

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 currently requires completion of an approved reflexology certification program of a minimum of 200 hours to become a Registered Certified Reflexologist, although 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.



NAR

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 200-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 125 hours of hands-on instruction and training and 75 hours of supervised practice sessions in our school clinic and at community outreach events.

Students will study:

- Basic Reflexology -- history, theory & techniques
- Anatomy, Physiology & Pathology
- Tennessee Reflexology Law & Ethics
- Business Practices & Marketing
- Clinic Procedures & Supervised Practicum

The tuition for the 200-hour program is \$3000, plus the \$300 non-refundable fee for all books and materials, for a total of \$3300.

The FASTRAC schedule has classes 3 days a week (TWR) 8:00am – 4:30pm for 10 weeks. The application and the current program schedule are available on the website.

nashvilleacademyofreflexology.com

LOCATION AND FACILITIES

Nashville Academy of Reflexology's teaching location is just 1 mile south of the I-65 Old Hickory East Exit. NAR has leased the classroom within the Cumberland Institute of Holistic Therapies at Suite 121, 500 Wilson Pike Circle, Brentwood, TN 37027. It is fully equipped and a comfortable learning space.



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 NAR.

Other Instructors -- 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. Teaches A&P; Business, Law, & Ethics; Adjunct Modalities.

Linda Nunn, LMT, CTA, Reiki Master

Experienced in teaching western and eastern A&P for massage; holds a BS from MTSU; Teaches A&P; Adjunct Modalities, and Complimentary Alternative Health.

Director – Carol Ann Baily, Ed.D.

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