

Welcome to Reflexology

The Laura Norman Method of ReflexologySM

About Our Centers



I developed the Laura NormanSM Method of Reflexology to nurture and enhance each client as a whole person. My Method is holistic and combines knowledge and skills with awareness and compassion. I assist my clients to improve their health, to trust their inspirations, and to realize their dreams.

As a former officer on the Board of Directors and active member of the Reflexology Association of America, I am committed to training Reflexologists of outstanding quality. My courses offer a unique multi-faceted education that embraces the scientific, psychological, emotional and spiritual aspects of wellness.

As a student, you will learn how to nurture and empower your Reflexology recipients with clarity, serenity, renewed energy, creativity and love - while joyfully exploring your own development and expansiveness.

All classes are taught by Laura NormanSM Certified Instructors to help you understand and practice the Art of Reflexology and to explore the many benefits of the Science.

Join us on the journey to a more balanced body, mind and spirit. Discover the benefits of offering Reflexology. Transform your life and everyone you touch!

For more information on the Laura Norman Method of ReflexologySM and our Training Programs, visit us at www.lauranorman.com or call NY: 212.532.4404 | FL: 561.272.1220

What is Reflexology?

Reflexology is an ancient healing technique practiced today throughout the world to accelerate natural healing and maintain optimal health. These profound results are achieved through the strategic use of firm pressure on specific points on the feet, hands, ears and face that correspond to organs, glands and the interconnected energy systems of the human body.

How Does Reflexology Improve Health?

- ✓ Reduces Stress
- ✓ Increases Energy & Productivity
- ✓ Relieves Pain
- ✓ Assists in Weight Management
- ✓ Aids in Overcoming Addictions
- ✓ Improves Circulation
- ✓ Cleanses Toxins
- ✓ Enhances Creativity
- ✓ Improves Sense of Well Being



Who Studies Reflexology?

Laypersons

Learn this loving and nurturing skill to benefit yourself and your loved ones for a lifetime.

New Career Seekers

Enrolling in our Training Program is the ideal opportunity to take your first step to acquire the skills for a fulfilling new career as a Laura NormanSM Certified Reflexologist.

Health/Beauty Professionals

Massage therapists, nurses, estheticians, physical therapists, chiropractors, podiatrists, and other health and beauty professionals. Complete our Certification Program and integrate the Laura Norman Method of ReflexologySM into the health services you already provide.

Why the Laura NormanSM Method is Unique:

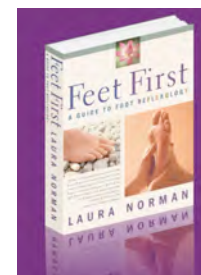
The Laura Norman Method of ReflexologySM empowers you and your client's whole being—physically, mentally, emotionally and spiritually—to rejuvenate, strengthen and facilitate better health. World-renowned expert Reflexologist Laura Norman takes Reflexology beyond a healing art into a higher state of wellness through techniques such as visualization, presence of mind and spirit, connection, compassion and awareness. Laura's relaxing therapeutic approach will provide you with the skills to assist your clients to focus on their desired outcomes to achieve their important goals.

We offer the most comprehensive Reflexology programs and services in the world, created by Laura Norman, M.S., Nationally Certified Reflexologist, New York State Licensed Massage Therapist, Licensed Esthetician and Life Coach.

Considered the foremost authority on Reflexology, Laura writes and speaks extensively to audiences around the world. Her popular, best-selling book, **Feet First: A Guide to Foot Reflexology**, has sold nearly half a million copies in several languages worldwide.

"Laura Norman's Reflexology Certification Program taught me the power of touch. I now feel empowered to make a real difference in people's lives." - Sue B.

Laura's unique method of Reflexology is the result of over thirty-five years of study, research and professional experience. In this innovative and holistic approach to wellness, Laura integrates her mastery of Reflexology with her vast knowledge of body/mind therapies such as Swedish Massage, Shiatsu, Meditation, Accupressure, Aromatherapy, Visualization and Inspired Life CoachingSM.



Look for Laura's book, Laura Norman ReflexologySM DVD's and foot-shaped pillows with Laura's Reflexology map at www.lauranorman.com

The Laura Norman Method of ReflexologySM Training

Class Schedules and Locations

Enjoy a Lucrative, Fulfilling Career

Thousands of graduates from around the globe have successfully completed our program and are now helping their clients experience better health...naturally.

Basic Certification Training

In this **experiential class** you begin your study of this ancient yet modern healing art through **extensive guided, hands-on** experience. You learn to locate and work the reflex areas and points corresponding to all major organs, glands and parts of the body, and how to apply a vast array of relaxation and reflexology techniques using **Laura Norman's unique Method**. The class also includes an in-depth study of the history, principles and benefits of Reflexology.

You will learn complimentary healing modalities such as visualization, how to establish rapport with your clients and how to create a healing environment. Our program covers protocols for **foot, hand, ear & face reflexology** sessions.

Upon completion of Basic Certification Training you will have demonstrated the skills to give a reflexology session, and you will **receive a Certificate of Completion in basic reflexology skills**.

This class is ideal for Health and Beauty Professionals to expand your skills and enhance your services. It is also the first step toward Advanced Certification.

Basic Certification Requirements

Complete our Basic Certification Training, the required reading, pass the written and practical evaluations, and complete seven (7) private one-on-one tutorials to refine your technique.

Advanced Certification Training

This class is for students who have completed our Basic Certification and wish to complete **training required to be a professional Reflexologist**. Learn and practice new techniques, explore the relationship between Reflexology and anatomy & physiology, the important interrelationships of the body systems with their respective reflex areas, how these systems are linked to **specific conditions, and specific Reflexology techniques to apply**. Explore foot and leg anatomy, gait evaluation, special techniques for working with the lower leg, how to identify various pathologies, **how to design sessions for a multitude of conditions**, and language skills for interacting with other health care professionals.

In addition you will learn to:

- (1) evaluate a health history
- (2) observe and record client progress
- (3) work with specific populations (women, athletes, the terminally ill, people with addictions, etc.)
- (4) practice professional ethics

Laura Norman Certification Requirements

To qualify for full Laura Norman ReflexologySM Certification, students successfully complete our Basic & Advanced Certification training, required reading, approximately 50 hours of home assignments plus:

- pass written and practical evaluations
- complete 120 documented Reflexology sessions
- complete four (4) additional private one-on-one tutorials to further refine technique skills
- attend supervision classes (16 hours)

Upon successful completion you will be eligible to take the National Reflexology Certification Exam.

(Note: Some states, including New York and Florida, have additional licensure requirements regulating professional practice.)



Laura Norman ReflexologySM Basic and Full Certification and Continuing Education Classes begin each season - Fall, Winter, Spring and Summer - in New York City and Boynton Beach, Florida **AND Your Town**

Bring Laura Norman ReflexologySM Training to your town. We'll send one of our Certified Instructors to your location when you organize a class with a minimum of 10-20 students. And, as the organizer, you'll **receive your training for free!**

Visit our website at www.lauranorman.com for current schedules and additional information



Provider No. 450807-08

NY: 212.532.4404 • FL: 561.272.1220

www.lauranorman.com

Train in the Laura Norman Method of ReflexologySM

Foot • Hand • Ear • Face



Photo Credit: © 2007 Michael Blocker

Transform your life and everyone you touch!



Laura Norman ReflexologySM Certification Training Programs

NY: **212.532.4404**

FL: **561.272.1220**

classes@lauranorman.com
www.lauranorman.com

***Note:** Our Basic and Advanced Certification graduates may return and re-take any previously taken classes for half the normal cost. *Advanced Certification graduates may return and audit previous classes for free.* Re-taking or auditing classes previously taken facilitates deeper integration of the many levels of information our comprehensive program provides. **We are the only Reflexology training program in the U.S. to offer these options.**