



## INTRODUCTION TO FOOT REFLEXOLOGY

by Brigitte Everett, LMT

Every 4th Thursday

(except April 28)

6:30 to 7:30 PM

at

### **My Miracle Works**

1656 University Avenue

(upstairs, above Radio Shack)

Berkeley, Ca. 94703

510-529-8644 [Brigitte@mymiracleworks.com](mailto:Brigitte@mymiracleworks.com)

Foot reflexology stimulates circulation of blood and lymph through “mirror” points in the feet thus releasing energy blocks and toxins and encouraging self-healing. It involves using pressure on the reflex points in the feet using the technique called “thumb-walking”. Foot Reflexology unblocks the vital energy circulating throughout the body; if this energy becomes blocked the part of the body relating to the blockage will show signs of dis-ease. Reflexology aids in detecting energy blocks and in breaking down crystalline deposits facilitating healing.

Very effective for:

**STRESS MUSCLE TENSION FATIGUE**

**SINUS PROBLEMS, NEUROPATHY DIABETIS COLDS & FLU**

and much more. At the end of a session there is a great sense of

**RELAXATION and WELL-BEING.**

To reserve your space for the Foot Reflexology workshop call:

510-529-8644 [Brigitte@mymiracleworks.com](mailto:Brigitte@mymiracleworks.com)

Cost of workshop: FREE

A nominal donation is appreciated.

Brigitte Everett is a licensed and experienced holistic health care practitioner who has recently relocated to Berkeley. She provides a peaceful, calming and nurturing work environment.

For more information, qualifications, and testimonials please visit

**[www.mymiracleworks.com](http://www.mymiracleworks.com).**