




	<h2 style="text-align: center;">World Reflexology Foundation Free Online Self-Help Reflexology Workshop for Legs, Knees, Ankles, and Feet</h2>
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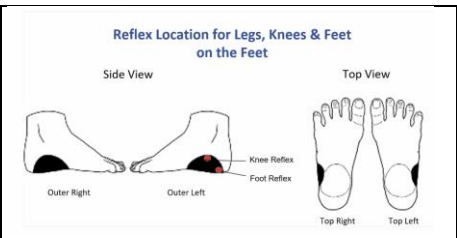

WRF Vice President and Volunteer Trainer **Stefanie Sabouchian** led the newest workshop from the World Reflexology Foundation which focused on Legs, Knees, Ankles and Feet. The workshop welcomed people from all over the United States (CA, DE, FL, GA, MA, ME, TX), Canada (AB, BC), Europe (Belgium, Spain), and New Zealand. This was a free online workshop that showcased non-vocational Self-Help Reflexology and Self-Care. It is the WRF's vision and mission to bring Reflexology to everyone around the globe and better health to everyone through Reflexology.

		
<p style="text-align: center;">Stefanie leading the workshop and explaining the World Reflexology Foundation</p>	<p style="text-align: center;">Participants from New Zealand, Europe, Canada, and from all over the United States</p>	<p style="text-align: center;">Paul explaining what Reflexology is and how it works.</p>




WRF board member and Volunteer Trainer **Paul Harvey** gave a brief summarization of Reflexology. He explained that Reflexology uses maps that resemble the human body that can be found on the feet, hands and outer ears. Working with these maps, which correspond to body parts through reflex points, may have a positive effect on the nervous system. Using a gentle touch over the reflex points may help to remove blockages on and around the nerve endings. This can help to oxygenate the blood and organs, bringing about profound relaxation.

<p style="text-align: center;">Reflexology Regions of the Feet</p> 	<p style="text-align: center;">Reflexology Regions of the Hands</p> 	<p style="text-align: center;">Reflexology Regions of the Outer Ears</p> 
<p style="text-align: center;">WRF Color Charts help understanding the body regions and their corresponding reflex locations on the Feet, Hands, and Ears.</p>		


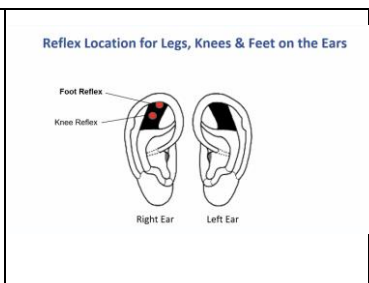

The World Reflexology Foundation showcased their original color charts. This visual aid helped to give the audience an understanding of the body regions and their corresponding locations on the feet, hands, and outer ears by using matching colors. In addition to the color charts, more detailed maps were presented. On these maps were specific areas of focus detailed on diagrams of the feet, hands and outer ears showing where to work for the subject of this workshop – the Legs, Knees, Ankles and Feet.

	<p style="text-align: center;">Reflex Location for Legs, Knees & Feet on the Feet</p> <p style="text-align: center;">Side View Top View</p> 	
Liz showing where to find the Leg Reflex	For Leg Issues: Feet 1st	Liz demonstrating how to work Leg Reflex on her Foot

Liz van Beek, a WRF Volunteer Trainer, began the instructional portion of the workshop. Liz began with the feet and, using a plastic three-dimensional foot, she proceeded to show where on the outer foot to work. Below the ankle bone on the outer side of the foot, and about halfway between the heel and the base of the small toe, there is a soft “triangle”. This is the reflex area for the Leg, Knee, Ankle, Foot regions of the body. Liz explained that in this triangular area, closer to the heel, we find the Foot and Ankle reflexes. From there she moved up over the lower Leg reflex to the apex of the triangle where we find the Knee reflex. Working back down toward the sole of the foot and forward toward the small toe we are working the upper Leg reflex. Next was the demonstration of different techniques, and how to use one’s thumb or fingers to gently “walk” or “glide” over the reflex points to achieve Self-Help Reflexology. It was then encouraged to work on one’s own foot while Liz crossed her ankle over her opposite knee and reached around to the outer portion of her foot. She talked the viewers through the different areas of the Leg reflexes as she demonstrated, pointing out that a tender area might require a gentle pressure and more focus.

	<p style="text-align: center;">Reflex Location for Legs, Knees & Feet on the Hands</p> 	
Paul showing Leg Reflex Location on the Hand	For Leg Issues: Hands 2nd	Paul demonstrating how to work the Leg Reflex on his own Hand

Following Liz was the hand demonstration. **Paul Harvey** used his own hand to familiarize the attendees with the Leg reflex area. Similarly to the Foot, the Leg reflexes could be found on the outer edge (the small finger side) of the heel of the hand. On this soft area, it was shown that the Foot and Ankle reflexes are close to the wrist, working toward the Knee reflex, slightly toward the small finger, and the hip reflex, again slightly toward the small finger. As Paul demonstrated the area on his hand, which was supported by his other hand, he encouraged everyone watching to try it on themselves. Working on the hand could be a more convenient alternative to the foot, while in a public setting.

	<p style="text-align: center;">Reflex Location for Legs, Knees & Feet on the Ears</p> 	
Kathy showing Leg Reflex on Plastic Ear	For Leg Issues: Ears 3rd	Kathy holding Leg Reflex on her own Ear

Kathy Reynolds, WRF board member and WRF Volunteer Trainer, showed where to hold on the outer ear. While the foot and the hand required a type of thumb roll or gliding action over the reflex locations, the ear reflex points use a hold method. Kathy described this as a tip-to-tip action: the tip of the thumb supporting the back of the ear while the tip of the index finger is on the front of the ear. On a large plastic ear, Kathy showed the location starting with the upper Leg reflex at the base of the wide ridge, the Knee, Ankle, Foot reflexes progressively to the top of the wide ridge near the top of the ear. Using the tip-to-tip hold, Kathy demonstrated on her own ears. She suggested holding both ears at the same time and relaxing the shoulders while taking nice deep breaths. These holds should be at least five minutes for the effects to take place but can be longer.



During the demonstration portion of the workshop, attendees were encouraged to follow along with the presenters to feel where the reflex points can be found on their own feet, hands, and ears. It was shared that the more often one could work on themselves, the more profound the effects. If an area was tender, it was encouraged to hold or lightly work that area until the tenderness subsides. In addition, it was suggested to work the areas at least five minutes or longer, and more often, if time permits.

WRF board member and Volunteer Trainer **Tina Meyer** directed the audience to our website: www.worldreflexologyfoundation.org and to our email at: info@worldreflexologyfoundation.org for additional information and/or any questions. She also mentioned that we are a501(C)(3) and run completely on donations. All our workshops are offered to the public at no charge. Tina then demonstrated a quick review on the feet, the hands, and the ears, and showed, once again, where to find and work the reflex points for the Legs, Knees, Ankles, and Feet.

Before the conclusion of the workshop, questions were asked. One question asked was about which side should be focused on in regard to a specific side for an ailment. Stefanie answered that the same side was usually effective, however in her experience, working both sides usually produces the most positive results. Contraindications, such as an open sore or bruise located on or around a reflex point, were advised to be avoided. The importance of drinking water after performing Reflexology was highly recommended.

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