

## Laura Norman Holistic Reflexology<sup>SM</sup> Training Programs

### Enjoy a Lucrative, Fulfilling Career

When you are properly trained, tremendous career potential and deep personal satisfaction await you.

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

### Basic Reflexology 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 and 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**.

### 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<sup>SM</sup> Certification Requirements

To qualify for full Laura Norman Reflexology<sup>SM</sup> 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.)

Our Basic and Advanced Certification graduates may return and retake any classes for half the regular cost. Advanced Certification graduates may return and audit previous classes for free. Retaking or auditing classes 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 this option!**

### Schedule and Locations

Laura Norman Holistic Reflexology<sup>SM</sup> Basic and Full Certification and Continuing Education Classes begin each season in New York City, NY, Boynton Beach, FL and in Stockbridge, MA in the fall.

Bring Laura Norman Holistic Reflexology<sup>SM</sup> Training to your town. We'll send one of our Certified Instructors to your location when you organize a class with a minimum of 16-30 students. And, as the organizer, you'll receive your training for free!

### Continuing Education Credits

We offer Continuing Education Credits for the State of Florida, NCBTMB and ARCB.



Provider No.  
450807-08

Visit us at [www.lauranorman.com](http://www.lauranorman.com)  
Call NY: 212-532-4404 • FL: 561-272-1220  
MA: 413-854-2615 for current schedules and further information.

NY Lic. No. 002641-1 • Fla. Lic. No. MA44723

## Laura Norman Holistic Reflexology<sup>SM</sup> Training Centers



**Relax • Relieve • Revitalize!**

Delray Beach, FL • New York City, NY • Stockbridge, MA



**Laura Norman Holistic Reflexology<sup>SM</sup>  
Training Centers**

**FL: 561.272.1220**

**NY: 212-532-4404**

**MA: 413-854-2615**

[classes@lauranorman.com](mailto:classes@lauranorman.com)  
[www.lauranorman.com](http://www.lauranorman.com)

## About Laura Norman

**"I developed Laura Norman Holistic Reflexology<sup>SM</sup> to support each client physically, mentally, emotionally, and spiritually. My Method combines Holistic Reflexology with Life Wellness Coaching<sup>SM</sup> to empower my clients to improve their health, trust their inspirations, and 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 physical, 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 Norman-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 Holistic Reflexology. Transform your life and everyone you touch!**

For more information on the Laura Norman Method of Holistic Reflexology<sup>SM</sup> and our Training Programs, visit us at [www.lauranorman.com](http://www.lauranorman.com) or call  
NY: 212-532-4404 • FL: 561-272-1220  
MA: 413-854-2615

## The Laura Norman Method of Holistic Reflexology<sup>SM</sup>

### What is Reflexology?

Reflexology is an ancient holistic healing technique used 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 Norman<sup>SM</sup> 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 Holistic Reflexology<sup>SM</sup> into the health services you already provide to your clients.

### Why the Laura Norman<sup>SM</sup> Method is Unique:

The Laura Norman Method of Holistic Reflexology<sup>SM</sup> 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.

## About Our Centers

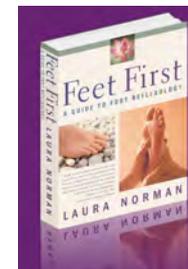
We offer the most comprehensive Reflexology programs and services in the world, created by Laura Norman, M.S., Nationally Certified Reflexologist, New York and Florida State Licensed Massage Therapist, Licensed Esthetician, and Life Wellness Coach.

Laura's unique method of Holistic 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, Acupressure, Aromatherapy, Visualization, and Life Wellness Coaching<sup>SM</sup>.

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

-SUE.B

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.



You'll find Laura's book, foot-shaped pillows, Laura Norman Reflexology<sup>SM</sup> DVD's, Reflexology maps and other quality wellness products at [www.lauranorman.com](http://www.lauranorman.com)