



REFLEXOLOGY TRAINING

**MAREE GIFKINS
MODULE 1**

Reflexology for people wanting to help loved ones, neighbors or family.



- Familiarize yourself with the techniques.
- The more you practice the better you are.
- Soon you will have loved ones lining up.

Right Bottom

Sinus / Head & Brain Area

Brain

Pituitary

Side Neck

Eyes / Ears

Shoulder

Arm

Diaphragm

Liver

Gallbladder

Ascending Colon

Ileocecal Valve

Sciatic

Left Bottom

Sinus / Head & Brain Area

Brain

Pituitary

Side Neck

Eyes / Ears

Shoulder

Arm

Diaphragm

Liver

Gallbladder

Ascending Colon

Ileocecal Valve

Sciatic

Kidneys

Small Intestines

Descending Colon

(727) 343-4811
reflexology

I like the original Ingham method of Reflexology
foot map can be viewed at
<https://images.app.goo.gl/CVUw1qoBTGUygafF7>
hand map is at
<https://images.app.goo.gl/KLYqDiUaxLcJ818S8>

You Tube video of the 7 techniques with Maree Gifkins

- <https://youtu.be/-FpKludDaM4>

These links are also on my web page

- <https://www.footbliss.co.nz/reflexology.html>

Relaxing Techniques



5 Longest
bones
in the foot

Towards
the toes.

No 1: Both hands are cupping the head of 1st and 5th metatarsal and hands are going in opposite directions.

Great for stimulation and relaxing:

- Relax nervous system.
- Moving blood around the body.
- Improve lymphatic system.

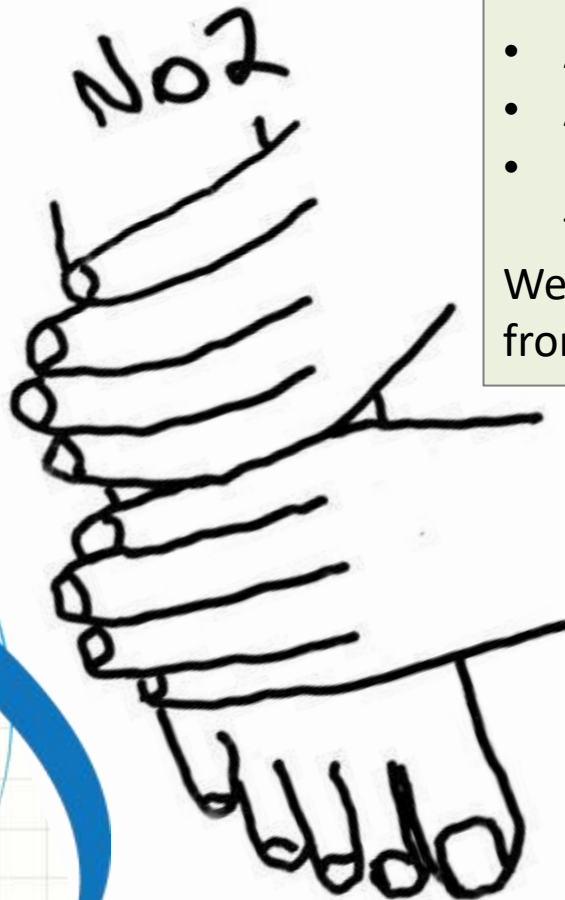
The stimulation is due to the movement in the body from the rocking.

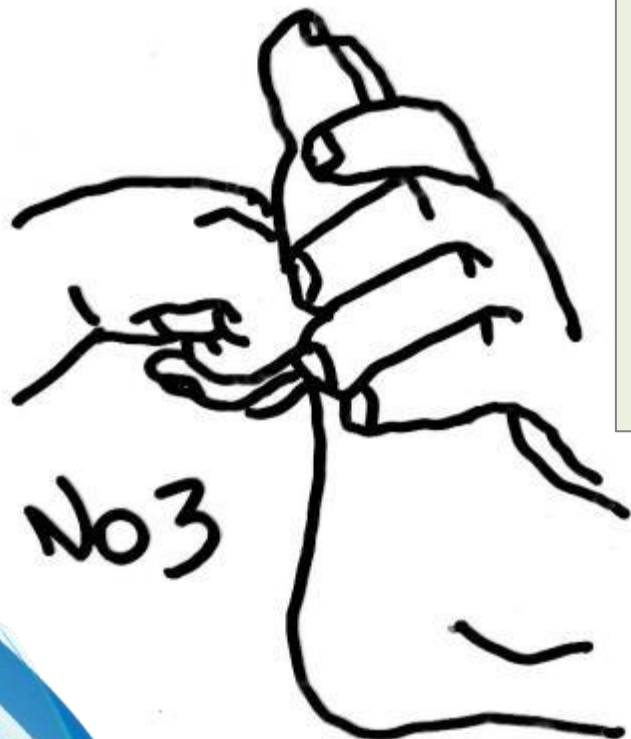
No 2: Both hands are firmly on the foot, thumb underneath. Hands moving in opposite direction.

Great for relaxing the nervous system.

- Stimulating nerves up/down through the spine as you move your hands.
- Allowing better blood flow to the spine
- Allowing nerves to relax.
- Relaxed nerves supply better function to organs.

We always need better communication from brain to all parts of the body.





No 3: Make a fist and the flat part is pushing into the foot as your other cupped hand is resisting your push. Then release and do again 10 times or more.

Great for releasing the Diaphragm

- Stimulating the lungs.
- Relaxing the lungs.
- Allows better oxygen and carbon dioxide exchange.
- Helpful in braking down congestion, which will make it easier for the oxygen gasses to enter and leave the lungs.

No 4: The palm of your hand is cupping either ankle bone and moving in opposite direction, not too soft nor too hard.

Great for:

- Better ankle movement.
- Great for the hips.



No 5: Rotating one way then the other way. Don't squeeze your fingers together. Great for ankle stimulation.

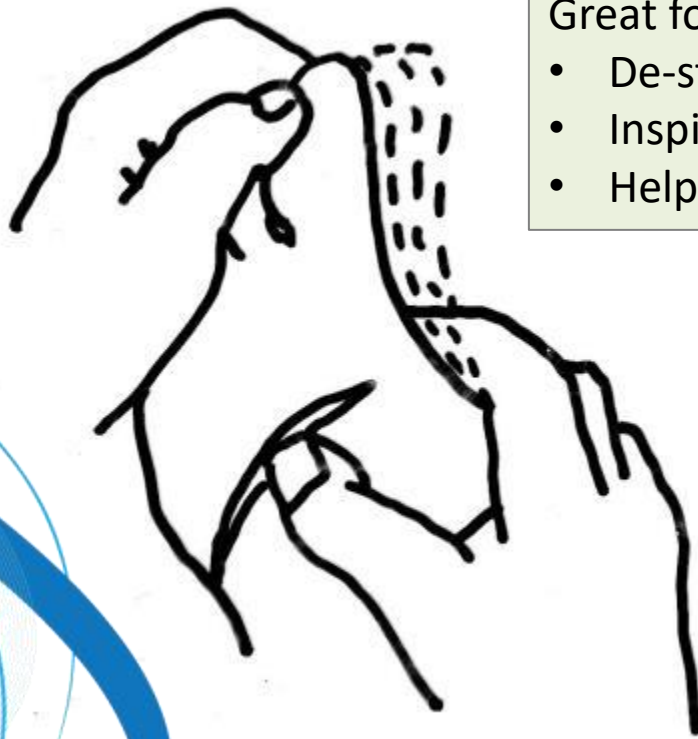
- Relaxing the person, kind of like unwinding their day or week.
- Improve lymphatic system.



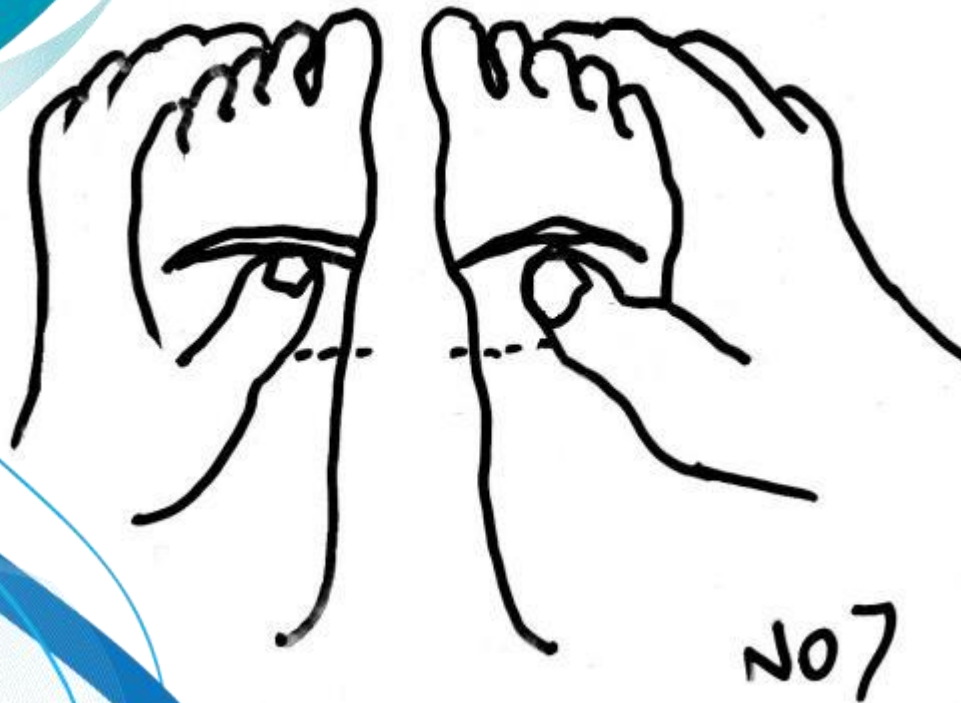
No 6: Placement for the thump is between the 1st and 2nd top of metatarsal bones and below the joint area. Pushing in with your thumb as your other hand is bring toes down, then release and then repeat again at least x 10.

Great for relaxing the diaphragm:

- De-stressing system.
- Inspiring deep breaths.
- Helpful for digestion.



No 6



No 7: This technique creates a pause and stillness for the person, like a reset.

Ask the person to breath in slowly as you also push in slowly. Hold the point till they breath out and slowly release with them.

- Soothes the nervous system.
- Resets the solar plexus.
- Improves function of the lungs.

This move is always done last.



This is the end of Module 1, well done.
By practicing these relaxation
techniques you will give many
people a gift of peace.
I am happy for this
to be past on to others.



TODAY'S OVERVIEW

1

- **Familiarize yourself with these 7 techniques.**

2

- **Try these out each day will only take 14 min.**

3

- **Would like to invest in module 2. Email Maree**

If you would like to donate something, just remember by giving to someone else you are giving to me.

MAREE GIFKINS

Lead

Contact information

email

maree@footbliss.co.nz

info

www.footbliss.co.nz

ozone

www.comebewell.co.nz

0272495090

**ANY QUESTIONS
PLEASE
ASK?
THERE WILL BE
A CHARGE FOR
MODULE 2.**

MASTERY DOESN'T JUST HAPPEN

