

# Introduction to Reflexology

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**with Stacy Gogolinski, LMT, CPT, Certified Foot Reflexologist**

**Time:** 9am-3:30pm - 6 CE hours

**Learn about the art, science, and history of Reflexology, as well as reflex areas and Reflexology techniques!**

## Course Description

Reflexology deals with the principle that there are reflex areas in the feet, hands, and ears that correspond to all of the glands, organs, and parts of the body. In this six-hour Intro to

Reflexology, the massage student will learn about the differences and similarities between Reflexology and Massage and how the application of Reflexology techniques can further enhance a massage session.

### **Assignments**

Students will be required to work on a client between classes and document this session.

### **Recommended Texts**

There are many excellent books on Reflexology available on the market. Some of these will be discussed with students. Handouts will be used in class.

### **Instructor**

**Stacy Gogolinski, LMT, CPT, Certified Foot Reflexologist**, was certified in Foot Reflexology in 2024. She is a certified personal trainer specializing in Human Movement Training and has been working in the fitness industry for over 30 years. Stacy is a graduate of DSM and has been practicing massage since 2019. She began teaching Anatomy in our school in 2023 and has been teaching ever since. Reflexology is one of her favorite modalities of bodywork. The history, science and effects of reflexology are all very fascinating and exciting to Stacy and she cannot wait to share it all with you!