



Teaching Self-Help Reflexology to the World

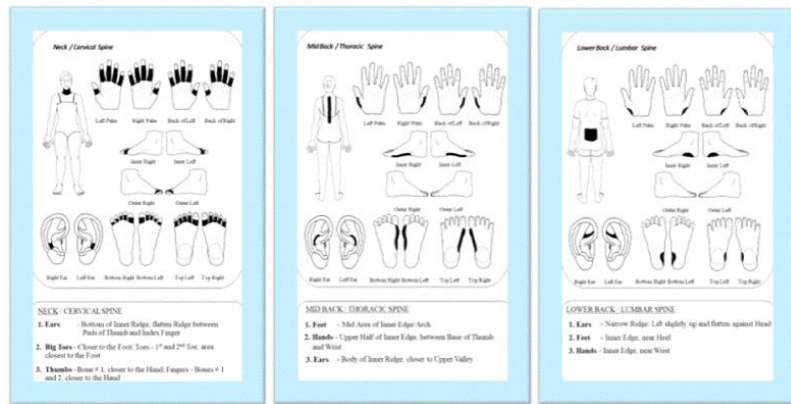
## WRF Online Self-Help Reflexology Workshop for Spinal Health

The World Reflexology Foundation started off the new year with a Self-Help Zoom Workshop focusing on Spinal Health. On January 30<sup>th</sup>, 31 participants viewed WRF Volunteer Trainers showcasing where to work the Spinal Reflex Points on their ears, feet, and hands.

**Mitta Wise**, WRF Board member and Volunteer Trainer, hosted the workshop which began with a brief introduction to the WRF by President and founder **Bill Flocco**.



Mitta guiding through the Self-Help workshop

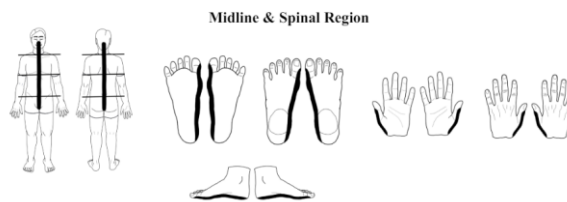


Spinal Reflex location on the feet, hands, and ears.

Bill gave an overview of the WRF's Mission, what they do and how during the current times, with WRF no charge Self-Help/Family-Help Reflexology Workshops having gone from in person to online. Following this opening, **Stefanie Sabouchian**, WRF Vice President, explained Reflexology Maps, the overview of Reflex Maps on the hands, feet, and ears as well as Self-Help Reflexology techniques; thumb roll, static hold, hold with circular movement, all to be performed with gentle attention.



Bill explaining WRF's Mission



Midline Spinal Region on the feet and hands.



Stefanie showing Spinal Reflexes on the feet.

**Kathy Reynolds**, a WRF Volunteer Trainer and WRF Board member, began the education process by describing the Spinal Cord Reflexes on the outer ear. Kathy showed the location on her visual aid of a plastic ear and then demonstrated it on her own ear. She explained the technique of unfurling the Outer Ridge cartilage very slowly and gently all the while encouraging the viewers to participate on their own ears. Kathy also set the stage by showing how to work on both ears simultaneously by placing one's elbows on a table and relaxing the shoulders.



Kathy showing location of the Spinal Cord Reflexes on the ears.

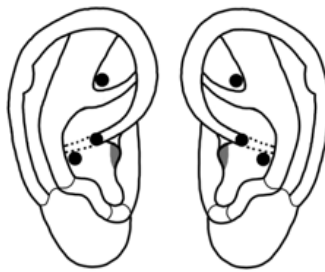


Kathy demonstrating how to work Spinal Cord Reflexes on her own ears.

**Melanie Giangreco**, WRF Volunteer Trainer, showed the participants the point of Shen Men on the ear. Melanie explained that Shen Men, located in the Triangular Valley, brings about profound relaxation and enhances the work of the other Reflex Points on the ears. Melanie then revealed the Muscle Relaxation Point in the Lower Valley of the ear pointing out that these two reflex points may benefit Spinal Health, in general.



Melanie showing location of Shen Men on the ears.



Right Ear Left Ear

Shen Men and Muscle Relaxation Points on the ears.



Melanie showing location of Muscle Relaxation Point on the ears.

Following, **Tina Meyer**, WRF Board member and Volunteer Trainer, explained the Spinal Column Reflex Points on the ear. She began with the Cervical/Neck Reflex Points, moving through the Mid-Back/Thoracic, concluding with Lumbar/Sacral/Coccyx Reflex Points. Tina continued the technique of holding the Reflex Points and moving slowly through them, either one ear at a time, or combining both ears.



Tina demonstrating how to work the Neck Reflex on the ears.



Tina showing Thoracic Reflex location on the ears.

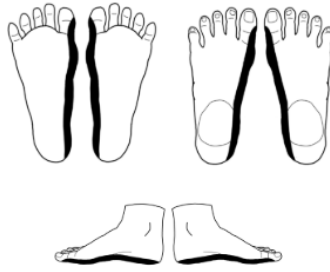


Tina showing Lumbar Reflex location on the ears.

The Spinal Reflex Points of the feet were presented by **Stefanie Sabouchian**. Using a plastic foot to demonstrate on, Stefanie explained the progression of the Back Reflex Points by beginning near the midline heel and working up the arch to the big toe. Using her own foot, she displayed how one could cross it over comfortably on one's lap and work in that way, supporting the foot with the opposite hand while working. Stefanie explained that the foot Reflex Spinal Map could be worked dimensionally, as well as linearly, and if there is distress in a particular area of the back, this area could be addressed first.



Stefanie demonstrating how to work Lumbar Reflex on the feet.



Spinal Reflex location on the feet.

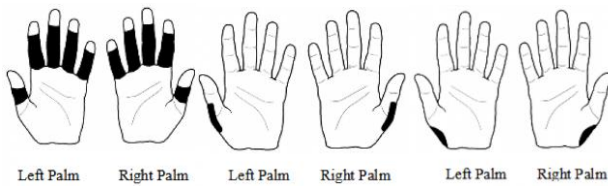


Stefanie demonstrating how to work Thoracic Reflex on the feet.

Concluding the workshop was **Sara Chameides**, WRF Board member and Volunteer Trainer, who explained the areas to work on the hands for the Spinal Reflex Points. Sara presented her own hands as the model displaying the Spinal Reflex Map running up the midline of the hand from the wrist to the thumb. Pointing out similarly to the foot, the hand's Spinal Reflex Map could also be worked around three-dimensionally and in no particular order. Sara encouraged working on the hand often as it is a convenient area to access.



Sara showing Cervical Spine Reflexes on her hand.



Cervical, Thoracic, and Lumbar Reflex locations on the ear.



Sara showing Lumbar Spine Reflexes on her own hand.

Whether in person or online, these WRF Workshops are effective in helping participants gain knowledge of Reflexology, of Reflex Points to access for Self-Help benefits, what to expect/not expect in working the Reflex Areas and becoming familiar with these technique. The World Reflexology Foundation will continue these online zoom events for the foreseeable future. For more information, please see their website [www.worldreflexologyfoundation.org](http://www.worldreflexologyfoundation.org) and sign up for their newsletter.



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