**Hand Reflexology**

**as Self-Care**

**Sunday, September 11, 2022**

 ~ 10 am to 5 pm ~

Frances Birdsell RCRT, RABC Approved Instructor

 **Viva Holistic Healing**

 4016 Yeo Street, Terrace BC

CONTINUING EDUCATION Workshop: Hand Reflexology is easy to apply in any situation with the same effect as Foot Reflexology to improve & restore body functions. As a SELF-CARE approach, it can assist in maintaining our own wellness. These techniques can be taught to clients to further their healing journey at home.

Register at least one week in advance ~ Space is limited ~ $150 + GST

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