

Pain Control & Stress Reduction

Foot, Hand, & Ear Reflexology for Yourself and Others. (Sponsored by the TRA)

During this hands-on Workshop, discover how you can give yourself, your family, and friends, relief from a wide range of types of stress, tension, and pain. You will learn to use gentle finger and thumb pressure on feet, hands and outer ears for relief of the following common health challenges:

<ul style="list-style-type: none"> • Brain (Headaches) • Jaw - TMJ • Neck • Shoulders • Lower Back • Hip, Sciatica 	<ul style="list-style-type: none"> • Allergies • Sinus • Lungs • Heartburn • Urinary Bladder • Repetitive Stress 	<ul style="list-style-type: none"> • Stomach • Intestines • Colon • Liver • Pancreas • Nutrient Absorption
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For over 20 years, **The “Flocco Method - Integrating Foot Hand Ear Reflexology”** has been taught on four continents: Australia, Canada, China, Germany, Holland, New Zealand, across America, and is scientifically validated in published medical research literature.

Class Location:	Farragut Town Hall Community Room, Farragut (West Knoxville), Tennessee
When:	Sunday, June 29, 2008
Time:	10 a.m. to 4 p.m.
Hours:	6 Hours Continuing Education credits are available (<i>NCBTMB, ARCB, ABMP Continuing Education credits</i>).
Presenter:	Ko Tan , author of <i>Traditional Chinese Medicine Simplified</i> , is a nationally certified Reflexologist, a Georgia state licensed massage therapist, an NCBTMB certified massage therapist and an instructor/educator. He is a graduate and a certified teacher of the American Academy of Reflexology in Los Angeles, which teaches the three systems of Foot, Hand, and Ear Reflexology. Ko Tan is recognized for his achievements and extensive research in this field. He participated in the first US study conducted on the positive effects Reflexology has on PMS symptoms, published in <i>Obstetric & Gynecology</i> , December 1993. He is a co-founder and the president for the Georgia Reflexology Organization (GRO) and sits on the board of the American Reflexology Certification Board (ARCB) and for 7 years on the board of the International Council of Reflexologists (ICR).
Fee:	TRA members: \$60 Non-members of TRA: \$120
Contact:	Please contact Larry Hill at lhill_hand@hotmail.com to confirm that you are interested in attending. A pre-registration form will be included in the May 2008 TRA Newsletter. If you are interested in attending, you must let us know no later than June 24. If not enough people pre-register or let us know they are coming, we will have to cancel the class.