**Hand Reflexology**

**as Self-Care**

**Sunday, June 26, 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, 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

**Contact: Frances Birdsell ~Viva Holistic Healing** Phone/text: **250-635-2194**  [viva@citywest.ca](mailto:viva@citywest.ca) [www.vivaholistichealing.com](http://www.vivaholistichealing.com)