

Discover the versatility of VRT



VRT Membership Newsletter - September 2020 - No 55

From Lynne Booth

Dear Lynne

Welcome to the September VRT Membership Newsletter and I hope that those of you who have returned to your reflexology practice have found a new rhythm to working with the PPE requirements and limitations regarding Social Distancing. I trust that you all remain safe and well. There are lots of interesting articles, videos and resources below to enhance your practice. Read my [latest Blog](#) and find out the connection between Maya Angelou, a rugby player's foot and Covid-19 protocols!



Great News: the VRT website has been totally upgraded! www.boothvrt.com
Free new resources on the special [Members' Page](#)* with video refreshers. The password is trigger*.

I am delighted to have been invited to talk about VRT and the Immune System on the ICR Reflexology Week series of seminars at 18.00 on Thursday September 24th. See below for details to book up for free.

Do you own a copy of the acclaimed 60-minute **VRT DVD for Hands and Feet** yet? Save nearly a 1/3 off: only £12.00 plus p&p (RRP £17.99). Members' offer for 1 week only! **Scroll down for Special Link to Members' page and offer.**

See my useful **VRT guideline sheet on Calming Techniques** plus article links and research study.

See link below for an **AoR interview and demonstration** I had with Kate Mulliss and my **personal tribute to Dwight Byers**, Ingham's nephew who recently died.

Plans are in progress for **VRT online training** - watch this space!

Kind regards from me and all the VRT tutors.

Lynne



ICR Free Presentation by Lynne on VRT and the Immune System. I am so pleased to be invited to support the **ICR World Reflexology Week (WRW)** working alongside the excellent Lorraine Senior on September 24th at 18.00 GMT. We will be presenting for 20 minutes each followed with 20 minutes for Q & A. During the ICR WRW outreach there will be 20 presentations, from 23 countries. 39

speakers and 40 lectures from around the world in 15 different languages! It's going to be a great learning and sharing event. Email: membership@icr-reflexology.org to reserve your free Zoom place (limited numbers per presentation) See ICR website for the full list of presentations and links: www.icr-reflexology.org

VRT CALMING TECHNIQUES TO EASE ANXIETY

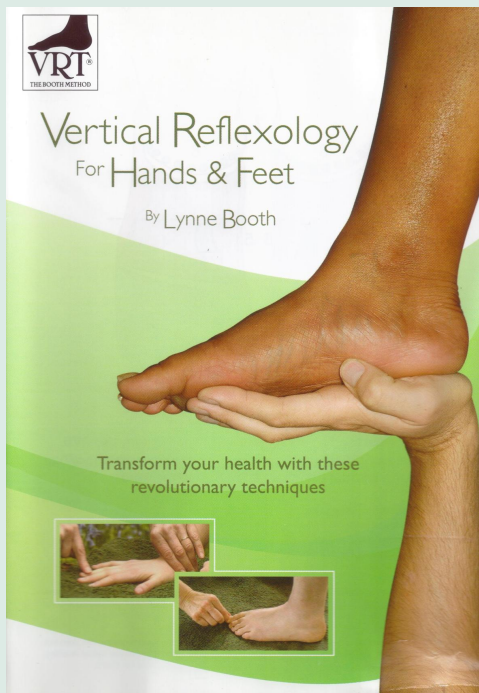
Covid has brought stress and anxiety to everyday living for so many people. Young people have been particularly criticised for breaking the Social Distancing rules but many have been, or still are, suffering from depression following months of limited socialising as they miss contact with their school, workplace or university friends. Sheltered persons of all ages continue to feel the isolation as a winter of more restrictions looms. Read this fascinating [Study on Clients suffering from Anxiety](#) that VRT practitioner Rob Wood presented. Here are some gentle **VRT calming techniques** to share: [click here](#)
See this interesting article on the BBC website 8/9/20: [Coronavirus: What is anxiety and how can I get help?](#)



Lynne pays **TRIBUTE TO DWIGHT BYERS** who recently died age 91. Dwight was Eunice Ingham's nephew and founded the International Institute of Reflexology (IIR). The photo shows Dwight receiving his VRT Practitioner Certificate in 2003! I first met Dwight in 1992 on the excellent IIR Diploma course taught by Tony Porter. I enjoyed learning many new Ingham reflexology



techniques in the early years from Dwight. I picked up on another class when he was in his 80's and his enthusiasm and energy had not diminished. In 2003 I taught Vertical Reflexology Techniques (VRT) in Orlando, Florida and Dwight knew the organiser and booked his place on the 2 day class. He was the perfect student and put up his hand to ask questions, worked diligently and was happy to be instructed when he was learning the new skills! I never thought when I trained as a reflexologist 11 years previously that, for 2 days only, I would be telling Dwight Byers what to do!! I am always grateful for the excellent start I had in reflexology from my friend and mentor, Tony Porter, and his introduction to Dwight. They made a fantastic team. Scroll down the website [Gallery page](#) and you will see Dwight on his knees practising VRT in the class!



VERY SPECIAL OFFER - Best-selling acclaimed DVD for Members only £12.00 plus P&P (RRP £17.99).

[ORDER HERE](#) for Members' offer and read review and contents.

Members' Password: **trigger**

ENDS 21st September 2020

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.

Learn the effective SEATED VRT Wrist Twist Technique that is a powerful way of gently releasing and relaxing the lower lumbar area and upper body. The photo shows the standing version where caution is needed. It is extensively used on elite athletes and regular clients but the Wrist Twist can also be gently applied to seated persons of all ages. [See seated video demonstration](#). More information on the [Reflexology and Movement page](#) gives guidelines, advice and contraindications. Please read before practising.



Video Interview with Lynne Booth by Kate Mullis of the Association of Reflexologists in 2020. Lynne



discusses her reflexology journey and the discovery of VRT and demonstrates Reflexology and Movement techniques.

[Click here](#) to watch.



London Classes 22 & 23 May 2021

These VRT classes will be held in Pax Lodge, Hampstead, NW3 in a spacious and airy conference centre and will run if Govt. Covid 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 any class previously taken as a REFRESHER for only £85.00.

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
22
May
2021

VRT

Reflexology and Movement Class

- London,
Hampstead
NW3,
Sunday
23

May
2021

[Click here](#) to book.

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). [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. [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. World Reflexology Map designed by Karen Middleton.

WORLD REFLEXOLOGY WEEK



21 to 27 September 2020

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