

# The Barefoot Dragonfly

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

## INTRODUCTION TO REFLEXOLOGY

**Course:** Introduction to Reflexology

**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, theories, and overview of the reflex map systems of reflexology. 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 course designed to prepare students for a career path as a Certified Reflexologist.

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

**Class Hours:** 16

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

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

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

**Office Hours:** Before and after class 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.

**Required Materials:**

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- Therapeutic Reflexology: A Step-by-Step Guide to Professional Competence by Paula S. Stone, ISBN: 978-0-13-157924-8
- Writing paper and utensils should be brought to each class
- Arrowroot powder, hand sanitizer, unscented wet wipes.

### **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.
- Discuss and demonstrate knowledge of zone therapy.
- Identify and discuss knowledge of safety concerns, contraindications, and cautions related to reflexology.
- List pathways to becoming a reflexologist.

**General Class Structure:** The class will be conducted once a week unless otherwise noted. During lab sessions, 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 audiovisual presentations using overhead projector, whiteboard or paper chart, lecture, demonstration, and laboratory.

### **Evaluation:**

- A. Measurement, Cognitive: Weekly 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.
- C. Determination of a final grade:
- |                                   |            |
|-----------------------------------|------------|
| Class Participation and Projects: | 15%        |
| Weekly Quizzes:                   | 15%        |
| Case Studies (Homework):          | 30%        |
| Final Exam:                       | <u>40%</u> |
| Total:                            | 100%       |

**Grades A, B, and C will pass, grades D and F will fail**

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**Attendance Policy:** Attendance is required. Students who miss more than 30 minutes of a class will be recorded as Absent. Absences **will** impact the final grade. Students missing more than 30% of classes will be considered troubled. Students missing more than half of all sessions will receive an automatic Failing Grade.