

National Register of Reflexologists (Ireland)

Third Biennial National Reflexology Symposium

Saturday 18th September 2010 / Best Western Ashling Hotel, Dublin



8.30 – 9.00

Registrations

(Tea/Coffee and Biscuits)

9.15

Opening & Welcome

9.20

Meditation

conducted by **Marie Therese Shelly** (MNRRRI)

Marie Therese Shelly is a founder member of the NRRI. As a member of the Board of Trustees she is very active in the governance of the Register. Her career as a teacher of reflexology dates back to when she founded the Irish Institute of Health and Healing with Maureen Connolly and continues to this day in her tireless activity as Principal of the Galway Institute of Wellbeing. Marie Therese is also involved in the Doughiska Parent-Toddler Group in Galway, providing reflexology and promoting social integration.

9.30 – 11.00



Gentle Touch Reflexology®



presented by **Sue Ricks** (Cert Ed, FAoR, MBRCP.)

Guest Speaker Sue Ricks is an author and teacher of reflexology, with special interest in reflexology for children and babies. She has just returned from teaching Gentle Touch Reflexology in the Cincinnati Children's Hospital and has been invited to make a return visit. This presentation will be educational, engaging, and useful, with an immediate practical application for those present; they will leave knowing how to apply practical techniques that are suitable to use alongside their existing knowledge of reflexology and increase their awareness of Gentle Touch Reflexology. Sue will demonstrate some practical techniques and invite the participants to do some hand reflexology work. The skills acquired at this presentation will be applicable to people of all ages and will be particularly useful in developing work with babies, children, and the elderly.

11.00 – 11.30

Interval

(Tea/Coffee and Biscuits)

11.30 – 12.30

Gentle Touch Reflexology

Sue Ricks (continuation)

12.30 – 13.45

Lunch

13.45

Meditation

conducted by **Marie Therese Shelly** (MNRRI)

13.50 – 14.30

Geopathic Stress

presented by **Aileen O'Connor** (MNRRI, MIRI)

Aileen O'Connor, founder of both the Mid West School of Reflexology, and the Academy of Reflexology in Limerick, is well known and respected in reflexology circles for her holistic approach to the complementary sector, particularly by many of our members who graduated in reflexology under her guidance and tuition. She has retired from teaching reflexology diploma courses and is devoting her time to her busy reflexology practice. As Chairperson of the NRRI Board of Trustees Aileen will give a presentation on the subject of geopathic stress under the following headings: Geological Causes / Negative effects on Buildings / Negative effects on People / Early detection with Reflexology / Divining / Remedial Devices

14.30 – 15.45

Beyond Classical Reflexology

by **Anthony Larkin** (MNRRI, FACH, SRCh(UK)).

Anthony Larkin needs no introduction as a leading exponent of reflexology. In 1996 he established Larkin's Reflexology Booklist, which has developed into probably the most comprehensive list of Reflexology books available anywhere in the world and still evolving. In the course of a distinguished career he was a founder member of the NRRI in 1998 (together with Marie Therese Shelly and Maureen Connolly) and earlier this year was nominated by the Board of Trustees as Patron of the NRRI. He has always reflected the classical nature of the therapy in his teaching and it will be interesting to see where he now takes us 'beyond'. In this presentation Anthony will talk about techniques, extra reflexes, reflexology myths, and research, and he will answer questions from the floor.

15.45 – 16.00

Grand Finale

Presentations, Acknowledgements, and Close

THANK YOU FOR ATTENDING OUR SYMPOSIUM

WE HOPE YOU ENJOYED...

NRRI TEAM