

## Basic Reflexology Workshop with Monika Dobler

### Overview:

APA's Basic Reflexology workshop will show you the way of feeling with your hands and heart, using your intuition and allowing yourself to be guided by universal energies!

### Topics covered:

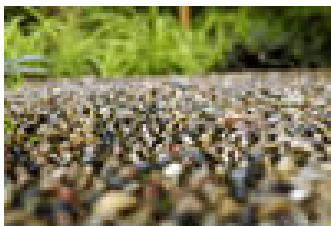
- ~ What is Reflexology?
- ~ Benefits of Reflexology
- ~ History and origins of Reflexology
- ~ Reflex zones and relaxation techniques
- ~ Reflexology techniques - soft touch, energy work
- ~ One basic sequence

**\*Please note that this is a "hands on" workshop - we work on each other\***



### Who should take this course?

Anybody interested in learning basic reflexology in order to treat themselves and learn 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-070410)  | 10 April 2010 (Saturday) | 1:00pm - 6:00pm  |
| (WKS-100410)  | 17 April 2010 (Saturday) | 1:00pm - 6:00pm  |
| (WKS-110410)* | 18 April 2010 (Sunday)   | 12:30pm - 6:30pm |

\* A special revision class for APA diploma students and graduates

### Capacity: 10

### Course Fee: (WKS-070410, WKS-100410) **HK\$ 780**

[Includes course notes and attendance certificate]

### (WKS-110410) **HK\$ 300**

[for APA's former diploma students and graduates only]

### 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.