



Teaching Self-Help Reflexology to the World

Self-Help Reflexology Workshop for ARMS – Elbows, Forearms, Wrists, Hands

On the 24th of June 2023, the World Reflexology Foundation held its latest Self-Help online workshop focusing on the Arms. One might not realize the importance of this body area; however over 100 viewers from all over the world participated to explore where to perform focused Self-Help Reflexology to aid in bringing relief to this specific region.

The subjects of this non-vocational training included the elbow, forearm, wrist, hand and fingers. Specifics reflex points were demonstrated on the Hands, Feet, and outer Ears.

With the World Reflexology Foundation (WRF) President **Bill Flocco** leading the workshop, a brief history of the WRF was given. The WRF was formed over 16 years ago with the mission that Everyone in the world deserves the healthy benefits of Reflexology.

As a nonprofit organization, the WRF provides Self-Help workshops at no cost to the public. These workshops are led by Volunteer Trainers, reflexologists who have gone through advanced trainings to master the art of teaching people Self-Help Reflexology techniques to help improve their wellbeing and the wellbeing of those they love.

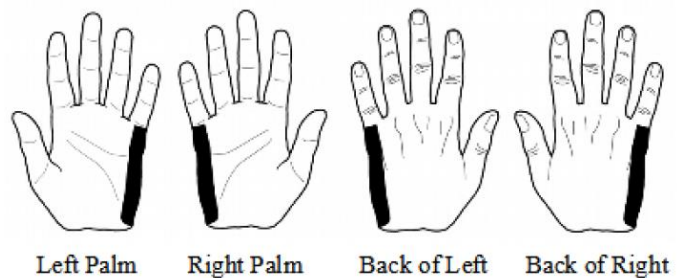


Bill workshop facilitator
describing priority reflexing,
and answering questions.

These non-vocational workshops are intended to bring Self-Help Reflexology into the local community and home environment.



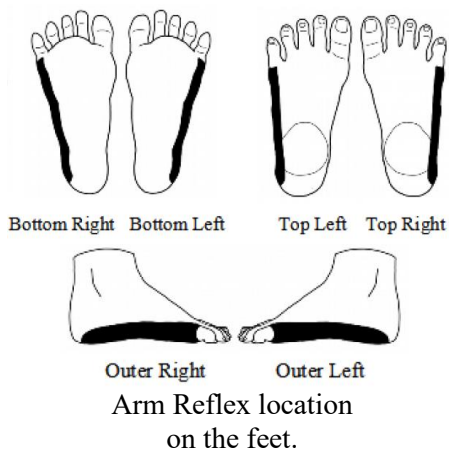
Jan showing how to
locate Arm Reflex.



Arm Reflex location
on the hands.

Our workshop demonstrations began with focusing on where to perform Self-Help Reflexology on the Hands. Volunteer Trainer **Jan Grubb** showcased the outer side of the hand, just below the base of the little finger down to the wrist. Jan showed the participants that beginning at the outer knuckle joint of the pinky and working downward toward the wrist covered the reflex points beginning just below the shoulder joint reflex to the elbow reflex (mid point) and concluded with the wrist, hand and fingers reflexes. She explained the different techniques that could be applied

including the “inchworm” and “press and circle”, paying attention to hold at sensitive areas. All techniques are effective; however she explained and showed the importance of moving with a slow and steady rhythm. Jan suggested working on the hand that corresponds with the arm in need first, and then to move on and work the other hand.

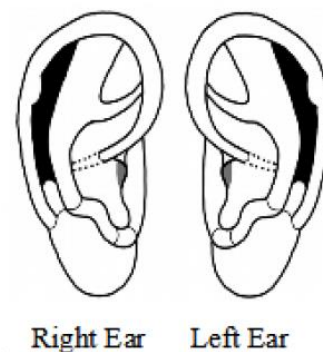


Mitta reflexing the arm reflexes on the feet.

Volunteer trainer **Mitta Wise** explained where to work on the Feet. Similarly to the hands, the work is done on the outer edge of the foot. Beginning right below the small toe, the upper arm reflex could be found, midway would cover the elbow reflex, and just at the soft triangle of the outer foot below the ankle bone, the wrist and forearm reflexes are found. Mitta suggested to work the greater area, and again reiterated the importance of working slowly. She too showed reflexing techniques to help guide the viewers. In addition, Mitta demonstrated where and how to place one’s foot while working on it and acknowledged that working the arm reflexes on both feet would be most beneficial.



Sara showing location of Arm Reflexes on the Ears.



Arm Reflex location on the Ears.

The outer ear concluded the demonstrations with volunteer trainer **Sara Chameides** demonstrating the areas to work. The outer ear map is reversed / upside down to the hands and feet. With a big plastic ear, Sara defined where to begin on the long valley (just slightly higher than the shoulder reflex) and to work upward toward the top of the ear. To work this area, Sara used her index finger in front with her thumb as a support behind the ear (tip to pad), moving up the long valley, and feeling for any areas of tenderness or sensitivity. She explained to move slowly up the long valley and hold any areas that need attention, and to keep that hold until the sensitivity subsides. As Sara worked her way up the ear, she moved over the elbow reflex (about midway) to the forearm reflex

(at the bend) concluding on the wrist and hand reflexes toward the apex of the ear. To work both ears at the same time, it was demonstrated to rest one's elbows on a table which could reduce tension in the shoulder area while holding.



Kathy reviewing how and where to reflex Arm Reflexes
1st Hands 2nd Feet 3rd Ears



Participants from many countries joined this educational Self-Help Workshop.

The workshop concluded with a group photo of all the participants, a review done by volunteer trainer **Kathy Reynolds**, followed by a Q&A. It was also shared that the World Reflexology Foundation is completely run by volunteers and relies on donations and contributions from the public to continue its mission. It is funding from the public that allows the WRF to continue with cost free workshops. Online workshops from the WRF are done approximately every four months. Past subjects have included: Relaxation and Stress Relief, Spinal Health, Sinus/Headache/Allergies, Digestion, Respiratory/Lungs, Sciatica, and many others.

All of these non-vocational workshops are provided by the World Reflexology Foundation free of charge and are completely run on donations and by volunteers. The WRF is a non-profit whose goal is to reach millions of people across the globe and to help bring better health worldwide. The WRF relies on word of mouth, donations, and grants to help fund their outreach. If you are interested in donating, signing up for the newsletter, or if you would like to receive workshop notices, please visit www.worldreflexologyfoundation.org. And, please, tell your family, friends, neighbors, and colleagues!

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