

# Discover the versatility of VRT



## VRT Network Membership Update from Lynne Booth - May 2020

Dear VRT Member

I am sending you my warmest wishes in these difficult days of the COVID-19 pandemic and I trust you, and those you love and care for, have managed to remain safe and well. Because of our close hands-on proximity to our clients, we may be among the later sectors to be able to see them again in person for appointments but the position may clarify in the days and weeks ahead.



Our professional organisations are making every effort to give the correct guidelines and cautions. Caution is understandable and totally essential, of course, but it is so sad when there is such a need for the healing, therapeutic touch of reflexology. Self-help reflexology can be a wonderful gift to teach to your family, friends and clients at this time. See below for details of my free self-help Sleep Video that you can circulate. I would also recommend a **free** on-line Covid Awareness 2-hour course you can sign up to which gives you valuable safety information and a certificate - details below. It could offer some reassurance to your clients that you are appraised of the pandemic safety and hygiene guidelines as they return to your practice.

**FREE SLEEP ISSUES VRT VIDEO:** After seven weeks of staying at home and social distancing many more people are suffering from sleep issues and tension. I have released a 7-minute free YouTube video that teaches self-help on the hands to aid Sleep issues as well as Diaphragm Rocking on the feet. Please feel free to share this link with family, friends or clients if you think this could help them. There are also links to an article on Sleep and Instructions in the text on this YouTube link. [Click here](#)



Read: [Positive Health article on Sleep](#)

There is also a self-help **VRT Stress and Tension** video [Click here](#) to view.

### **NEW UPGRADED VRT WEBSITE COMING SHORTLY**

The VRT website has been upgraded and has many articles, resources including little video clip reminders for members only. It will be available in the next few weeks and you will be sent a link.

### **CORONAVIRUS (COVID-19) AWARENESS COURSE**

This free COVID-19 resource is delivered via Skills for Health, who are one of the leading UK providers of online learning for healthcare, including Statutory/Mandatory training such as Infection Prevention and Control.



This resource course goes further to bring together advice, guidance and information about the disease, to support our public sector workforce to continue delivering the best possible service during these unprecedented times. We believe in supporting the public sector in any way we can, with this free to access resource, the workforce can be well prepared to recognise and prevent the spread of the virus over the coming weeks and months.

The course is approximately 2 hours in duration and includes information such as infection prevention, PPE, hand and respiratory hygiene, management and assessment, sampling and testing, patient transfers/managing patients and much more, to support you in your role. [Click here to view](#)



### **FREE CPD for HOLISTIC THERAPISTS DURING LOCKDOWN**

By Mary Atkinson | Published May 7, 2020

Concerned about getting sufficient CPD points? Well, here are some simple ways of achieving your CPD during lockdown – without putting pressure on your bank balance. Do also check out the website of your professional body for details of the policy for CPD for holistic therapists. Many will have templates to help you record your CPD activities.

Complementary Therapist, Author and Tutor

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**Lynne writes:** [Click here](#) for an excellent resume of imaginative and informative ways to gain CPD. Highly recommended advice from an award-winning therapist.

**ENJOY 3 HOURS OF AMAZING FILMS OF NATURE SCENERY OR SEASCAPES SET TO RELAXING MUSIC** These videos feature relaxing music that is ideal for sleep, study, meditation and yoga.

[Click here to view nature.](#)

[Click here to view seascapes](#)



### **VRT Tip for Lockdown: Give yourself a few minutes of hand reflexology homework**

*"List 3 areas of tension in your body: it could be the neck, back and shoulder, for e.g. Place your weight-bearing hand on a hard surface and work each reflex for 30 seconds then*

*brush and stimulate the Zonal Triggers across the wrist. Repeat on the other hand. Finish by Diaphragm Rocking the hands one-by-one for 15-20 rocks per hand to consolidate the treatment. Repeat 2-4 times daily. Remember that pinching the thumb nails, nail-on-nail, can also be very calming addition".*



### **London Classes 5 & 6 September 2020**

These VRT classes were already planned before Lockdown and will run if Govt. regulations permit. Please feel free to book with the membership discount and your money will be returned in full immediately if we have to postpone. You can return to a class as a REFRESHER for only £75.00.

### **Upgrade your classical reflexology sessions with brief but profound VRT techniques**

*Fantastic course with Lynne Booth. VRT: so much content. We came away with super new tools in our Reflexology toolbox. Amazing and innovative: a true Reflexology pioneer and trailblazer Thank you. Jackie*

### **VRT Basic and Advanced Fast-Track class**

■ London,

Hampstead  
NW3,  
Saturday  
5  
September

## VRT Reflexology and Movement Class

■ London,  
Hampstead  
NW3,  
Sunday  
6  
September

[Click here](#) to book. **CPD accredited Earlybird Members £95.00 till June 15th and then members £115.00 per day.**

**Testimonials:** read here what others have to say about the courses.



*Many thanks for a super workshop. VRT is alive and constantly evolving. From my viewpoint, adding in the VRT techniques has almost doubled the value of my treatments, in that there is virtually no situation where I can't give effective reflexology quite often with instant results. I use the hands a lot more now, particularly with synergistic work. I did some VRT quickies in a yoga class recently with people who had over- stretched necks and shoulders. At the end of the class, 2 people made appointments. It doesn't replace classical techniques, but gives a tremendous boost to them and is great for demonstrating your skills in talks and first aid when you're out and about.*

Annie Z, North Wales

**REFRESH A CLASS FOR ONLY £75.00 -  
CONTACT US DIRECT ON  
[contact@boothvrt.com](mailto:contact@boothvrt.com)**

### VRT Basic and Advanced Fast-Track class

This concentrated "fast track" VRT Workshop, for qualified reflexologists, covers the core protocols of Vertical Reflex Therapy (VRT). Learn Neural Pathway Techniques and Synergistic Reflexology where the hands and feet are worked together. VRT techniques are usually applied for a few minutes at the beginning and end of conventional reflexology sessions. It can also be used in its





own right for: 5-10 minutes First Aid; shorter sessions for older people and children; sports injury and includes hand reflexology. [See full syllabus](#)

### **VRT Reflexology and Movement Class**

You can easily incorporate the acclaimed VRT mobilisations into your classical treatment session with no increase in appointment time. Learn techniques for: Sports Injury and Maintenance; Sleep issues; Babies & Children; powerful *VRT Holistic 5-minute Protocol*; Older people; Palliative Care and Dementia. These VRT techniques are for all ages and can be applied in a standing, seated and reclining position including self-help on the hands and feet. [See full syllabus](#)

### **Lynne Booth was winner of the Association of Reflexologist's Excellence in Innovation Award 2018**

The classes are accredited for 12 AoR CPD points. FHT recognised for 6 points.

[Click here](#) for course announcements for VRT classes coming in Belgium, Eire. October 2020 Australia Conference and classes cancelled by organisers due to pandemic.

Learn the effective VRT Wrist Twist Technique that is a powerful way of gently releasing and relaxing the lower lumbar area. It is extensively used on elite athletes and regular clients but can also be applied to seated persons of all ages.



**Best-selling VRT Books, Charts and acclaimed DVD - the DVD sold out after my presentation for Sally Kay's Reflexology Book Club but is now back in stock!**

Best selling *Vertical Reflexology* was one of the Daily Telegraph's 20 recommended complementary healthcare books in its first year of publication! [Buy here](#)

### **Reflexology World International Journal, Australia review of the VRT DVD:**

*This is one DVD you have got to have in your collection, a first class production..... by far the most professional I have seen.*

[Click here](#) for full DVD review and contents.

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