

DEAR PARENTS*ANIMAL LOVERS*RESCUERS*REFLEXOLOGISTS

21st century living is often intense by default. Long term tension can become chronic. Animals pick up their humans' imbalances and may be impacted by genetics, puppy mills, abandonment, health challenges, age. This is an invitation to get you started with Reflexology.

ONE-MINUTE REFLEXOLOGY FOR ANIMALS

Areas selected support general wellbeing

This session can be part of daily quality time.
- Notice a deepening breath, a sigh, a stretch?

WHY?

Can support bonding between parents/caregivers, animals and wellbeing - especially if done regularly/daily and empower improving quality of life for both.

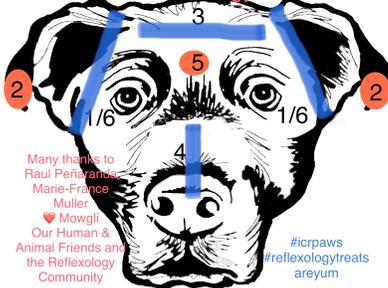
WHAT IS REFLEXOLOGY?

- "Reflexology, an integrative health practice, maps a reflection of the body predominately on the feet, hands and outer ears. It uses unique manual techniques to deliver pressure to neural pathways assisting the body to function optimally. (RAA2019)"
- Modern Reflexology was developed by US physicians, and Eunice Ingham is the mother of Reflexology.
- This intro to reflexology is inspired by Marie-France Muller's Dien Cham, Mowgli. Many thanks to Raul Penaranda.

With gratitude to International Council of Reflexologists (ICR) for joining forces as ICR Paws 🐾 in Anchorage, Alaska.

PLEASE SUPPORT YOUR LOCAL CERTIFIED REFLEXOLOGIST

One Minute Reflexology for Animals



WHEN? Now or maybe next time you interact with your animal friend.

HOW? Maybe take a few breaths or possibly pause to prepare yourself to make hands-on contact with your friend:

- Use a bit more pressure than petting but ease if needed.
- If animal pulls away, maybe move to next area (*reflex*) but consider returning later - **going with the pet's flow, respecting the animal's comfort zone to empower her/him.**
- Doing about 10-12 **passes (going back and forth)** totaling about 4-5 seconds on each area as marked on image:
 1. area where ears are attached to face.
 2. ear tips
 3. across forehead
 4. along nose
 5. third eye (above and between eyebrows)
 6. end session at 1, same area as started; i.e., where ears are attached to face; gently remove hands or continue to cuddle - ENJOY.

"Some of these areas we intuitively touch."
Stormy's Dad



May this practice help improve Quality of Life for our animal friends, it's short and sweet.
#ICRPaws #reflexologytreatsareyum #heartMowgli

Mowgli received Reflexology most days until the very last day of his life after being adopted at age six months. Birgit Nagele is Mowgli's and Ember's mom. She is an ARCB nationally certified reflexologist, trauma-informed yoga facilitator (TCTSY-F), based in New York City. (She is a grateful recipient of the ICR Humanitarian Award 2017)

Permission is hereby granted to reproduce this to support animals, their caregivers including rescuers.