

Annual Activities Report 2015



Mission Statement:

Teaching Self-Help and Family-Help Reflexology for Better Health Worldwide

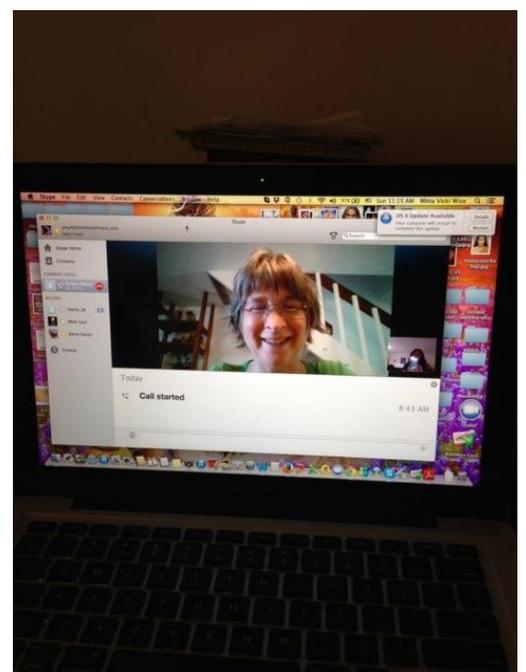
WRF Volunteers And Trainers Gathering October 4, 2015

Yoshimi Ozaki, Irene Birmingham, Anna Kottwitz, Sandra Montoya, Mitta Wise, Kathy Reynolds, Bill Flocco, Quirino Ibarra, Juan Manuel Trujillo, Sherrel Sage Grabler, and Robyn Meyer via Skype, spent the day together in refreshing reflex location knowledge and teaching skills. Bill led the group through a quick, but thorough, review of reflex locations including: headache, sinuses, jaw, neck, shoulders, arms, legs/knees/hips, stomach, allergies, liver, uterine pain/PMS/prostate, kidneys, urinary bladder, ileocecal valve and colon reflex points on the feet, hands and ears, including where to work first, second and third, especially when pain is present. Bill continued the review, covering the five primary Master Points and the five Functional Points and how to work them for best results.

The group was then divided into smaller groups and given the opportunity to practice teaching for 45 minutes. Each person chose an internal reflex location, as well as a musculoskeletal reflex location to practice, followed by either a Master Point or a Functional Point, and an academic subject of their choice from a list.



Bill went around the room to each group helping to refine specific reflex locations, mostly on the outer ear, but also the hands and feet.



Robyn Meyer actively participated via Skype throughout the day from her home in Hawaii

Increasingly WRF Workshops Are Being Conducted In Other Countries



WRF Volunteer Trainer **Quirino Ibarra** conducted a Self-Help & Family-Help Reflexology Workshop in Mexico



WRF Volunteer Trainer Stefanie Sabouchian, standing left, conducts WRF Workshop in Germany

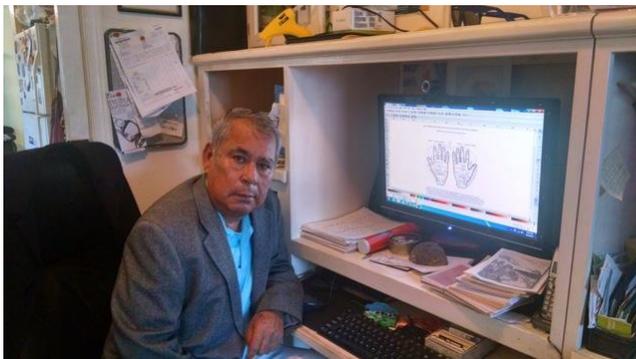
Two WRF Volunteer Trainers Co-Conduct WRF Workshops Together



Some WRF Volunteer Trainers especially enjoy teaming up together to conduct workshops, especially for larger workshops. They love the camaraderie, sharing the teaching, and being able to give participants more individualized attention as you can see above. **Mitta Wise**, left, helping with reflexing techniques for lower back. **Sara Chameides**, standing right, giving suggestions as to the best way to hold hands steady for more effective reflexology.

Mitta Wise, Kathy Reynolds, Victor Archuleta and Irene Birmingham exhibited an excellent example of co-teaching when they conducted WRF Workshops together at Cancer Support Centers in Santa Monica, California.

Because Of Great Need Work Has Begun On Spanish Translation Of The WRF Workbook

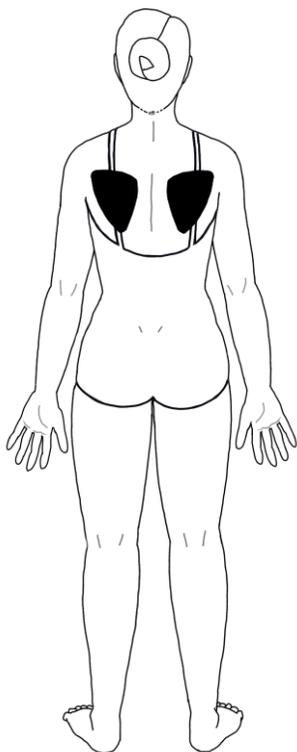


With a large Spanish-speaking population across America, with Mexico to the south, then continuing south through Spanish speaking countries of Central America, and South America there is a growing need for the WRF Self-Help & Family-Help Workbook to be translated into Spanish. To that purpose, WRF Volunteer Trainer **Sandra Montoya**, contacted Mr. **Berto Celso**, shown at the left, at his computer, beginning the process of converting WRF Workbook into Spanish.

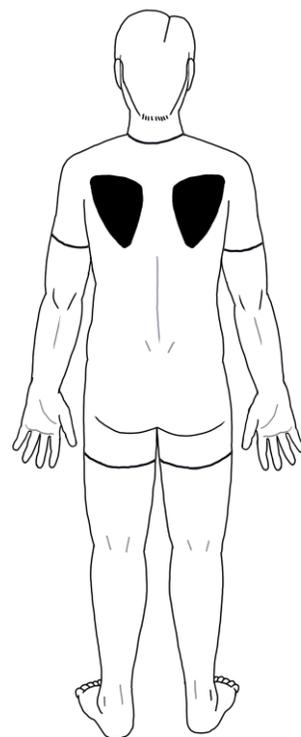
Translating WRF Workbook Into Additional Languages

WRF Volunteer Trainer **Yoshimi Ozaki** has started to translate sections of the WRF Self-Help & Family-Help Workbook into Japanese with the help of WRF Volunteer Trainer **Tamaki Horii** and WRF supporter **Michiyo Ando**. **Stefanie Sabouchian** and **Rosemarie Sabouchian** have translated the WRF Workbook into German.

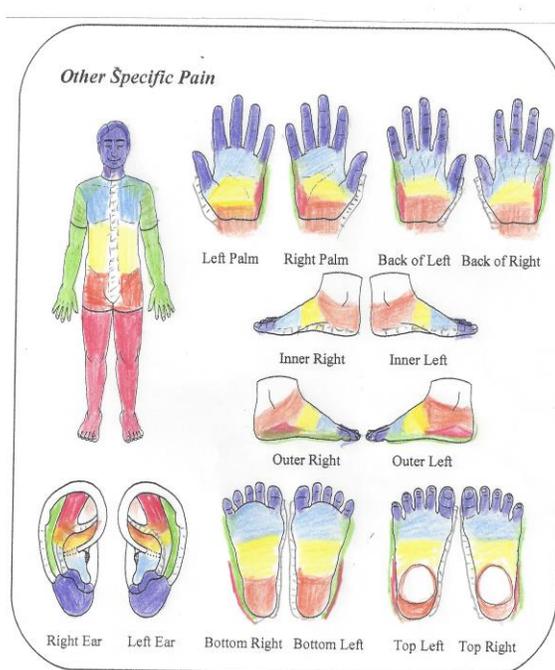
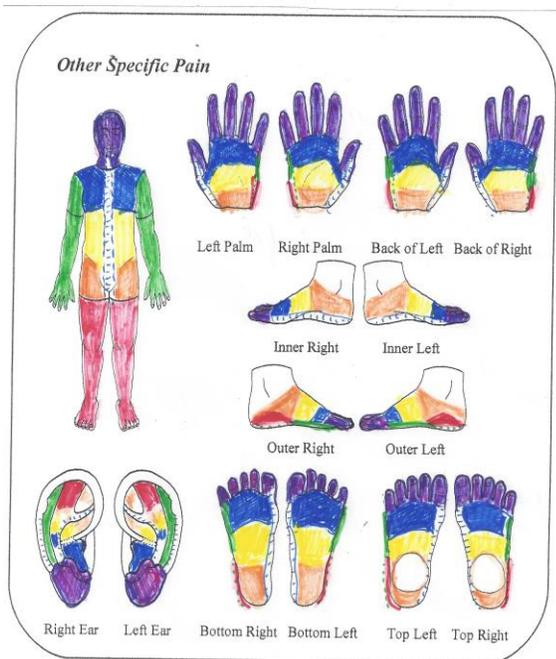
WRF Board Of Directors Begins Work On New Illustrations For The WRF Workbook



This same year the WRF Board of Directors, decided to have all illustrations re-done, upgrading them to include images for male and female. For this project we turned to line drawing illustrator **Katie Reynolds**, daughter of WRF eNewsletter Editor **Sean Reynolds**, & WRF Secretary, **Kathy Reynolds**. A few different line drawing illustration styles were explored back-and-forth between Katie and the Board. Once agreed-upon, work began on the initial outline drawings for male and female illustrations front & back, shown here, top bottom, inner & outer side views of the feet, palm & back views of both hands, and main view of both outer ears.



WRF Explorers Color Coordinated Reflex Region Charts



The World Reflexology Foundation Board of Directors explores different teaching aids, for people with different learning ability preferences, such as some people being more visual, auditory, or kinesthetic. For the visual learner and for people in cultures where they have not had the privilege of being able to learn to read, the WRF is exploring color-coordinated Reflex Region charts. The coloring in the above first drafted charts was done by WRF Volunteer **Lisa Marie Chan**.

World Reflexology Foundation is a group of highly trained Reflexology leaders, educators and practitioners who have been inspired by our experiences with Reflexology and want to empower all the people around the world with the powerful health benefits of Reflexology by educating them and teaching them how to do Self-Help and Family-Help Reflexology for themselves, their families and their communities, towns and villages.

Special Thank You to all Volunteer Trainers, Contributors, Supporters, Committee Members, Donors, and the Board of Directors whose generous loving efforts make it possible for WRF to further its great empowering mission to increase health locally, nationally, and globally through teaching Self-Help & Family-Help Reflexology.

World Reflexology Foundation

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