

A CAREER IN REFLEXOLOGY

Reflexology is now recognized as a career in the natural health field that is at the forefront of complementary alternative therapies.

Reflexology is continuing to grow and to gain popularity in the United States. The state of Tennessee now requires completion of an approved reflexology certification program of a minimum of 200 hours to become a Registered Certified Reflexologist. The national standard for professional reflexology training is now set at a minimum of 300 hours.



There are many varied opportunities to work in the field of foot and hand reflexology part- or full-time. You may choose to operate a private practice in your home or office, travel to clients' homes, work in health clubs, doctors' offices, spas, salons, Senior centers, nursing homes, or on site at business locations.

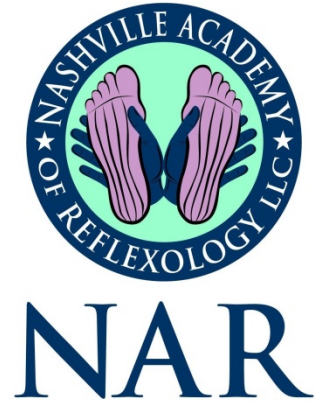
A professional reflexologist never diagnoses, prescribes, or treats, but uses reflexology techniques to complement other health and wellness care and relieve the stress that can be a precursor to disease.



Nashville Academy of Reflexology is dedicated to:

- Provide an education that meets or exceeds the highest standards in the profession of reflexology with instructors who are highly qualified and experienced in their field.
- Provide an inspiring learning environment that recognizes the individual needs of the student, and presents a holistic approach to touch therapy balanced with a solid foundation in the sciences of the body.
- Promote a greater awareness of reflexology and respect for the profession in the community

Nashville Academy of Reflexology, LLC is authorized by the Tennessee Higher Education Commission. This authorization must be renewed each year and is based on an evaluation by minimum standards concerning quality of education, ethical business practices, health, and safety, and fiscal responsibility.



NASHVILLE ACADEMY OF REFLEXOLOGY, LLC

**Professional
Certification
in the
Art and Science
of Reflexology**

**Nashville Academy of Reflexology
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nashvilleacademyofreflexology.com

WHAT IS REFLEXOLOGY?

Reflexology is an art and science of touch therapy that has been practiced as a health enhancing modality in different forms all over the world since antiquity.

Reflexology is based on the principle that there are reflex areas in the hands and feet that relate to all the organs, glands, and parts of the body. Specific stimulation with pressure on these reflexes is used to help the body maintain homeostasis, improve circulation, and relieve stress.



In order to effectively access these reflex areas, the profession of reflexology involves using finger and thumb techniques that are unique to its field and are different than foot or hand massage.



NAR's Reflexology Certification Program

The Nashville Academy of Reflexology offers a 320-hour professional certification program so that graduates may become Registered Certified Reflexologists in Tennessee and/or pass the American Reflexology Certification Board national exam.

We believe preparation for a hands-on profession is best learned by hands-on instruction. For this reason, the curriculum of our certification program consists of 220 hours of hands-on instruction and training and 100 hours of supervised practice sessions in our school clinic and at community outreach events.

Students will study:

- Reflexology history & theory
- Reflexology techniques – Western and Eastern
- Anatomy, Physiology & Pathology
- Business Practices, Law & Ethics
- Complementary Alternative Health
- Adjunct Modalities

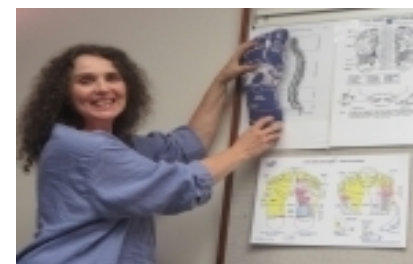
The tuition for the 320-hour program is \$3200, plus the \$300 non-refundable fee for all books and materials, for a total of \$3500.

The program is offered part-time to accommodate work schedules. The application and the current program schedule are available on the website.

nashvilleacademyofreflexology.com

LOCATION AND FACILITIES

Nashville Academy of Reflexology is located in south Nashville, TN, convenient to the I-65 Harding Place East Exit, just south of One Hundred Oaks Mall. The academy occupies a modern suite in the Trousdale Business Center, with fully equipped classroom and reflexology clinic, including large screen and projector for PowerPoint, white board, and reflexology practice equipment



STAFF

Owner & Reflexology Instructor --
Gail Gaia Tossing, RCR, LMT

A Registered Certified Reflexologist and a Licensed Massage Therapist in practice since 1991, Gaia has been teaching bodywork classes since 2005 and her passion for teaching has led her to open this school.

Director --
Carol Ann Bailly, Ed.D.

With almost 40 years of experience in higher education administration, Dr. Bailly brings an interest in adult learners to this new educational endeavor.

A&P and Business Instructor --
Jan Schim, LMT

Has been in private practice for 12 years and teaching in several Nashville area massage therapy schools for the past six years.