

# *The Barefoot Dragonfly LLC*

7601 Pheasant Rock Road, Austin, TX 78729  
www.thebarefootdragonfly.com ▪ 512-666-9374

## **INTRODUCTION TO REFLEXOLOGY**

**Course:** Introduction to Reflexology – Unit One

**Course Description:** Reflexology is a gentle bodywork modality that encourages the body towards homeostasis in all physical and energetic systems. Primary benefits include deep relaxation, improved circulation, and an enhanced sense of well-being. This course will provide an overview of the history and theories, the structure and function of the foot and lower leg, foot assessment, and techniques employed in this modality. Students will practice techniques on classmates within the allotted class times.

**Course Goal:** Upon successful completion of this course students will be able to: explain the history of foot reflexology; describe theories on how reflexology works; demonstrate knowledge of zone therapy; explain the physiological effects of reflexology; understand and explain safety, contraindications, cautions of reflexology to the community. Introduction to Reflexology is part of The Barefoot Dragonfly 300-hour Practitioner Diploma course designed to prepare students for a career path as a Professional Reflexologist.

**Class Location:** The Barefoot Dragonfly Classroom located at 7601 Pheasant Rock Road, Austin, TX 78729.

**Class Hours:** 32

**Instructor:** Amy Kreydin, NBCR, CCAP, BD

**Contact Phone Number:** (512) 666-9374 (cellular)

**E-Mail Address:** amy@thebarefootdragonfly.com

**Office Hours:** By appointment

**Instructor Bio:** Amy Kreydin, Board Certified Reflexologist and Clinical Aromatherapist, has been in private practice since 2004. Kreydin received her certificate as a Certified Reflexologist from the Palmer Institute in Salem, MA in 2004, and was awarded her board certificate in Reflexology from the American Reflexology Certification Board in 2006. She trained at a Harvard teaching hospital in Boston, MA and obtained her Certified Clinical Aromatherapy Practitioner (CCAP) in 2011. She has lectured and taught classes in massage and acupuncture schools, hospitals, and clinics since 2007. Kreydin is passionate about whole body wellness and loves helping folks reach their health goals to live an abundant, vibrant, and balanced life.

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### **Required Materials:**

- Therapeutic Reflexology: A Step-by-Step Guide to Professional Competence by Paula S. Stone, ISBN: 9780131579248 – see instructor about purchasing a copy
- Stories the Feet Can Tell Thru Reflexology / Stories the Feet Have Told Thru Reflexology by Eunice Ingham, ISBN: 0961180439
- Writing paper and utensils should be brought to the practicum sessions.
- Face coverings that securely fit over nose and mouth should be brought to the practicum lessons and worn at all times when social distancing cannot be maintained. See WHO guidelines on the usage of masks for COVID19: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>.
- The Barefoot Dragonfly LLC provides hand sanitizer and foot powder for practicum sessions but you will also want to purchase your own for practice sessions at home on loved ones. Arrowroot powder and corn starch are popular reflexology mediums and can be purchased in the baking goods section of your local market.

### **General Objectives:**

Upon successful completion of the course, the student should be able to:

- Discuss and demonstrate knowledge of the history and theories of reflexology.
- Identify and discuss the physiological effects of reflexology.
- Identify and discuss knowledge of safety concerns, contraindications, and cautions related to reflexology.
- List anatomical markers of the foot and lower leg and their physiological functions.
- Demonstrate, return demonstrate reflexology specific techniques for the reflex map of the foot.
- List pathways to becoming a reflexologist.

**General Class Structure:** The class will be conducted once a week using online lessons of video lectures followed by practicum sessions where students will develop their practical skills and discuss any challenges they encounter with respect to new material.

**Methods of Instruction:** The class will be taught with a combination of self-paced audiovisual presentations, lecture, demonstration, and practicum.

### **Evaluation:**

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- A. Measurement, Cognitive: Quizzes will be given to assess the student's knowledge of concepts, principles, techniques and procedures as related to the instructional material. Students are expected to take all tests at the assigned time.
- B. Measurement, Practical: Proficiency in laboratory will be measured by student demonstration of required skills.

**Attendance Policy:** Attendance is required for all lessons and practicum sessions.

**Missed classes:** Should a student miss a live lesson or practicum they will need to make up the missed hours in order to graduate. Recorded lessons are not eligible makeup hours for missed live hours. Students may use any of a combination of the following to makeup missed live hours:

- Attend elective classes that are scheduled throughout the program. It is up to the student to ensure they register and attend elective classes when needing to makeup live lecture hours.
- Review a live lecture held the next time it is taught.
- Schedule a private tutoring lesson at \$30/hour (may be split between two or more classmates) to makeup missed class time.

**Module Registration** is held with payment in full or installments at the time of registration unless other arrangements have been made in advance with The Barefoot Dragonfly LLC.

**Cancellations** for a module received 30 days prior to the first class will receive a full refund minus a \$50 cancellation fee. Cancellations received less than 30 days will receive a 50% refund. Cancellations less than 14 days will forfeit the entire module fee.

**Cancellations of Classes by The Barefoot Dragonfly LLC,** may occur in the event of insufficient student enrollment, instructor illness or emergency, extreme adverse weather conditions, or if the building or classroom is temporarily unsafe for any reason. In the event that The Barefoot Dragonfly LLC cancels a class, you may elect to receive a full refund for any amount you have paid or transfer the money to another class. All refunds will be paid within thirty calendar days of the cancelled class.

**Termination of Enrollment by The Barefoot Dragonfly,** may occur in the event the student fails to maintain satisfactory progress, violates safety regulations, interferes with other students' work, is disruptive, obscene, under the influence of alcohol or drugs, or does not make timely tuition payments.