

Introduction to Full-Body Reflexology

Module 1, Part 1 *Presented by Arve Fahlvik*



Hosted by
Central Penn Reflexology
1834 Oregon Pike, Suite 3
Lancaster, PA 17601
jeff@centralpennreflexology.com
www.centralpennreflexology.com



What is Full-Body Reflexology?

Traditional reflexology is only a small part of Full-Body Reflexology. It was developed by Karl Axel Lind from Sweden and is taught by Arve Fahlvik from Norway. Some of the differences between traditional reflexology and Full-Body reflexology are:

1. **Different techniques are applied to the entire body.** All parts of the body include projections of the body. Projections illustrate where reflexes are located by using parts of the body "projected" over a body area. These projections are in addition to the feet and are also on the hands, ears, arms, legs, torso and even on the tongue.
2. **Multiple projections can be located on one body part.** Traditional reflexology represents the whole body on the foot. Some projections can represent an enlargement of a specific organ.
3. In addition to using the thumb, fingers and elbows, tools, such as small, blunt sticks, can be used to target very small reflex areas.
4. **The combination of working on the entire body, using various projections, a combination of grips and supporting tools enables precision work which provides a unique key to a holistic approach on the physical, emotional, and mental levels.**

Full-Body reflexology requires an understanding of each body system, numerous projections and various techniques. Not only is anatomy important, but also understanding of the interaction between the psycho-emotional human and the body systems. The goal is to restore personal well-being on different levels by working on the whole body.

Course Name

Introduction to
Full-Body Reflexology,
Module 1, Part 1

Instructor

Arve Fahlvik, Norway

Course Content

1. Theory & Philosophy
2. Working projections on lower leg
3. Working projections on the forearm
4. Intro to Ear Reflexology
5. Working the brain points

Contact Person

Jeff McCreary
717-461-5909 Text or call
jeff@centralpennreflexology.com

Dates

Saturday August 19, 2017
Sunday, August 20, 2017

Times*

Saturday 9:00 am - 6:00 pm
Sunday 9:00 am - 4:00 pm
*Registration begins at 7:30am

Cost*

Early Registration Payment \$195
Reflects a \$50 discount if paid by August 14, 2017.

Registration Payment \$245
(Online or check)

A deposit of \$50 will hold your class reservation. Balance to be paid on August 19 during registration.

*Includes training, materials and refreshments.

Location

Country Inn & Suites
2260 Lincoln Highway East
Lancaster, PA 17602
717-299-4460
countryinns.com/lanasterpa



[Lodging, Food, Attractions](#)



[Directions](#)

What to Bring and Wear

Blanket, bed sheet, pillow, large towel, small towel, oil or cream. Please wear loose clothing (or shorts) that will allow convenient access to the lower leg and forearm (short sleeves). There is a maximum of 20 students per class. Please register early since we're expecting these classes to fill quickly.