



## Basic Foot Reading Workshop with Monika Dobler

### Overview:

**Foot Reading** will walk you through a new way of learning about your feet and yourself.

A pair of feet tells a lot about the owner; they are the mirror of who we are. Foot Reading explores the personality and character of a person through their feet and toes, accessing their spiritual and emotional levels.



It is used by therapists to understand their clients from a more holistic perspective to help people identify the issues in their life and to help them move forwards. It's a great tool for personal development to access your full potential!

### Topics covered:

Everyone will read their own feet to gain an understanding of who they are!

We will look at:

- ~ the way we walk and stand
- ~ foot shapes / toe shapes
- ~ toe position /direction
- ~ Calluses, corns, warts.....

### Who should take this course?

Anybody interested in learning more about their feet. This workshop is also suitable for students and professionals of any holistic discipline to supplement their learning and daily practice.

**Date & Time:** (WKS-080410) 11 April 2010 (Sunday) 2:00pm to 6:00pm  
(WKS-090410) 13 & 14 April 2010 (Tue and Wed) 7:00pm to 9:00pm

**Language:** English (Chinese interpretation is available upon advance request)

**Capacity:** 10

**Course Fee:** HK\$ 620 (including Hands-on Practice, Course Notes, Attendance Certificate)

### ABOUT Monika Dobler



**Monika Dobler** is a Reflexologist and Light Healer who runs her own practice in Switzerland.

Her healing journey has brought her in contact with many different therapies in Switzerland and Asia. Her passion and heart lies "within the feet" and she lets herself be guided by her hands and intuition to find insight into a person's wellbeing.

She is also one of our diploma course tutors of reflexology under the topic of Holistic Views. She is here in Hong Kong to share her knowledge and to give Reflexology treatments and foot readings.

***Feet are like a map of the body, mind and spirit, and can reveal a lot about their owner's wellbeing.***