

A.R.T Reflexology[®]

INCORPORATING

TONY PORTER Focused reflexology[®]

A.R.T. Seminar content

Tony Porter Founder/Director A.R.T.

Before I describe the content of my seminars, it will be of advantage to become more familiar of what reflexology is, and where the concepts of A.R.T. come in.

I have witnessed how reflexology has grown since the time I began my career in 1972. Since then, it has become one of the most popular therapies — it is rare to find someone who has not heard of it, or who has not experienced a session.

Because the feet are areas of neural sensitivity, contact such as massage will be an enjoyable and relaxing experience, which is beneficial and has value, particularly in the stressful and busy lives which people lead.

This is how reflexology is mainly perceived, as a therapy to induce relaxation, this has value which I have said. However this predominant identification masks the deeper levels of reflexology, levels where the clues to the balance of the 'electro energetic' circulation of the body are waiting to be discovered. It is at these levels where the stories the feet can tell reside and are waiting to be interpreted.

This depends firstly on the ability to be able to identify what I term as 'disturbed' reflexes. These are areas which have a different 'feel' than others. Once this ability has been attained, it will enable the therapist to view reflexology in a far more comprehensive way and through this become a far more effective reflexologist. The aim of A.R.T. practice is to **'Treat what you find and not what you are looking for'**.

The content of A.R.T. seminars is focused on teaching students how to employ and utilise the various techniques needed to work at deeper levels. I call A.R.T. **'An Advancement of the Original Concept'**. The techniques of Ingham being the original concept.

This requires developing the ability to use the 'classical' techniques correctly and effectively. (classical is the 'walking' type of technique, originally developed by Eunice Ingham and which has become seriously diluted)

The ability to use the fingers and thumbs with the various types of supports is paramount to becoming an effective reflexologist.

Used in conjunction with this are the techniques of A.R.T. (Advanced Reflexology Techniques) which I specifically developed to enable another form of contact and stimulus to be made, while at the same time making the detection of 'disturbed' reflexes to be made.

Both of these techniques are given in a more focused manner to the appropriate reflexes with the purpose of normalising (or working out) the abnormal (disturbed) reflexes.

Seminars include the correct use of an emollient (which cannot be used in conjunction with the classical techniques)

The importance of using two phases of techniques during each treatment.

Discussion on what the painful reflexes indicate.

Adapting a treatment session to suit the individuality of clients — there is no such thing as 'a one size fits all' approach to reflexology.

How to develop the ability to detect and then apply appropriate contact to the 'disturbed' reflexes.

The reflexes on the dorsal surfaces of the feet and toes are areas of major focus in A.R.T. These play a large part in the effectiveness of each treatment.

The types of contacts are discussed and demonstrated. There are specific types of contacts for systems such as Endocrine, Digestive, Urinary, reproductive and so forth.

Discussion of how shorter treatments can be more therapeutically beneficial than longer ones.

This is just an overview of the A.R.T. seminar content.

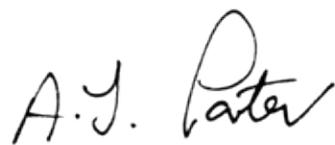
The seminars are very 'hands-on'. Teaching is through live camera feed of the techniques demonstrated by me and combined with practical applications and practice.

'An ounce of practice is better than a ton of theory'

Swami Sivananda

I look forward to meeting you at a seminar.

My Best Wishes

A handwritten signature in black ink that reads "A.J. Porter". The signature is written in a cursive, flowing style.

Tony Porter