



## WORLD REFLEXOLOGY WEEK 2020

### INDIA

### World Reflexology Week

Reflexology For Everybody

**Now Online**

**6th National Conference - 2020**  
**26th September 2020**

**International Conference - 2020**  
**27th September 2020**

<http://irjassociation.org/register-now-free-treatment/>

Organized	Media Partner	Supported by	Contact us
 International Reflexology (J) Association	 <b>महा</b> Maharashtra's No. 1 daily Newspaper.	 <b>JAIN</b> CHUMBAK	Web - <a href="http://www.irjassociation.org">www.irjassociation.org</a> Email - <a href="mailto:irjassociation@gmail.com">irjassociation@gmail.com</a> WhatsApp - 91-9325616269

### FRANCE

## Semaine mondiale de la réflexologie

### du 21 au 27 septembre 2020

Partout en France des professionnels en réflexologie se mobilisent pour parler de leurs techniques et partager leurs expériences

SEMAINE MONDIALE DE LA REFLEXOLOGIE

21 - 27 SEPTEMBRE 2020

Le site officiel de l'ICR  
 Propose des conférences en ligne  
 Tout au long de cette semaine

Syndicat Professionnel des Réflexologues

Fédération Française des RÉFLEXOLOGUES

Vous trouverez le réflexologue le plus près de chez vous en consultant les annuaires de la Fédération Française des Réflexologues et celui du Syndicat Professionnel des Réflexologues

Les organismes français mobilisés

## IRELAND



**WORLD REFLEXOLOGY WEEK**  
**SEPTEMBER 21ST TO 27TH 2020**

Reflexology Network Ireland

**"And the world came together as the people stayed apart"**

**Sally Kay - Barbara Scott**  
**- Chris Stormer Fryer**  
**- Catherine Clooney-**  
**Angela Telford**  
**- Moss Arnold and Sharon**  
**Windle - Peter Mackerreth**  
**Geraldine Villeneuve**

The graphic features a green footprint logo on the left, a circular logo for World Reflexology Week in the center, and a background image of hands holding a globe. The text is in various colors and fonts, including red, black, and purple.

## BENIN





USA

Veterans Wellness Clinics & Healthy Luncheon Lectures

welcomes

**diane Wedge**

presenting

## **REFLEXOLOGY for Veterans**

*Relax. Reduce stress, tension and anxiety. Improve blood and lymphatic circulation.*

*Join us in the safe container offered by the Venice American Legion to learn what Reflexology is, how it works and how Veterans across the USA and beyond are using it to battle the effects of **PTS** and **MST***



**September 29, 2020 - LECTURE @ Noon** (CLINICS FROM 9 - 12)

American Legion Post 159 - 1770 East Venice Avenue – Venice

You must be an American Legionnaire or Post (Aux, RAL, SAL) MEMBER to attend the clinics and/or lectures - Snowbirds are welcome - YOU MUST SIGN-UP.

**Sign-up sheets are in the Venice Legion front lobby - Do not call the Legion.**

*diane Wedge is the director of the Veterans Wellness Clinics & Healthy Luncheon Lectures program. The vision is to establish a VWC & HLL opportunity in every safe container for Veterans in the country. Local doctors and practitioners introducing and providing integrative therapies local Veterans may use along with (not instead of) their regular medical care. She presents this lecture during World Reflexology Week which is celebrated annually during the last full week in September and throughout the world!*



Sponsored by: Veterans Wellness Clinics & Healthy Luncheon Lectures  
Contact [dianeWedge.VWC@gmail.com](mailto:dianeWedge.VWC@gmail.com)



## World Reflexology Foundation Celebrates World Reflexology Week

On September 24th for **World Reflexology Week** the **World Reflexology Foundation**, a **501c3 non-profit**, hosted a complimentary Zoom educational event on stress reduction. This was a public event offered to WRF volunteer trainers and their friends and families on the benefits of Self-Help and Family-Help Reflexology for stress reduction on easy to access reflex points found on the feet, hands and ears. This zoom event brought 29 viewers, both with and without previous Reflexology experience.

WRF's Vice President **Stefanie Sabouchian**, host to the event, welcomed everyone and introduced the board members, who are also all volunteer trainers, as well as the attending WRF volunteer trainers **Quirino Ibarra**, **Laurie Hanna**, **Melanie Giangrecco** and WRF volunteers and supporters **Sally Rock**, **Anita Melcombe** and **Michiyo Ando**.

WRF founder and President **Bill Flocco**, the pioneer of WRW, introduced the viewers to a brief history of Reflexology in general, and the non-profit work that WRF does in providing workshops on Self-Help and Family-Help Reflexology.

The hands-on presentations began with WRF board member **Kathy Reynolds** presenting the relaxation area of the Helix/outer ridge of the ear, the spinal reflexes, by using the technique of unfurling the area with index finger and thumb. Kathy presented this with both demonstrating on a large plastic ear, and on herself. The participants were encouraged to perform this on their own ears. Kathy was followed by WRF board member **Tina Meyer**, who showed Tranquilizer point on the ear at the Tragus/face flap, again using a plastic ear for reference and her own ears. After the participants were given time to work on themselves, the focus directed to reflex points on both feet and hands.

**Mitta Wise** and **Sara Chameides**, both WRF board members, demonstrated and explained the benefits of the Pituitary gland reflex points and Solar Plexus reflex points. The Pituitary reflex benefits were explained by Mitta and demonstrated on a plastic foot, and then shown on the hand by Sara. Sara followed up with an explanation of the Solar Plexus and where to find that reflex point on the hand which was then shown by Mitta on the foot. During this presentation, the audience was able to explore these reflex points on their own feet and hands.

Everything that was presented was summed up at the end by Stefanie who then did a Q&A session. One of the questions posed was help for shoulder issues, which Stefanie referred to the corresponding reflex point on the ear to find fast relief when held for longer periods of time and often. There was a special thank you to **Michael Saul** for technical background work, and **Holly Harvey** for screen shots.

In conclusion, the event was a success due to the help from the WRF volunteers, volunteer trainers, and all the participants that made the effort to explore how to improve their lives with the work of Self-Help Reflexology. The World Reflexology Foundation works towards educating the public with free workshops on Self-Help and Family-Help Reflexology. The volunteer trainers currently are Reflexologists who attended an in-depth training which has prepared them to present to

the public. This was a wonderful and helpful first online WRF introduction and Self-Help Reflexology workshop. We hope to offer more like this and get the benefits of Reflexology out to as many people in the world as possible.

**WRF's mission is to make it possible for everyone in the world to receive the benefits of Reflexology by providing services and instruction in Self-Help and Family-Help Reflexology, locally and globally, working with individuals, groups, organizations and countries.**

*For more information about the WRF and to learn how to become a WRF Volunteer Trainer please visit [www.worldreflexologyfoundation.org](http://www.worldreflexologyfoundation.org)*

### **What attendees say about the event:**

"After attending the conference on Zoom last Sept. 24, I couldn't help but think of the time that I watched a cardiologist speak on tv. She said, "Stress is 6 times greater in someone having a heart attack, than having high cholesterol." Your Zoom conference was able to show us graphically how to remove stress. I enjoyed the conference. Keep up the good work." ~Al Eisenwinter

"It helped me remember where the points on my ears and my hands were. At first when Stefanie held up the foot, I thought it was your real foot with the angle you showed it at first. I thought she was very limber. The ear and foot models were very helpful." ~Jill

"It is always a pleasure to attend. I appreciate the efforts to continuously offer ways to share the benefit of reflexology, regardless of the obstacles that might stand in the way. The three reflexology points that were taught on Thursday are going to be of great help to people always, but even more so in the present situation. Thank you for making the event happen." ~Quirino Ibarra

"It was a great online gathering for me to relearn my techniques. Reflexology looks after my body and my body looks after me. I always appreciate it a lot!" ~Michiyo Ando

"It was so much fun to enjoy you on my first attempt on the WRF Event gathering. The information for me was a great refresher time. Enjoyed seeing some familiar faces. Thanks for the opportunity and hope to get more interested in the programs offered. Happy Hands On." ~Sally Rock

"The WRF put on a very clear and easy-to-follow presentation. I appreciated the reinforcement of several stress-relieving reflexes and points, especially now, considering the trying times we are all navigating. I left this gathering feeling inspired by the Foundation's mission to make it possible for everyone in the world to receive the benefits of reflexology." ~Anita Melcombe



**ARGENTINA**

Semana mundial  
de la Reflexología.



**EL 21 A 27 DE SEPTIEMBRE**

*Saludamos a todos los que pertenecen a este  
maravilloso mundo de la Reflexoterapia!*



Escuela Holística  
de Reflexoterapia