



Refresher course of Foot and Facial Reflexology

1) Colon Link / Facial and Foot 2 days

With the Colon link method and Facial Reflexology it is possible to stimulate very specific points that have influence all over the endocrine system, and therefore stimulate in a natural way the functioning of the Hypophysis and the Hypothalamus. These glands activate ovaries, adrenals, testicles, thyroids and pancreas, and Facial Reflexology stimulate these glands in order to make them produce a normal amount of hormones.

Facial Reflexology can relief the effects of pre-menopause, during menopause and post-menopause:

- Blood vessels weaken.
- Depression and other emotional disorders.
- The liver doesn't receive the impulses to convert cholesterol.
- Density of bones.
- The serotonin (neurotransmitter of the brain), that contribute to relaxation and sleep is affected.
- High levels of cholesterol, high blood pressure, bones damage, painful joints and osteoporosis.
- Vaginal and skin dryness, bladder prolapse, tumours in ovaries (PCO) or fibroma in the uterus, heat and sweat, emotional disorders, change of humour.
- Cardiovascular diseases and breast cancer.

Content of the course

- Theory of the hormonal system. Function of every gland at a physical and emotional level.
- Theory and practice of the methodology on Colon link treatment.
- Theory and practice of the coordination Colon link / Facial and Foot Reflexology.

2) Treatment of vision and eye conditions with Reflexology and aromatherapy. Facial. 3 days.

There are many different systems of acupressure techniques used in Facial Reflexology specialised in treating eyes conditions.

The eyes have a close relationship with vital energy, blood, fluids, vessels and organs. If a dysfunction arises related to any of the mentioned components, it will show immediately in the eyes, which can address to degenerative vision loss. Furthermore, any injury or trauma in the eyes can affect the situation and health of the related internal organs, where a systemic reaction could take place. Therefore, when a pattern of vision loss is evaluated and a therapy plan is trying to be determined, it is essential to understand the holistic nature of the disease pattern including the anatomy/structure of the eye and every sign, symptom and remark.

Content of the course

- Theory of the anatomy/structure of the eye and the meridians. Communication between meridians, vital organs and eyes.
- Theory of the 18 most common eye conditions.
- Theory and practice of analysis technique and acupressure techniques over specific points for vision function.
- Auricular therapy for vision disorders. Recently developed protocols related with auricular therapy are being introduced in the United States and in Europe, and are showing excellent results in eye conditions. Based in the model of auricular acupuncture, specific points in the ears have been identified to improve vision.
- Acu-magnets. Magnet therapy used in specific points for vision function.
- Essential acupressure. Use of essential aromatic balm and essential oils in specific acupuncture points for vision function.

3) Special course for treating after-effects of a brain haemorrhage or neurologic disorders (dementia, Parkinson's disease, etc.). Facial 3 days.

The general aim is to treat patients after brain haemorrhage or neurologic disorders by using acupuncture points manually with Facial Reflexology and different methods of Facial/Cranial therapy. A rehabilitation concept.

Content of the course

- Theory and treatment of brain function

Overview

Embryonic theory

The neuron, function and structure

Neurotransmitters

The brain and the spine: structure and function

Brain centres and its functions

Brain systems and its functions

Location of the motor and sensitive functions in the Central Nervous System

Transmission of the nerve impulse

Reflex-arc

Cranial and spinal nerves

Importance of the limbic system

The amygdale

The hippocampus

The cerebellum

Relation between disease and sympathetic and parasympathetic system

- Theory and practice of Yamamoto therapy
- Wong combination, cranial acupuncture, acupuncture nerve points and cybernetic therapy

4) Facial bioenergetic therapy - 2 days

Treatment of chemical disorders, organs dysfunctions and postural/muscular problems with a different Facial therapy methodology, excellent to combine with Facial Reflexology.

In the surface of the skin there are bioenergetic zones that correspond to different internal organs and muscles. These zones can be treated with manual stimulation in order to improve the state of the corresponding organ or muscle.

The bioenergetic zones with direct projection to organs and muscles are located in face, neck and arms.

The bioenergetic zones can come up with local pressure over the skin, lump, goosebumps, spots, pigmentation or flaking.

One of the most effective methods of stimulation is the immediate influence on the pain zone, in the focus of the injury or the zone of the skin of direct projection to the organ or muscle whose function is altered.

The method is effective for:

Painkiller effect
Vascular effect
Relaxation of organic musculature and skeleton
Anti-edematous effect
Anti-inflammatory effect
Antipyretic effect
Antiallergenic effect
Immunomodulator effect
Normalisation of the metabolism effect
Normalisation of the hormonal state effect
Destruction of calculus in hepatic conducts and in kidneys
Cosmetic effect
Anti-stress effect

Content of the course

- Basic principles of Facial bioenergetic therapy
- Theory on influence of the nervous block on the human body
- Location and function of bioenergetic zones
- Practice

5) Auricular therapy – supplement for Facial Reflexology. 2 days

Auricular therapy

Auricular therapy is one of the most important components of traditional Chinese acupuncture. In Chinese medicine theory there are points and zones in the ears related to vital organs. These points can be stimulated by using needles, laser, and metal or electrical stimulators.

The theory of auricular therapy suggests that the ear represents an inverted foetus, with stimulation points affecting the corresponding body parts. It is thought that all the main channels of energy in the body pass through the ear.

Auricular therapy is an excellent additional method to be applied in combination with Facial Reflexology, especially for pains and addictions.

Content of the course

- Auricular therapy theory.
- Theory and practice of analysis technique and acupressure techniques over specific points and zones in ears.
- Auricular therapy for pain and addictions.
- Acu-magnets. Magnet therapy used in specific points.
- Auricular therapy and Facial Reflexology coordination. Practice.

6) Course and participation in the special concept group of infertility treatment and treatment during pregnancy. Facial, Neuro-Foot. 6 days.

The requirement to assist to the course Fertility Therapy is becoming a member of the professional group **Quality Fertility Group**.

- The **Quality Fertility Group** is formed by Lone Sorensen and offers professional advice and follow up of every and each treatment performed around the world by Lone Sorensen herself..

Why working with Quality Fertility Group

Problems on fertility are becoming more and more common every day around the world, and it is a very delicate and serious issue. It can lead to many problems during treatment, and lots of women have passed through programs on fertility that have caused even more hormonal disorder. It also involves many emotions.

To succeed with the fertility treatment more experience is needed.

- The **Quality Fertility Group** offers the experience of more than 30 years of Lone Sorensen and a database of combinations of treatments for every kind of problem or condition.

- The **Quality Fertility Group** offers information on the latest researches around the globe.
- The **Quality Fertility Group** offers annual meetings at a national level with the group of professional therapists working in each country, plus international meetings and conferences.
- The **Quality Fertility Group** offers support in every professional matter.

Content of the course:

This course is planned in six basic days, 8hs of class each:

Methodologies for fertilization problems:

- Methodology of hormonal test
- Medical history
- Different techniques of Facial therapy
- Technique of Neuro Foot Reflexology
- Dietary supplements
- Diet

Treatment methodology for pregnant women:

- during pregnancy
- during labor
- after labor

Preparation and professional advice.

Contact the Institute or your local school for further information

7) Treatment of learning and behavior problems in children in school age. 3 days. Facial and Neuro-Foot.

AN EFFECTIVE AND INNOVATIVE CONCEPT FOR LEARNING PROBLEMS IN CHILDREN

It helps with:

- Better concentration, develops the memory;
- Improvement in reading, writing and orthography;
- Better coordination brain-body;
- Helps with dyslexia and dyscalculia;
- Integration of visual, auditory and tactile capacities;
- Develops lineal and symbolic codes;
- Favors relaxation.

Content of the course

It is about a methodology non pharmacologic that improves the mental and emotional state of the child, based in:

- Facial therapy methods
- Neuro-foot reflexology methods
- Handpuncture methods
- Reading-therapy
- Brain-gym and Bali-gym

8) Praxis Vertebralis 1-2-3/ Neuro-foot Reflexology. 6 days (2 days each module)

With Neuro-foot reflexology / Praxis Vertebralis methodology it is possible to achieve the same corrective results on the spine by applying the therapy on feet and liberating the nerve roots, with much less risks that in old times when the treatment was performed directly on the spine.

With the study and technique of Praxis Vertebralis it is possible to understand the issues related to the body dynamics. The condition can be observed in the spine and at the same time in the spine zone in feet, where the study and treatment are performed.

When giving the structural harmony back to the spine, diseases and emotional disorders are eliminated.

The reflex impact skin-Central Nervous System involves a deep stimulus that through the Peripheral Nervous System and the Neuro Vegetative System can reach muscles, skeleton, joints, bones, organs, hormonal system, viscera and brain. Thus, a certain pressure in specific zones and points of the feet can have an effect on the neuro-motor and neuro-vegetative systems in a very special way.

Content of the course

Module 1

- Posturology, observations of the body posture.
- The influence of the postural problems in organic, physical and emotional function.
- The central nervous system.
- Correction of postural problems through feet.
- The map of neurological zones and points of the foot, corresponding to the spine and spine nerves.
- Manipulation PRAXIS VERTEBRALIS.
- The "emotional" map corresponding to the spine.
- Practice.

Module 2

- Knowledge of brain neurology.
- Function of the brain / Cortex.
- Map of zones in feet corresponding to the brain and cortex.

- Map of brain circulation in feet.
- Map of cranial bones and sinuses in feet.
- Map of cranial nerves.
- Practice.

Module 3

- Map of body muscles in feet
- Case: Treatment of Fibromyalgia
- Practice

9) Cosmofacial 1-2. 4 days (2 days each module)

COSMOFACIAL – FACIAL REFLEXOLOGY WITH AESTHETIC AIMS

The application of Facial Reflexology with aesthetic aims is a good example of the use of a complementary therapy for Aesthetics.

By stimulating the points and zones in the face to treat acne or other dysfunctions, apart from a beneficial action over health disorders, it is possible to achieve remarkable results all over the face.

This is an innovative therapy of complete action over the face skin, of which properties can invert the ageing process. A unique holistic methodology called COSMOFACIAL due to the connection of the human being with the energetic body, based on 28 years of experience of Lone Sorensen working on the face with Facial Reflexology.

After directly stimulating muscles and sinew, this revolutionary therapy recovers the tone of the face in a very effective way, by a 100% pure and natural treatment.

The objective of COSMOFACIAL is making an initial diagnose in the face through Facial Reflexology and a visual diagnose; with these two we are able to search the cause of imbalance. Based on this, we plan a complete program of stimulation of points, zones, meridians, muscles and plexus, working the entire body to BALANCE the natural flow of the energy and support the self healing system of the own body, by using as supplements pure and natural products like Rose Hip, Flower therapy and cell salts.

Content of the Course

Module 1

- Guidance on Cosmofacial concept
- How to treat Aesthetics with Facial Reflexology
- The consequences on the face due to disorders in the body
- Visual diagnose / products choice
- The 7 basic steps used in Aesthetics
- Coordination of muscular treatment
- Use and guidance on the products used in the treatment
- Coordination of oriental anti-wrinkle points
- Practice

Module 2

- Guidance on the skin process from the 5 elements point of view.
- Oriental medicine.
- Use of the neurological points for skin disorders.
- Visual diagnose of hormonal dysfunctions
- Custom-made creams for hormonal disorders with Schussler salts and Bach flowers.
- Guidance on the use of aroma in Facial Reflexology.
- Tailored diet by visual diagnose of the face.
- Practice

10) Cosmobody. Facial, foot, hands and body. 2 days

Body treatment

- Based on facial diagnosis. How to treat body problems as cellulitis, varices, overweight, muscular flaccidity, etc.
- Using apart from the facial treatment the even meridians, Reflexology in hand, feet and in bioenergetic zones of the torso, makes a whole that activates and harmonises the entire body.
- Practice

11) Cosmo lifting 1. 2 days

Cosmo Lifting is a neuro-sensitive procedure manually performed in the face, with natural and organic products.

With **Cosmo Lifting** the face is shaped by lifting the facial tissues so that it will look fresh and luminous, thanks to the stimulation of the acupuncture points which also improves the physical and mental health state. Everything in the same session, addressed to women and men.

Ageing is an important lack of irrigation in cells, and this effect is particularly remarkable in the face skin due to the abundance of vessels and nerves. All this has a lot to do with the concept of traditional Chinese medicine of the human body as a net of irrigation channels where the harmonic flow of energy will provide health and beauty.

Gesture and expression muscles make a double-sense action: as wrinkles depend on inner life, reflex habits and can be considered emotional scars, the treatment erases tensions which could explain the well-being feeling that usually goes with this kind of treatment.

By treating the points and zones of the face in combination with a methodology of lifting and lymphatic stimulation, either for skin problems or physical disorders, the Cosmo Lifting turns to a beneficial action for health achieving at the same time remarkable results in the look of the entire face.

Thus, the Cosmo lifting treatment is an excellent alternative to surgical treatments.

Content of the course JAPANESE LIFTING

- Theory and methodology of Lifting for treating patients.

12) Cosmo lifting 2. 1 day.

- Theory of emotional relationship and expression. How to use NP points to change face expressions.
- Methodology of Dr. Wong for individual muscles.
- Theory of chemistry responsible of skin flaccidity, lack of tone in facial musculature and tissue.
- Combination of neurological points for skin flaccidity, lack of tone in muscles and tissue.

13) Hand Reflexology. 3 days

The learning of Hand puncture stimulation is very simple and has the same reach to traditional Chinese acupuncture. It can be used as a unique therapy or as a complement of the traditional, increasing the power of the effect.

The treatment method consists in the use of a micro system of zones and points corresponding to acupuncture micro meridians, located in hands and that can be stimulated in many ways in order to achieve the desired effect: with manual pressure, needles, moxa, suction pads, magnets or electricity.

It is based in stimulating zones and 382 points in hands. It is practiced with the aim of promoting the self healing capacity in every person, using a simple stimulation. This kind of stimulus acts over the nervous and endocrine system, improves the circulation, relieves the pain, the stress and tiredness, muscle contracture, psychosomatic diseases as asthma, ulcer, allergies, etc. Furthermore, it improves vitality and stimulates the immune system.

Content of the course

- Basic knowledge on Korean medicine
- Basic stops of manual work
- Diagnosis methodology
- Meridianology / Micro systems
- Teaching of the traditional meridians with its ramifications and interrelationships with cranium / muscles / hormonal system / cranial nerves
- Zones and points related to the meridians
- Balancing
- 382 neurological points in hands
- Coordination of neurological points
- Medical history
- Practice

14) TEMPRANA therapy. Facial, foot, hand, brain-gym, food and food supplements. 25 days.

TEMPRANA therapy is a method that combines facial, foot and hand reflexo-therapeutic techniques; a concept of locomotive function through body movements and body stimulation (BRAIN GYM and Bali gym).

The main goal of Temprana therapy is to achieve an important improvement in children with different problems from brain-medullar damage to visual, auditory, learning problems, or from an incident occurred during birth, domestic accident or chronic disease.

This is the reason why the methodology of Temprana therapy insists in tackling the problem as soon as possible, in order to achieve better and faster results.

The different systems that compose Temprana therapy are focused in rebalancing the patient's body, without which is not possible to get better. The responses are varied, therefore Temprana therapy uses different kinds of stimulation in order to be sure that all structures of the body are stimulated and for the same reason a custom-made plan is analyzed and organized.

We can make that the patient fully uses all his/her resources, eliminating blockages that may not let the person live a richer life, according to the capacities and possibilities of each individual.

Temprana therapy acts from nervous system, which is dynamically changing, plus highly flexible and adaptable, due that is always developing new neuronal nets. This flexibility is a high potential to change and this positive change helps Temprana therapy, easing and increasing the power of it. Thus, while the kid is sleeping receives sensitive stimulus and manual treatment, the neurons move forming neuronal groups that intercommunicate and therefore become like large highways through which the information from the outer world is interpreted from inside and then it is possible to give an answer.

The course

The course will be a teaching to rehabilitate children in institutions and instruction in education for parents. The parents of children with deficiency or neurological disorders are the key to successfully lead this treatment, due that this kind of kids require a daily stimulation of one or two hours, and we think that parents are the best option to perform this treatment, supervised and directed by professionals. The courses are taught in five modules of 60 hours, with a final exam.

Content of the course

- 1 module - theory and practice of therapy for brain damage
- 2 module - theory and practice to treat syndromes
- 3 module - theory and practice to treat psychic diseases
- 4 module - theory and practice to treat behaviour or learning problems
- 5 module - theory and practice – methodology of teaching for parents