

# **SPECIAL A.R.T. REGISTERED MEMBERS SEMINAR/WORKSHOP**

LONDON

Wednesday - Thursday November 13/14 2019

Exploring the Evolvment of the Original Concept

I am pleased to present this seminar to my registered members. The techniques and philosophy of A.R.T. reflexology have evolved since their inception in 1989.

Practitioners of the modality have a prestigious standing in reflexology and enjoy an ever- increasing demand for treatments.

As the original techniques have evolved, it is imperative to keep up-to-date with the latest developments.

This event will be an excellent time to meet and interact with other members of the A.R.T. international family while at the same time having the opportunity to receive the benefits of the techniques.

## **Seminar/workshop programme.**

### **Day 1:**

Demonstration with practice of the original techniques and how these are combined with the latest evolvments.

It is not possible to have a deeper understanding of reflexology until the significance of the 'disturbed' reflex is understood — without this, treatments will only be on a superficial level.

### **Comparison of Maintenance and Focused sessions**

Discussion of the therapeutic differences between 'maintenance' treatment-sessions of 50-60 minutes to those of focused sessions of 20-30 minutes 2-3 x weekly.

### **Hormonal, and Digestive**

**Subjects** will be discussed and techniques demonstrated and shared. Issues of the neck, thoracic, lumbar hip and knee will be included.

## Day 2

Review of subjects of the previous day as requested by participants. Following this will be the demonstration of strategies which I have included in treatments, strategies which patients can regularly perform as their 'homework' in between treatments.

These include gentle contact of the abdomen, combined with specific breathing techniques. These are generally beneficial and also have been shown to control inflammation within the body.

### **Inflammation is at the root of many, common diseases including:**

Multiple sclerosis

Type 1 Diabetes

Psoriasis

Crohn's disease

Hashimoto's Thyroiditis

Rheumatoid arthritis

Inflammatory bowel disease

Regular practice of various breathing techniques have been shown to have an anti-inflammatory benefit, whilst also encouraging neurogenesis — the production of **BDNF or Brain-Derived Neurotrophic Factor**. This has been described as super fertiliser for brain cells, capable of repair of brain tissue and general neurological regeneration through the release of stem cells.

*(1) Theise, ND., and R. Harris 2006 Postmodern Biology: Handb Exp Pharmacol (174): 389-408*

Specific manual techniques will be demonstrated and practised.

**These techniques are also valuable as a self-treatment for reflexologists which will be demonstrated and shared**

This is a general outline of the seminar content; other subjects may be included if time permits.

I look forward to meeting you.

Best wishes

Tony