



MDRA is proud to once again host
Geraldine Villeneuve.

Structural Reflexology® Level II

Friday, September 28, 2018
(4 pm-9 pm)

Saturday, September 29, 2018
(9 am-5 pm)

Sunday, September 30, 2018
(9 am-4 pm)

*Prerequisite: Must have attended Structural
Reflexology® Level I*

Investment:

\$395 if paid by August 25th
\$445 if paid after August 25th

To register, contact Caroline Klem at
HeartAndSoleConnections@gmail.com

or 410.259.1881



Our Host Facility



A limited number of sleeping rooms
have been reserved for this
workshop. The special group rate is
\$130 for one person per room
or
\$180 for two people per room.
Your nightly rate includes your
breakfast and dinner.

To reserve your room call
The Maritime Institute at
866-900-3517

MARYLAND REFLEXOLOGY
ASSOCIATION
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STRUCTURAL REFLEXOLOGY®

Level II
With
Geraldine Villeneuve



September 28-30, 2018

The Conference Center
at the Maritime Institute

Hosted by Maryland Reflexology
Association



ABOUT THE INSTRUCTOR



GERALDINE VILLENEUVE,
LMP, NBCR
Author

Author of *Put Your Best Feet Forward*, Geraldine is a Nationally Certified Reflexologist and practicing reflexology for over 30 years. She holds a bachelor of science in Therapeutic Recreation and is a licensed massage practitioner specializing in injury remediation. She is a charter member of Reflexology Association of America and was a keynote speaker at their national reflexology conference in Anchorage, AK in 2016.

STRUCTURAL REFLEXOLOGY®

Level II

This class is being introduced for the first time and is uniquely tailored to this group.

Level II



Learning Outcomes: 35% lecture, 65% hands on

Review:

- ∞ Definition, purpose, and benefits of Structural Reflexology
- ∞ Foot movement and how the body is supported by the foot
- ∞ Foot movement and how the body reacts to joint tension
- ∞ Associating balance of the foot with reflex activity
- ∞ List and identify bones and columns of the feet
- ∞ List and identify muscles that move the foot
- ∞ Three measurements of the foot
- ∞ Ink Press reading
- ∞ Structural Reflexology sequence

New:

- ∞ Identify pedal and dorsal pulse of each foot
- ∞ Identify foot ligaments and their supporting joint
- ∞ Perform IO tests to assess for foot strength
- ∞ Learn and describe five foot disorders and the muscles involved in each
- ∞ Follow reflex tension up entire muscle(s)
- ∞ Associate foot muscles with associated reflexes
- ∞ Release muscle tension specific to five common foot disorders
- ∞ Lab: Observe two trouble shooting sessions.