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Newsletter 64 Winter 2023 - VRT Membership Newsletter

1 message

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To: Adam Booth <adam@boothvrt.com>

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VRT Membership Newsletter Winter 2023 - No 64



Dear Adam

Festive Greetings from all the VRT Tutors. Another year is drawing to an end amid the sobering spectacle of war in Gaza/Israel, Ukraine and elsewhere. Our hope is for peace and a road to reconciliation in the years ahead in so many countries. May the goodwill of friends, family, colleagues and strangers surround you in the holiday break and the year ahead.

Reflexologists can play a great role in helping their older clients maintain good or better health. In this edition there is VRT Older person resources sheet, with many links, for you to use plus an interview video interview and demonstrations that was filmed by the AoR. Old age doesn't always mean good health but there can be much joy and activity in later years. Last week I visited a friend's mother who is soon to celebrate her 100th birthday. A neighbour's sister is 105 and still lives in her sheltered flat and a friend in France enjoyed a café lunch with her friend who is 107!

In the run up to Christmas we can all get pretty fraught. Do make time for yourself and, if someone asks you what you want for Christmas, why not ask for a reflexology voucher from a fellow practitioner or a relaxing massage? We all need to sleep well too and below is a helpful and wide-reaching article on Beds.

Here is some great news for Members only. The full VRT Online self-paced Basic and Advanced course, CPD Approved, has 66% reduction, only £50, a special one-off Christmas offer valid until January 30th. See below for further information. 6 months access.

Thank you as always for your support and communications.
All good wishes for a happy healthy and peaceful New Year.

Lynne and the VRT Tutors



Older Person Resources Sheet and other VRT/Reflexology information links

Here are numerous VRT and other links to videos, articles, techniques and helpful resources. It includes tips on how to offer reflexology in nursing homes plus a book list on dementia issues and supporting healthy older people. [Click here](#)

A recent reflexologist recipient wrote;

"Thanks for this treasure-trove of helpful information"

AoR Video Interview with Lynne Booth "Expanding your Horizons" series on the subject of Working with Older Clients.



I was delighted to be interviewed by Kate Mulliss, Senior Training and Education Officer, at the Association of Reflexologists in September 2023. [Click here](#) to watch the AoR YouTube video which includes conversation regarding Lynne's experience of working with older people and demonstrations of VRT Reflexology and Movement techniques.

**Vertical Reflexology Techniques
Online Basic and Advanced Course**
CPD/CEU Accredited and Self-Paced, 8 hours study
with Originator Lynne Booth - start learning at once



Discover the Versatility of
Vertical Reflexology Techniques (VRT)



Brief VRT techniques enhance your practice with no increase in appointment time. Applied standing, seated, reclining. Suitable for all ages and conditions

SEE FULL SYLLABUS AND BOOK ONLINE :

contact@boothvrt.com

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VRT Online Basic and Advanced course. CPD Approved. One-off Member's Christmas offer valid until January 30th. Only £50.00 - 66% off!

Start studying at once and refresh your techniques and discover some new ways of working with recommended 8 hours study time. 1 hour Zoom session with Lynne on completion. Usually £70 for a VRT Network Member (RRP £145). Treat yourself to 6 months of self-paced learning [Click here for full course information](#) or scroll to bottom of this newsletter.

Use Voucher Code VRT50 on payment for your 66% discount.

"It has been a great revision tool for me, having done several VRT courses approximately fifteen years ago! A good reminder of the versatility of VRT which has always made a profound difference to my reflexology. To be able to offer a short but effective treatment which is also excellent for self care too is amazing. Fantastic that I can now access this excellent course online" Jacqueline Blakeman, VRT Network Member"



How healthy is your bed?

By Val Bullen

Considering the amount of time we spend in our beds it is interesting the scant attention we pay to them. Yes, you might change and clean the sheets and pillowcases regularly but what about the pillows themselves and the mattress?

For those that suffer from asthma and are allergic to house-dust mite, or rather a protein in its dung pellets, it is important that the pillows themselves are non-allergenic or cleansed regularly. House-dust mites live off our dead skin which we shed regularly at about 500gm per year into our clothes and bedding. It is estimated that 1/10th of the weight of a pillow can be made up of old human skin,

mould, dead and live mites and their droppings. Personally, I think you should have new pillows every year - they aren't that expensive. The new lower temperature washers do not destroy the house dust mite - they may even enjoy the nice cleansing shower!

[Click to read full article here](#)

Val Bullen is a retired senior lecturer in the Department of Complementary Therapies at the University of Westminster.



VRT tutor, Suzy Jacops, teaching at the Wellness Academie in Hasselt, Belgium this October.

Suzy writes: *"As you know, I love teaching VRT and "miracles" always happen on these courses!"*

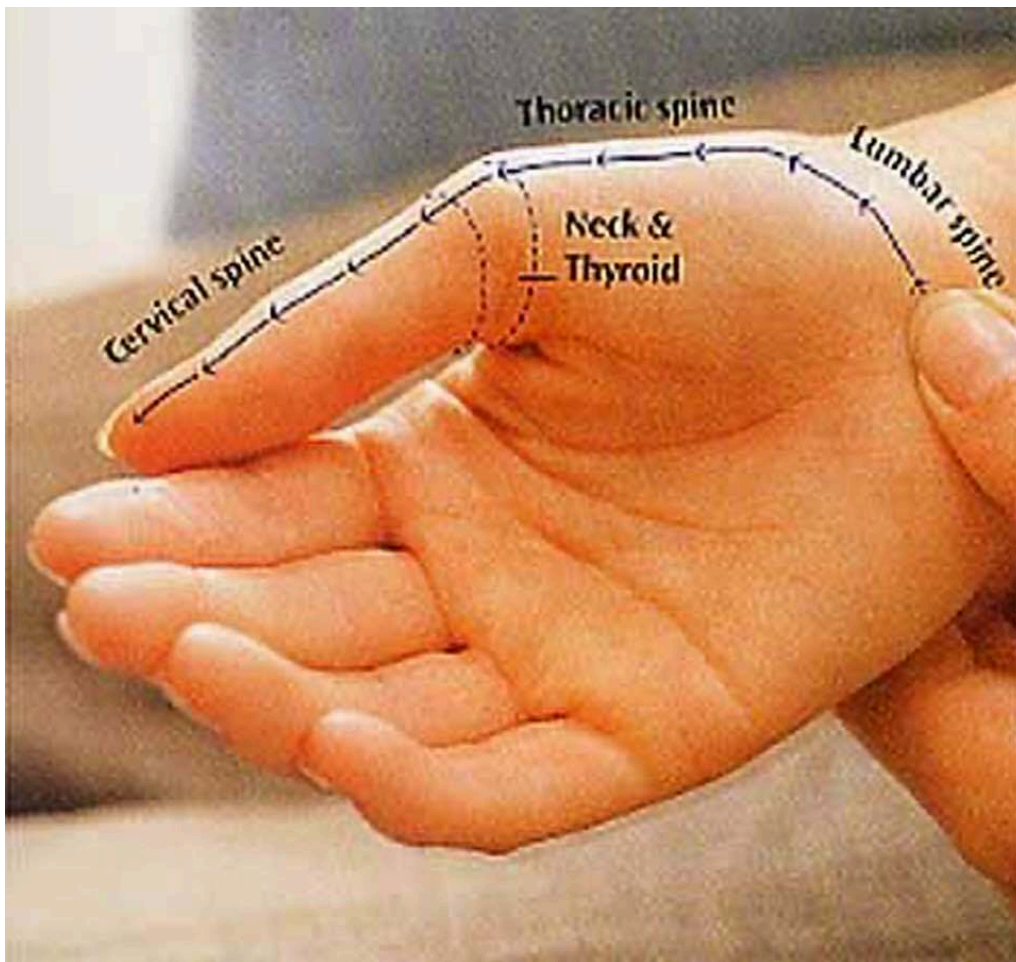
Here are two images from the successful VRT weekend in Hasselt plus a pictorial reminder of those difficult recent Covid times when Suzy, and other tutors, made an effort to safely teach reflexology during the pandemic whenever possible. VRT Techniques can be applied to the passive/reclining client as well as in a seated or standing position. You can work more targeted reflexes this way, synergistically, as it is very effective but not so powerful as full weight bearing.





Help your client's visualise their reflexes

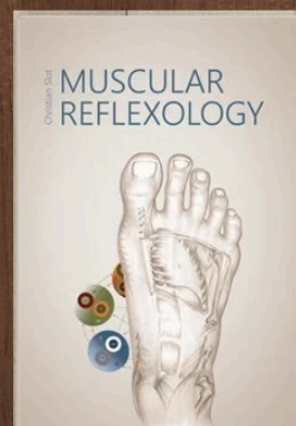
Thank you to reflexologist Fionna Fairugia who shared her classical hand reflexology image to show clients key spinal, neck and spinal reflexes.



NEW FOR 2024

Muscular Reflexology

With special guest tutor
Christian Slot
5 days training - Level 1
27th/28th September
24th-26th October 2024
PORTSMOUTH, UK



Muscular Reflexology with Christian Slot comes to the UK for the first time next year.

Dr Carol Samuel, is bringing Christian Slot to the UK in September 2024. Spaces for Institut for Muskulær Zoneterapi - MUSCULAR REFLEXOLOGY course. It is almost full for the 2024 intake.

Don't miss your chance of a place.

If you are working with clients in pain, this is such a fabulous opportunity to learn more about the stacking effect of the body and how one part affects another through the musculoskeletal system.

[Book here](#)

Lynne writes: In the last newsletter I wrote that it was a privilege to meet the influential Danish reflexologist and tutor, Christian Slot, at the recent RiEN Conference in Yecla, Spain. I am most impressed by his method.

For more information [click here](#). Note: this website can be viewed in English, select the language option.



Equilibrio Retreat in April 2024 in Orgiva Spain.

Reflexology and Mental Wellbeing with Sally Earlam in April 2024.

Great memories for me in this photo teaching VRT on that wonderful Retreat. [Click here](#) to find out more.

NEW for 2024 is 'Managing Pain across the Menopause with two exceptional Reflexology Tutors who present valuable clinical reflexology skills in a fascinating and accessible format. Like most of these workshops, there are a limited number of places available to ensure our expert tuition allows time for discussion, one to one work and follow-up. Bookings for both workshops are open on the website [Click here](#)

MANAGING PAIN SERIES of EDUCATION



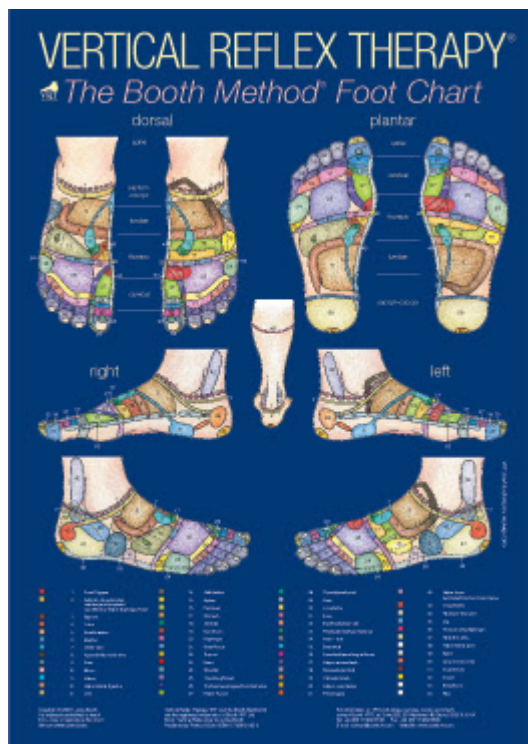
Managing Pain in female reproductive health

14th/15th March 2024

Managing Pain across the menopause

21st/22nd November 2024

Barbara Scott & Dr Carol Samuel



**VRT Basic and Advanced
Online self-paced class
with 6 months access.**

**Why not learn more VRT
skills online and then
meet with Lynne for a
Zoom meeting on
completion? 66% off
Network Members only,
for £50 (RRP £145)!**

Voucher code VRT50

See full information page VRT Basic
and Advanced Online self-paced class

I invite you to refresh your skills with the new VRT Online Basic and Advanced VRT Course which has proved to be a resounding success! In the first few months over 250 reflexologists have enrolled for this self-paced learning and the evaluation sheets give 95% 5-star feedback with nothing less than 4-star overall for the other 5%! A number of VRT members have taken the opportunity to refresh their VRT skills on the full 8 hour training at half price: (now only £50 for a very limited period)! Use **Voucher code VRT50**. You have 6 months to complete. It has been good to meet up with some of you again on our Zoom meetings on completion.

You can refresh your VRT skills, learn more and gain FHT, AoR, RAC, RABC, ARBC and RAoA CPD points for 8 hours training. [Click here](#) for full syllabus and online booking.

“This was a fantastic course, loaded with information & new techniques that were brilliantly relayed on-line”_. Jo K

Read the full syllabus and *Book Here* on this dedicated VRT website page. Voucher code VRT50.

“Lynne’s VRT Basic and Advanced Course was, hands and feet down, the BEST online I have ever taken! I loved the flow and diversity of types of information from text, to slides to videos and charts and books! This was perfect, kept my attention and interest”! Amy M



VRT MEMBER LOGO! Here is the bespoke logo for members to use on their website and stationery. Please download it to replace the previous VRT Logo. Thank you. [Click here](#) to go to the VRT Members page (password: **trigger**) and you can download it.



FHIT

ACCREDITED SHORT COURSE



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