

ITEM #	DESCRIPTION OF DISTANT LEARNING COURSES	ARCB CE'S	NTCB CE'S	PRACTICAL YES / NO	COST (US \$)	QUANTITY	TOTAL
TR-SC6	Wellness Models (Ch 6) This course presents a wellness paradigm and reflexology approaches to client care. It explores indications, cautions, considerations, and contraindications.	3	3	No	\$29		
TR-SC7	Session Fundamentals and Charting (Ch 7) This course introduces how to set up the reflexology session, the importance of intention, and steps to conduct a session. Two types of charting formats - SOAP and CARE - document the client session. Other topics include medical referrals, session design, and listening skills.	3	3	No	\$29		
TR-SCP7	Session Fundamentals and Charting with Practical (Ch 7) This course is the same as TR-SC7. <i>It includes a hands-on practical to learn and enhance knowledge, skills, and manual techniques.</i>	6	6	Yes	\$59		
TR-SC8	Reflexology Practice and Business (Ch 8) This course explores the basics of operating a business—business structure, ethics, and best practices. A discussion on licensing and certification is included.	3	3	No	\$29		
TR-SC9	Self-Care for Reflexologists (Ch 9) This course emphasizes the need to care for oneself to ensure longevity in the field. The benefits, application, and consequences of correct ergonomics, body mechanics, leverage, and self-care practices are detailed.	3	3	No	\$29		
TR-SC10	Orientation to the Body (Ch 10) This course defines and illustrates general terms and body positions, body planes, relationships, directions, and movements used in the medical field.	3	3	No	\$29		
TR-SC11	Anatomy and Physiology of the Foot and Leg (Ch 11) This course defines and illustrates the structure of the foot and lower leg, including bones, muscles, tendons, nerves, and venous system. It also presents biomechanics of the foot.	3	3	No	\$29		
TR-SC12	Guidelines and Stabilization (Ch 12) This course defines and illustrates the guidelines of the foot and how to locate them, followed by positions and techniques to stabilize the foot for reflexology.	3	3	No	\$29		
TR-SCP12	Guidelines and Stabilization with Practical (Ch 12) This course defines and illustrates the guidelines of the foot and how to locate them, followed by positions and techniques to stabilize the foot for reflexology. <i>It includes a hands-on practical.</i>	6	6	Yes	\$59		
TR-SC13	Touch, Thumb, and Finger Techniques (Ch 13) This course introduces principles of touch, and thumb and finger techniques. A discussion of the different qualities of touch and their impact on the body is included. Hands-on techniques are taught at basic, enhanced, and advanced levels.	3	3	No	\$29		
TR-SCP13	Touch, Thumb, and Finger Techniques with Practical (Ch 13) This course introduces principles of touch, and thumb and finger techniques. A discussion of the different qualities of touch and their impact on the body is included. Hands-on techniques are taught at basic, enhanced, and advanced levels. <i>It includes a hands-on practical.</i>	6	6	Yes	\$59		
TR-SC14	The Body (Ch 14) This course surveys the anatomy and physiology of the body and introduces the relationship of foot reflexology to the body.	4	4	No	\$39		
	<i>Subtotal page 2</i>						

ITEM #	DESCRIPTION OF DISTANT LEARNING COURSES	ARCB CE'S	NTCB CE'S	PRACTICAL YES / NO	COST (US \$)	QUANTITY	TOTAL
TR-SCP14	The Body with Practical (Ch 14) This course surveys the anatomy and physiology of the body and introduces the relationship of foot reflexology to the body. <i>It includes a hands-on practical.</i>	8	8	Yes	\$79		
TR-SC15	Integumentary System (Ch 15) This course surveys the integumentary system, including basic anatomy and physiology, system reflexes, conditions, and basic techniques.	3	3	No	\$29		
TR-SC15P	Integumentary System with Practical (Ch 15) This course surveys the integumentary system, including basic anatomy and physiology, system reflexes, conditions, and basic techniques. <i>It includes a hands-on practical.</i>	6	6	Yes	\$59		
TR-SC16	Skeletal System (Ch 16) This course surveys the skeletal system, including basic anatomy and physiology, system reflexes, and basic, enhanced, and advanced techniques.	4	4	No	\$39		
TR-SCP16	Skeletal System with Practical (Ch 16) This course surveys the skeletal system, including basic anatomy and physiology, system reflexes, and basic, enhanced, and advanced techniques. <i>It includes a hands-on practical.</i>	12	12	Yes	\$119		
TR-SC17	Muscular System (Ch 17) (4 hrs) This course surveys the muscular system, including basic anatomy and physiology, system reflexes, conditions, and basic, enhanced, and advanced techniques.	4	4	No	\$39		
TR-SCP17	Muscular System with Practical (Ch 17) This course surveys the muscular system, including basic anatomy and physiology, system reflexes, conditions, and basic, enhanced, and advanced techniques. <i>It includes a hands-on practical.</i>	12	12	Yes	\$119		
TR-SC18	Nervous System (Ch 18) This course surveys the nervous system, including basic anatomy and physiology, system reflexes, conditions, and basic, enhanced, and advanced techniques.	6	6	No	\$59		
TR-SCP18	Nervous System with Practical (Ch 18) This course surveys the nervous system, including basic anatomy and physiology, system reflexes, conditions, and basic, enhanced, and advanced techniques. <i>It includes a hands-on practical.</i>	20	20	Yes	\$199		
TR-SC19	Cardiovascular System (Ch 19) This course surveys the cardiovascular system, including basic anatomy and physiology, system reflexes, and basic and enhanced techniques.	4	4	No	\$39		
TR-SCP19	Cardiovascular System with Practical (Ch 19) This course surveys the cardiovascular system, including basic anatomy and physiology, system reflexes, and basic and enhanced techniques. <i>It includes a hands-on practical.</i>	12	12	Yes	\$119		
TR-SC20	Sensory System (Ch 20) This course surveys the sensory system, including basic anatomy and physiology, system reflexes, and basic techniques.	4	4	No	\$39		
TR-SCP20	Sensory System with Practical (Ch 20) This course surveys the sensory system, including basic anatomy and physiology, system reflexes, and basic techniques. <i>It includes a hands-on practical.</i>	12	12	Yes	\$119		
	<i>Subtotal page 3</i>						

ITEM #	DESCRIPTION OF DISTANT LEARNING COURSES	ARCB CE'S	NTCB CE'S	PRACTICAL YES / NO	COST (US \$)	QUANTITY	TOTAL
TR-SC21	Respiratory System (Ch 21) This course surveys the respiratory system, including basic anatomy and physiology, system reflexes, and basic techniques.	4	4	No	\$39		
TR-SCP21	Respiratory System with Practical (Ch 21) This course surveys the respiratory system, including basic anatomy and physiology, system reflexes, and basic techniques. <i>It includes a hands-on practical.</i>	8	8	Yes	\$79		
TR-SC22	Endocrine System (Ch 22) This course surveys the endocrine system, including basic anatomy and physiology, system reflexes, and basic techniques.	6	6	No	\$59		
TR-SCP22	Endocrine System with Practical (Ch 22) This course surveys the endocrine system, including basic anatomy and physiology, system reflexes, and basic techniques. <i>It includes a hands-on practical.</i>	8	8	Yes	\$79		
TR-SC23	Lymphatic System and Immunity (Ch 23) This course surveys the lymphatic system and immunity, including basic anatomy and physiology, system reflexes, and basic and enhanced techniques.	3	3	No	\$29		
TR-SCP23	Lymphatic System and Immunity with Practical (Ch 23) This course surveys the lymphatic system and immunity, including basic anatomy and physiology, system reflexes, and basic and enhanced techniques. <i>It includes a hands-on practical.</i>	6	6	Yes	\$59		
TR-SC24	Digestive System (Ch 24) This course surveys the digestive system, including basic anatomy and physiology, system reflexes, and basic techniques.	6	6	No	\$59		
TR-SCP24	Digestive System with Practical (Ch 24) This course surveys the digestive system, including basic anatomy and physiology, system reflexes, and basic techniques. <i>It includes a hands-on practical.</i>	12	12	Yes	\$119		
TR-SC25	Urinary System (Ch 25) This course surveys the urinary system, including basic anatomy and physiology, system reflexes, and basic, enhanced, and advanced techniques.	3	3	No	\$29		
TR-SCP25	Urinary System with Practical (Ch 25) This course surveys the urinary system, including basic anatomy and physiology, system reflexes, and basic, enhanced, and advanced techniques. <i>It includes a hands-on practical.</i>	6	6	Yes	\$59		
TR-SC26	Reproductive System (Ch 26) This course surveys the reproductive system, including basic anatomy and physiology, system reflexes, conditions, and basic, enhanced, and advanced techniques.	3	3	No	\$29		
TR-SCP26	Reproductive System with Practical (Ch 26) This course surveys the reproductive system, including basic anatomy and physiology, system reflexes, conditions, and basic, enhanced, and advanced techniques. <i>It includes a hands-on practical.</i>	6	6	Yes	\$59		
	<i>Subtotal page 4</i>						

SAVE ON PACKAGES. SEE NEXT PAGE.

ITEM #	DESCRIPTION OF DISTANT LEARNING COURSES (FOR THERAPEUTIC REFLEXOLOGY BOOK)	ARCB CE'S	NTCB CE'S	PRACTICAL YES / NO	COST (US \$)	QUANTITY	TOTAL
TR-OR-PK1	"Overview of Reflexology" (<i>no practical</i>) has 5 introductory courses: Introduction to Reflexology (Ch. 1), Theories of Reflexology (Ch. 2), Zone Therapy, Meridian Therapy, and Reflexology (Ch. 3), Forms of Reflexology (Ch. 4), Reflexology, Massage, and Allied Practices (Ch. 5) = 15 hrs Regular \$149 Now \$129 Save \$20	15	15	No	\$129		
TR-RP-PK2	"The Reflexology Practice" (<i>no practical</i>) has 4 courses to establish or add reflexology to the practice: Wellness Models (Ch. 6), Session Fundamentals and Charting (Ch. 7), Reflexology Practice and Business (Ch. 8), and Self-Care for Reflexologists (Ch. 9) = 12 hrs. Regular: \$119 Now \$104 Save \$15	12	15	No	\$104		
TR-FR-PK3	"Fundamentals of Reflexology" (<i>no practical</i>) presents core knowledge of reflexology theory, principles, and applications in 4 courses: Orientation to the Body (Ch. 10), Anatomy and Physiology of the Foot and Leg (Ch. 11), Guidelines and Stabilization (Ch. 12), Touch, Thumb, and Finger Techniques (Ch. 13) = 12 CE's. Regular: \$119 Now \$104 Save \$15	12	12	No	\$104		
TR-FRP-PK3	"Fundamentals of Reflexology" (<i>with practical</i>) presents core knowledge of reflexology theory, principles, and applications in 4 courses: Orientation to the Body (Ch. 10), Anatomy and Physiology of the Foot and Leg (Ch. 11), Guidelines and Stabilization (Ch. 12), Touch, Thumb, and Finger Techniques (Ch. 13) = 18 hrs. Regular \$179. Now \$159. Save \$20	18	18	Yes	\$159		
TR-RP-PK4	"Reflexology in Practice: The Body, Integumentary System, and Musculoskeletal System" (<i>no practical</i>) surveys anatomy & physiology, location of reflexes, techniques and protocols in 4 courses: The Body (Ch. 14), Integumentary System (Ch. 15), Skeletal System (Ch. 16), Muscular System (Ch. 17) = 15 hrs Regular: \$149 Now \$129 Save \$20	15	15	No	\$129		
TR-RPP-PK4	"Reflexology in Practice: The Body, Integumentary System, and Musculoskeletal System" (<i>with practical</i>) surveys anatomy & physiology, location of reflexes, techniques and protocols with hands on practical in 4 courses: The Body (Ch. 14), Integumentary System (Ch. 15), Skeletal System (Ch. 16), Muscular System (Ch. 17) = 38 hrs Regular: \$379 Now \$339 Save \$40	38	38	Yes	\$339		
TR-RP-PK5	"Reflexology in Practice: Systems of Integration and Coordination" (<i>no practical</i>) surveys anatomy & physiology, location of reflexes, techniques and protocols in 3 courses: Nervous System (Ch. 18), Sensory System (Ch. 20), Endocrine System (Ch. 22) = 16 hrs Regular: \$159 Now \$144 Save \$15	16	16	No	\$144		
TR-RPP-PK5	"Reflexology in Practice: Systems of Integration and Coordination" (<i>with practical</i>) surveys anatomy & physiology, location of reflexes, techniques and protocols in 3 courses: Nervous System (Ch. 18), Sensory System (Ch. 20), Endocrine System (Ch. 22) = 30 hrs Regular: \$399 Now \$359 Save \$40	40	40	Yes	\$359		
TR-RP-PK6	"Reflexology in Practice: Systems of Maintenance" (<i>no practical</i>) surveys anatomy & physiology, location of reflexes, techniques and protocols in 5 courses: Cardiovascular System (Ch. 19), Respiratory System (Ch. 21), Lymphatic System (Ch. 23), Digestive System (Ch. 24), Urinary System (Ch. 25) = 20 hrs Regular: \$199 Now \$179 Save \$20	20	20	No	\$179		
	Subtotal page 5						

TR-RPP-PK6	"Reflexology in Practice: Systems of Maintenance" (with practical) surveys anatomy & physiology, location of reflexes, techniques and protocols in 5 courses: Cardiovascular System (Ch. 19), Respiratory System (Ch. 21), Lymphatic System (Ch. 23), Digestive System (Ch. 24), Urinary System (Ch. 25) = 44 hrs. Regular: \$439 Now \$399 Save \$40	44	44	Yes	\$399		
<i>Subtotal page 6</i>							
TOTAL ORDER							
						<i>Subtotal page 1</i>	
						<i>Subtotal page 2</i>	
						<i>Subtotal page 3</i>	
						<i>Subtotal page 4</i>	
						<i>Subtotal page 5</i>	
						<i>Subtotal page 6</i>	
						Sub-Total	
						Handling Fee	5.00
						TOTAL (U.S. Dollars)	

PAYMENT

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Credit/Debit Card Number: _____ Exp: ____/____ VIN: _____

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IMPORTANT. Retain your certificate. A replacement certificate is available for \$25.

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