

## NASHVILLE ACADEMY OF REFLEXOLOGY

**Good news from NAR! Winter/Spring CE Classes for 2021 and 2022.  
Get a head start on completing your CEs due in 2022. Call (615)934-1034!**

~ **Hydrotherapy and Hygiene Care for the Feet – 4 CE hours – Cost \$85**

**Monday, December 6, 6-10 pm**

Hot and cold foot soak therapies can be an effective tool for circulation and relaxation for the feet. Discuss appropriate use of water therapies and experience the effects on the feet firsthand. This class also emphasizes good hygiene practices. (J. Schim, LMT)

~ **An Introduction to Gentle CranioSacral Reflexology – 6 CE hours -- \$120**

**Mondays – January 3 and January 17 – 6-9 pm**

Gain an understanding about how this gentle approach to foot reflexology is applied to the cranial nerve reflexes in the toes. This class includes practice of these techniques. (J. Schim, LMT)

~ **First Aid/CPR/AED with Certified Red Cross Instructor -- 4 CEs -- Cost \$85**

**Monday, February 21 – 6-10 pm OR Sunday, April 3 -- 1-5 pm**

This class covers First Aid and CPR training for Adults, Children, and Babies. What to do in different scenarios is discussed and participants gain hands-on practice making slings, splints, bandages, proper use of defibrillator equipment and CPR technique on dummies. A CPR Completion Certificate and card awarded by the Red Cross.

~ **Introduction to Reflexology Theory and Science – 4 CE hours -- Cost \$85**

**Two Dates: Tuesday, December 7 OR Tuesday, March 1, 6p-10p**

The first four hours of our Essential Reflexology class introduces students to the theory and science behind the reflexology profession. (D. Robertson, RCR)

~ **Essential Reflexology (Mini Course) – 20 CE hours -- Cost \$400**

**Two Offerings: Winter Course: Tuesdays -- December 14; January 4, 11, 18 & 25 – 6 pm-10 pm ;  
OR Spring Course: Mondays and Tuesdays, March 1, 7, 8, 14, & 15 - 6 pm-10 pm**

This CE course will introduce you to the essential reflexology theory, techniques and a basic routine on the feet that you can incorporate within your professional massage therapy practice, or for self care and personal use on family and friends. LMTs! If you want to earn a total of 36 CE hours to qualify to take the NTBCMB Reflexology Speciality certificate exam, you could add 16 more hours on **Tuesdays, March 22, and 29, April 5 and 12 for an additional cost of \$320.** Note: RCR certification in Tennessee requires 200 hrs. (D. Robertson, RCR)

~ **Hand Reflexology – 12 CE hours -- Cost \$240**

**Two Offerings: Winter Course: Tuesdays – February 1, 8 & 15 – 6-10 pm**

**OR Spring Course : Mondays April 25, May 9 & 23 - 6 pm -10 pm**

Learn reflex points within the hands and the techniques for a hand reflexology session. (D. Robertson, RCR)

**~ Body Systems in Reflexology - Each Individual Class 4 CE Hours – Cost \$85 ea.**

(D. Martin, RCR)

**+ Reflexology for the Integumentary System - Monday, December 13 – 6-10 pm**

Identify conditions of the skin and health challenges of the skin. Locate the helper reflexes of the integumentary system and perform the integumentary system protocol on the feet.

**+ Reflexology for the Respiratory System –Monday – January 10 – 6-10 pm**

Identify the four functions and the four steps to the respiration cycle as well as the direct and indirect reflexes of this system. Practice the techniques to work on deep chest reflexes, diaphragm, and solar plexus for the protocol.

**+ Reflexology for the Endocrine System –Monday – January 24 – 6-10 pm**

Identify the five distinct characteristics of the endocrine systems, the main glands and their functions. Practice techniques on the direct and helper reflexes to work each gland and perform the basic endocrine system protocol.

**+ Reflexology for the Lymphatic System –Monday – February 7 – 6-10 pm**

Learn about the location and function of the lymphoid organs (spleen, thymus, red bone marrow) and the major lymph nodes. Practice the techniques for the basic lymphatic system and the immunity protocol.

## **NAR Business CE Classes**

(J. Schim, LMT / C. A. Baily, EdD)

### **~ Business Practices – 6 CE hours -- Cost \$120**

**Saturdays – February 6 & 20 – 9 am-12 pm OR Mondays, August 8 & 15 - 6 pm – 9 pm**

This course will cover good business practices, communications, planning, and guidance on setting up and operating a practice in many different models, whether working as a business owner, independent subcontractor, or employee.

### **~ Marketing Your Business – 3 CE hours -- Cost \$ 60**

**Saturday, March 6 – 9 am – 12 pm OR Monday, August 22 – 6-9 pm**

Marketing strategies will be explored including print advertising and internet.

### **~ Tennessee Reflexology Law – 1 CE hour -- FREE**

**Saturday, March 20 – 9-10 am OR Monday, August 29 – 6-7 pm**

Licensed massage therapists may incorporate reflexology into their practice. Those with the Essential Reflexology training may also want to add this CE hour to fully understand the difference between the laws for massage and reflexology. **This class will NOT substitute for the required massage therapy law class.**

### **~ Ethics – 2 CE hours -- Cost \$40**

**Saturday, March 20 – 10 am -12pm OR Monday, August 29 – 7:30 – 9:30 pm**

Students will discuss the national standards for the ethics that need to be considered in both massage therapy and reflexology professions.

**PRE-REGISTRATION REQUIRED.** If you are interested in any of these CE opportunities, please let us know as soon as possible so we can include you in our class.

**Contact Carol Ann Baily, the director, at 615-934-1034 or email: [directorNAR@gmail.com](mailto:directorNAR@gmail.com)**

**All classes take place at The Learning Center, 4825 Trousdale Drive, Suite 216, Nashville, TN 37220. You can register for any of these CE classes using the CE registration form found on the website. ([www.reflexschool.com](http://www.reflexschool.com) )**