

NAR Continuing Education Classes Flier – Winter/Spring 2018

~ **Open Houses:** Two Dates - Friday, Jan. 5 and 12, 7p-9p,
FREE 2 CE Class "Intro to Hand Reflexology" (Check website for future Open Houses)

~ **Idea Mapping** (4 CE) \$60: Two Dates - Sat. Jan. 20, 2p-6p, Or Tues. Jan. 23, 1p-5p

~ **Essential Reflexology** (20 CE) \$300: Two Series -

Weekends: Sundays 9a-1p, 1/21, 2/18, 3/18, 4/22, 5/20

Weekdays: Wed. 1/24 9a-5p, Thurs. 1/25 9a-1p, Tues. 1/30 9a-12:30p, Wed. 1/31 9a-12:30p, Thurs. 2/1 9a-11p

~ **Master Reflexology Class "Simultaneous Bilateral Stimulation"** (4 CE) \$100:

Two Dates - Wed. Mar. 7, 5:30p-9:30p, Or Sunday, Aug. 5, 9a-1p

Note: The prerequisite is our 20-hour Essential Reflexology Course or equivalence.

~ **Hydrotherapy** (4 CE) \$60: Two Dates - Thurs. Feb. 15, 5:30p-9:30p, Or Sat. May 5, 9a-1p

~ **Applied Meridian Theory** (16 CE) \$240: Two Series -

Evenings: Thurs. 5:30p-9:30p, 1/11, 1/18, 1/25, 2/1

Weekends: Sat. 9a-1p, 1/6, 2/3, 3/3, 4/7

~ **Hand Reflexology** (12 CE) \$180: Two Series -

Weekend: Sat.-Sun., 9a-4p, Jan. 13-14

Evenings: Wed. 5:30p-9:30p, 1/10, 1/17, 1/24

~ **Hot Stone** (4 CE) \$60: Two Dates - Thurs. 3/8 5:30-9:30p, Or Sat. 9/8 9a-1p

~ **Seven Laws of Natural Health** (4 CE) \$60: Two Dates - Thurs. 3/15 5:30p-9:30p, Or Sat. 6/2 9a-1p

~ **Cranio Flex** (6 CE) \$105: Two Series -

Evenings: 6p-9p, 3/21 & 22

Weekend: Sat. 9a-1p & 7p-9p, 8/4

~ **Sound, Color, Light** (4 CE) \$60: Two Dates -

Wed. 3/14 5:30p-9:30p, Or Sun. 9/9 9a-1p

~ **Yin Tui Na – Forceless Spontaneous Release** (4 CE) \$60, Two Dates -

Wed. 4/18 5:30p-9:30p, Or Sun. 7/8 9a-1p

~ **Applied Aromatherapy** (12 CE) \$200: Two Series -

Evenings: Wed. 5:30p-9:30p, 1/31, 2/7, 2/14

Weekends: Sun. 9a-1p, 3/4, 4/8, 5/6

~ **C.A.R.E. Raindrop Training Intensive** (25 CE – NCBTMB Approved Provider) \$700

March 9-11, 2018 Fri-Sun

Individual classes of the CARE Intensive may be taken ala carte for NCBTMB hours

Taking all of these classes in the CARE Intensive is a requirement for CARE Raindrop Certification.

Note: Vita Flex is a prerequisite for Raindrop Technique.

Individual CARE Classes:

- Intro to CARE Certification Program Friday, Mar. 9, 9 am - 10 am Free
- Essential Oil Chemistry (6 CE) \$220 –
Part One: Friday, Mar. 9, 10 am - 1 pm, Part Two: Sunday, Mar. 11, 9 am - 12 pm
- Applied Vita Flex (4 CE) \$140 - Fri., Mar. 9, 2 pm - 6 pm
- Raindrop Technique (8 CE) \$320 - Sat. Mar. 10, 8 am - 5 pm
- Anointing Oils of Ancient Scripture (2 CE) \$40 - Sat., Mar. 10, 6 pm - 8 pm
- Emotional Release (5 CE) \$170 - Sun., Mar. 11, 1 pm - 6 pm

THE ABOVE CLASS ALL MEET AT NASHVILLE ACADEMY OF REFLEXOLOGY (NAR),
4825 Trousdale Drive, Suite 222, Nashville, TN 37220 615-647-7244 nashvillereflexacademy@gmail.com

FOR INFORMATION ON NAR CORRESPONDENCE COURSES SEE PAGE 2

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CORRESPONDENCE COURSES (more will be added soon)

~ Applied Aromatherapy Essentials Correspondence Course 6 CE \$120 –

Phase One (Available beginning January 31, 2018)

This Continuing Education Course provides an opportunity for the student to gain foundational knowledge of essential oil use and includes a self-study manual by Instructor Gaia Tossing, LMT, RCR, Lifetime Certified C.A.R.E. Instructor. The home study phase of this course will cover:

ESSENTIAL OIL BASICS

What Essential Oils Are

How Essential Oils are Extracted from the Plant

The Difference Between Grades of Oils

Historical and Modern Applications Brief History

Using Oils

- Three Schools of Thought
- Difference Between French and British Models Explored

Research

Simple Essential Oil Chemistry

Safety Considerations

Blending of Oils and Base Products

Proper Care of Oils

Oils for Physical Applications

Oils for Emotional Applications

How to Take This Home Study Correspondence Course:

Simply apply and pay for this course and the manual will be sent to you. Read and study the assigned pages and complete a quiz. A score of 70% will earn you a Continuing Education Certificate from Nashville Academy of Reflexology for 6 CE Hours. With successful completion of this correspondence course, you are eligible to receive free online access to video demonstrations by the instructor of the techniques pictured in the manual.

The techniques pictured in the manual may be taken in a Technique Lab at the NAR campus if you would like hands-on guidance and practice with the instructor. (See listing below.)

~ Applied Aromatherapy Essentials Technique Lab 6 CE \$100

(Prerequisite: Satisfactory completion of the Applied Aromatherapy Essentials Correspondence Course – Phase One)

Instructor: Gaia Tossing, LMT, RCR, LCCI

This class provides one-on-one guided practice of the application of essential oils. Learn effective Tibetan style rolling finger techniques and feathering techniques that can be used for any body system. Experience the fragrance of 28 key essential oils and create your own blend.

This class will be scheduled 2 or more times per year determined by the instructor, based on the readiness of students.