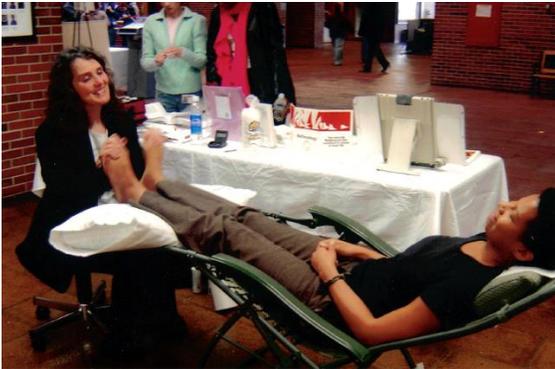


## A CAREER IN REFLEXOLOGY

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 aspiring to 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

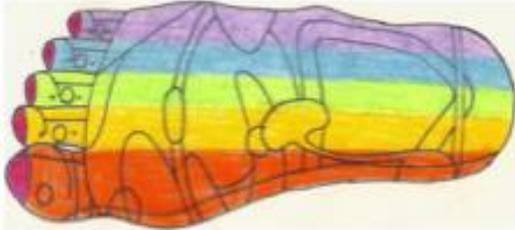
**Professional  
Certification  
in the  
Art and Science  
of Reflexology**

**Nashville Academy of Reflexology  
PO Box 40193  
Nashville, TN 37204  
Director: 615-934-1034  
[nashvilleacademyofreflexology.com](http://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:

- Reflexology History & Theory
- Basic Reflexology Techniques
- Anatomy, Physiology & Pathology
- Business Practices & Marketing
- Tennessee Reflexology Law & Ethics
- Clinic Procedures & Supervised Practicum

The tuition for the 200-hour program is \$3750, plus the \$375 non-refundable fee for all books and materials, for a total of \$4125.

The program is offered part-time on two different plans to accommodate various work schedules. The application and the current program calendar are available on the website.

[nashvilleacademyofreflexology.com](http://nashvilleacademyofreflexology.com)

## LOCATION AND FACILITIES

Nashville Academy of Reflexology is located in south Nashville, TN, convenient to the I-65 exits of Wedgewood (from the north) and Harding Place (from the south). The academy occupies a classroom within The Karuna Center in the Berry Hill neighborhood, with a fully equipped classroom and reflexology clinic space, including large screen and projector for PowerPoint presentations, 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 NAR.

### Other Instructors --

**Debra Martin, RCR;** Certified to teach First Aid and CPR by the American Red Cross. Teaches A&P; Reflexology History & Theory, and Basic Reflexology Techniques.

**David Robertson, RCR;** One of NAR's first graduates. Has been practicing since 2013. Teaches Reflexology History & Theory and Basic Reflexology Techniques.

**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;

**Director – Carol Ann Baily, Ed.D.**

With over 40 years of experience in higher education administration, Dr. Baily brings an interest in adult learners to this educational endeavor. Teaches Orientation, Business, and Law & Ethics.