

Healing hands...

For more information including dates of forthcoming workshops please take a look at the website



www.helenperkins.com

Sessions can also be arranged to suit local reflexology groups or other professional bodies – just call or email with your details.

Helen works intuitively to find the reflex points that require attention, incorporating sound if the need arises to directly target the area that needs a little extra help.

Bowen Supplies by Helen Mary Perkins

To enhance treatment in certain cases Helen uses specialist products developed in Australia for use by Bowen practitioners, physiotherapists and other complementary therapists.

For reflexologists the most effective product is Bowtech Ease, an Ayurvedic aromatherapy oil to assist movements around the big toe to ease bunion pain. For more information about this and other products please go to www.ivegotabunion.com



More about Helen Mary Perkins

Helen has been a reflexologist for over 25 years and developed her unique approach to this ancient art while running her own clinic in Australia. She now has a successful practice in the UK alongside teaching and speaking engagements.

In addition to running these specialist workshops, Helen lectures all over the UK and overseas. Her individual style and wealth of experience ensures an informative presentation, enhanced by entertaining anecdotes and two-way participation. Read more on the website 'news' page.

Her audience is invariably left wanting more!

"I liked Helen's personal touch, introduction and continuing attention to each one of us on a personal level"

Doris Gordon, Westleigh, NSW, Australia

"Through Helen's workshop I have the ability and confidence to use intuition and particularly sound, in my own practice"

Julie Bowman, Complementary Therapist and Healer, Derbyshire

"When Helen uses sound, I feel waves of relaxation wash over me and a sensation of warmth and tingling in the part of my body where I need healing"

Katherine Weed, Peterborough, UK

"The group welcomed this workshop; we specialise in Light-Touch Reflexology and Helen's work complements this well."

Angela Sellens-Drake, Principal Pathways School of Reflexology, Norfolk

To arrange or book a course, please go to www.helenperkins.com

or send an email to

info@helenperkins.com

If you have any questions or just fancy a chat, then call us on + 44 (0)1733 555476

Helen Mary Perkins

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Complementary Health Therapies
Therapist • Tutor • Speaker

The Reflex Resonance Technique™

A two-part course for those seeking Continuous Professional Development and Training. Discover your own unique skills through exercises and activities combining intuition and sound with reflexology practice to advanced level.

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The Reflex Resonance Technique™

About the course...

In line with the principles of continuous professional development and training (CPD/T) this advanced course is accredited as an approved programme, designed for qualified reflexologists who wish to further develop and refine their skills. Taken together or separately each part leads to certification stage for successful qualification. Some students choose to complete both parts for maximum advantage to their clients and to their business.

Intuition and Sound I

This sets the scene, teaching the reflexologist how to discover and harness their intuitive abilities, and how to apply them in their own professional practice. This initial workshop includes an introduction to sound and those who choose to explore this further in our advanced session (see below) report noticeable benefits to clients. A training manual and one-to-one instruction aids understanding.

Intuition and Sound II

After using and refining their intuitive skills, reflexologists can move to the next stage – an intensive advanced workshop to explore the many different aspects of sound, balance and healing. Breakthrough results have been achieved by those using these techniques and every care is taken to ensure attendees feel at ease and comfortable as they progress through each step.

Certificate: The Reflex Resonance Technique™

To be eligible for the Certificate a portfolio of four case studies should be produced showing how intuition and sound has been used, its impact and benefits. In addition a pre-set assignment (written or recorded) should be prepared before a final half-day session for assessment. This will conclude with the presentation of the Certificate to successful candidates.

Intuition and Sound Reflexology I

A one-day workshop designed for qualified reflexologists with minimum one year's experience.

Developing awareness and intuition

- First steps for you and your client

Developing sensitive fingers

- hand exercises
- the sense of touch
- therapeutic touch

Introduction to Sound Reflexology

- warming-up to use sound (optional)
- pitch, tone and technique
- interpretation

Intuition Reflexology

- location of points
- interpretation
- point holding
- stress points
- colour and balance
- crystal healing

The Reflex Resonance Technique™

- combined intuition and sound techniques
- energy healing
- sound healing
- alignment
- balance

What is

The Reflex Resonance Technique™

Helps to balance the reflexology points as they apply to various internal organs and body parts. Using sensitive fingers intuitively to interpret the feel and vibration of each reflex point, the corresponding sound is carried to the part of the body in need of healing. The sound is carried by vibration directly to the essential part, a unique experience which can bring emotional, physical and spiritual relief.

Intuition and Sound Reflexology II

A one-day advanced course to reinforce the learning from Intuition and Sound Reflexology I and enable the therapist to open their mind, pushing back the boundaries to enhance and further develop this technique.

Developing awareness and intuition

- steps to self-preparation
- six senses
- inner mind and guidance
- energy field

Exploring sounds with group work

- use of sound and pitch
- different sounds for organs
- the chakras
- sound bathing

Intuition and Sound Reflexology

- location of points
- interpretation
- point holding
- grip holding
- stress points
- colour and balance
- crystal healing

The Reflex Resonance Technique™

- combined intuition and sound techniques (using sound can be optional)
- energy healing
- sound healing
- alignment
- balance

