionnaires helps us adapt and change the format where necessary. Overall most comments have been very positive. As I continue to research and experiment I never fail to be amazed at how positively the body can respond to gentle pressure on the reflexes in a weight-bearing position.

The number of articles and interest from the media about VRT has been a little overwhelming to say the least! The Daily Telegraph featured a half page article on *Vertical Reflexology Therapy* last year and 1,000 plus calls from therapists and people wanting practitioners jammed our telephone lines for a week or so. The most amusing message left by the general public was from a dear old lady who wanted to know the name of her "nearest Reflexology depot"!

We welcome your feedback, comments or brief case studies for future issues and research. You can write via fax, e-mail or the new web site (soon to be operational).

Regards - Lynne Booth

VRT is not Magic!

This new weight-bearing technique appears to allow the healing processes in the body to accelerate, sometimes in minutes. How? Possibly the body, and the reflexes, go into *neutral* when in a standing position, and some of its usual resistance to healing i.e stress, degeneration, disease and natural aging appears to be bypassed and there is a more energetic response through the zones. The standing body is also more vital and responsive generally to

At last.....the book!

**'Vertical Reflexology' by Lynne Booth
Published by Piatkus Books on Sept 28th 2000**

Copies available from bookshops. Price £12.99

The book contains almost 200 pages of step-by-step illustrations and techniques, unique dorsal foot charts, key reflex points to treat a range of health problems and covers many advanced techniques. The book also gives extensive technical information to enhance all reflexology techniques. However, the basic VRT treatment and simplified chart is easy for clients and carers to learn to use between professional treatments.

reflexology.

**Lymphatic Stimulation Course with Hedwige Dirx
Saturday 12th November 2000 - London NW3**

Hedwige is our Belgium VRT tutor. This course is not VRT but it At the end of the year we say a very fond farewell to Barbara who has been involved with VRT from its earliest days and is an extremely talented and informed reflexologist. Barbara will no longer

complements all reflexology and other treatments such as aromatherapy and massage. The course is fully booked already but she has agreed to return in 2001. Please contact Barbara-Stanhope-Williamson direct. Tel: 0207 625 6925.

Authentic VRT Courses

We occasionally hear that someone is teaching VRT who may have merely attended a course or heard Lynne speak at a Conference. While it is flattering to be copied it is not very helpful for those wishing to learn authentic VRT techniques. Only VRT Appointed Tutors are authorised to teach VRT which is copyright and trademarked.

Our course notes and techniques are constantly being updated and reflexologists should not pay for sub-standard courses and miss out on crucial information. An authorised VRT Certificate of Attendance is presented on the Basic courses giving eligibility to attend the Advanced courses. If in doubt, please contact the Booth VRT office number to avoid disappointment. Some VRT courses are organised by Booth VRT if there has been a demand by reflexologists in a certain area. In other cases we are invited to teach by reflexology schools, clinics and federations, local AOR and other reflexology support groups.

◆ **VRT BASIC COURSES**

All the basic VRT techniques are included and plenty of time is allowed for full practical as well as theoretical sessions. Practitioners receive a Certificate of Attendance and are immediately able to incorporate VRT in their practice.

◆ **ADVANCED VRT COURSES**

These are one day courses for students who already have attended a basic VRT course. See the workshop report in this newsletter.

◆ **SPECIALISED VRT COURSES**

Next year we are running specialised courses that will focus, for example, on the Endocrine System and appropriate new VRT treatments, as well introducing new techniques Lynne has been developing. Also, within the context of a weekend workshop, we intend to introduce some *master classes* where VRT tutors will share their specific knowledge.

Lynne Booth and Kristine Walker are running another Hand/VRT two day workshop in London SW15 on February 10th and 11th 2001.

VRT is flying high!

On the way back from the Finland Reflexology Conference three reflexologists boarded a very delayed plane and, as one had an aching back, put VRT into practice as she stood in the aisle. Soon a queue of young men from another conference lined up to receive VRT followed by the air hostesses who were given Hand Reflexology as they didn't feel they should take their shoes off!

The cabin crew then became so relaxed that they sank back in the seats while the revitalised men served the compensatory free drinks to all the passengers!

VRT Appointed Tutors – the Team

Lynne Booth, Barbara Stanhope-Williamson, Alison Dobbins, Hedwige Dirx (Belgium and Holland), Franchise Petra man, (UK and France) expertly assisted by Linda Arthur and Barned Ward. In 2001 Alberto Carnival-Maffe will begin running VRT courses in Italy.

Barbara-Stanhope Williamson RCP, ART (regd), MAR

be the tutor for the London and south-east area as she wishes to concentrate on her busy Hampstead practice as well as researching into neurological diseases. She will remain with us as an advisor

and will continue to help with the research of VRT. Her valuable input will be used in our occasional Master Classes which will form part of future VRT one and two-day workshops. We thank her for her many contributions, dedication and positive input and wish Barbara well in the future.

VRT and Maternity Reflexology

Lynne met the influential reflexologist Suzanne Enzer in Sydney, Australia in January and shared many ideas and techniques. She is writing a second book and would be pleased to receive brief case histories/information from therapists who have successfully used VRT during childbirth - on themselves or others. VRT is ideal for an active birth as the mother is standing a lot of the time and the reproductive and other reflexes can be easily accessed. . Please write to Suzanne Enzer Fax: 00023914476390 or send to the Booth VRT address and Lynne will pass the information on.

ADVANCED VRT WORKSHOP - a report

Although still quite a new discovery VRT has continued to evolve and these new techniques and methods are proving to be important tools for all reflexologists in the treatment of family, clients and ourselves.

A number of reflexologists, who have previously attended at least one workshop on the basic VRT methods, joined Lynne Booth at Emmaus House in Bristol in January in order to develop their VRT skills at an advanced workshop. It was a very inspiring and informative day.

A refresher on the basic VRT was beneficial for most of us. Using the ubique techniques of Palming and Knuckle Dusting, with new positions on the feet emphasising Metatarsal Pressure and Plantar Stepping we all worked through a sequence of treatments on each other which could be tailored to the needs of each individual very easily. For many of us, the use of the Neural Pathway reflexes alongside VRT proved to be a very profound and effective way of accessing areas of imbalance.

Lymphatic stimulation of abdominal reflex areas was taught, demonstrated and experienced as part of a 20 minute treatment, which incorporated all of the VRT techniques as well as using Diaphragm Rocking - a popular VRT "tool" for practitioners.

By the end of the day some participants were able to report significant improvement in existing conditions with chronic backache and a stomach ache clearing for two therapists in minutes. We all left the workshop feeling inspired and energised, at the end of which we were all fired up once again with enthusiasm, mentally earmarking clients who will benefit from this new approach to Reflexology.

Feedback from reflexologists attending VRT courses

"During Lynne's VRT demonstration I felt my shoulder release and it fully recovered almost immediately and I was soon able to resume driving. I later treated a client's whiplash with VRT to brilliant effect."

"His bad headache abated almost at once with VRT".

"On return from Barbara's course I found that my husband had developed a bad ear infection. I tried out VRT on his ear reflexes and he immediately felt fluid from his ear draining into his throat. He was then sick and the ear was no longer painful as it appeared the body had literally thrown off the infection".

"Mother-in-law aged 92 allowed me to give her a couple of minutes VRT although she always refused conventional Reflexology. She slept like a log, woke the next morning and enjoyed shopping and fruit picking for the first time in ages".

"Five minutes after you demonstrated Knuckle Dusting on me I felt my depression totally lift. I had felt so low for a week I nearly didn't attend the course".

"My period was a few days late and I had PMT and felt bloated. You showed my partner how to use specific VRT techniques on the reproductive and endocrine reflexes and my period came on 20 minutes later! Co-incidence?"

"I disputed the fact that VRT could work in 5 minutes. I felt it had to

be part of a full Reflexology treatment, then my shoulder freed up in a practical four minute VRT demonstration. It was a 10 year old sports injury!"

"Since learning VRT last term I have worked VRT on my teenage son after each game of rugby for a few minutes. He has been much

VRT "GOLDEN RULES"

- Never work the standing feet for more than 5 minutes at a time.
- Work reflexes synergistically for a maximum of 30 seconds each.
- Back off as soon as a reflex is painful.
- Alternate the feet as you treat.
- Avoid pressing varicose veins (or tendons in advanced techniques) -instead stroke the reflexes or work the hands instead.

better with almost no injuries, aches and pains this season".

Forthcoming VRT Courses

Enclosed on a separate sheet is a list of all VRT future course dates. Courses are constantly being added to the list and we will notify you

VRT HIGHLIGHTS 98 - 00

- Over 1300 reflexologists taught on 110 VRT courses run in the UK, Dublin, Holland, Belgium and France!
- ART Conference - June 1998. Lynne was awarded an honorary ART fellowship.
- Over 30 articles written about VRT in the press!
- Association of Reflexology Seminar September 1998 at the Commonwealth Institute
- Presentation to 250 reflexologists at European Conference in Finland September 1998
- Reflexology Summer School in Chester August 1999
- VRT and Hand Reflexology weekend in Roehampton with Kristine Walker in February 2000
- Spring 2000 Lynne taught in Paris for the French Federation and in Holland for the Dutch Federation of Reflexologists
- All the VRT tutors have enjoyed meeting with like-minded enthusiastic reflexologists at VRT workshops in such diverse venues as beautifully converted convents and warehouses, a folk house, a clinic on the Royal Sandringham Estate, schools and colleges and a former French university hall of residence as well as some luxury hotels among others!

if we are running one in your area.

VRT PRACTITIONER LIST, current addresses and NEW VRT WEBSITE www.boothvrt.com

Do we have your correct address? Has your telephone number changed? Please let us know by completing the form below. so we can keep in touch or pass on enquires from the public who want a VRT practitioner in your area. We are in the process of setting up a VRT website and one of the pages will contain a list of qualified VRT Practitioners. We are registered under the Data Protection Act and we **never** give your full address to anyone - only your name, town or area and phone number. **IF YOU WANT TO BE PUT ON OUR WEBSITE PLEASE COMPLETE AND SIGN THE FORM BELOW AND POST, FAX OR E-MAIL** (Address at top of newsletter).

Name.....Date.....

 Address:.....

 Postcode.....Tel:.....

..... date.....

VRT Course location and

.....

To Book Courses - you have two options :

1. If the organiser listed above is marked with an asterisk please phone them direct and request a booking form, price and full details of the VRT course they are organising. Cost: usually between £60 and a maximum of £65 per day.
2. For courses organised by the VRT tutors - **Lynne Booth, Alison Dobbins** and **Barbara Stanhope-Williamson** , either phone the tutor direct to receive a fully detailed booking form for a specific course or simply complete the standard booking form below and include your deposit cheque for £30 per day payable to **Booth VRT Ltd** and post it to :

Booth VRT, Suite 205, 60 Westbury Hill, Bristol, BS9 3UJ.

Standard cost : £60 - £65 per day. London Courses with Lynne Booth are £70. The specialised two day Kristine Walker Hand / Booth VRT course in SW15 on 10th/11th Feb 2001 is £75 for one day and £140 for both days.

You will receive confirmation of your booking in approximately 2 weeks with full details of the course and location directions.

Title: _____ First Name: _____ Surname: _____

Address: _____

_____ County: _____ Post Code: _____ Tel: _____

Course Required: Venue: _____ Date: _____ Basic/Advanced/Other : please circle

I enclose a non-returnable deposit cheque for £30.00 payable to Booth VRT Ltd (balance due on the day).

For Basic courses - please enter your Reflexology qualification -

For Advanced courses - please enter previous VRT course details -Venue _____ Date

: _____