



This document summarises the 30-hour in-class training part of The Jacqueline Fairbrass School of Complementary Therapies Holistic Foot Reflexology course as taught by Ottawa Instructor Wendy Greene.

- Day 1 begins with students sharing their motivations for choosing to learn Reflexology and includes an introduction to the course objectives and certification requirements, which involve case studies, both written and practical exams, and a practicum.
- Students receive a 15-minute Reflexology session from the instructor to experience demonstration of how to administer the hands-on portion of the Fairbrass method of Reflexology. Questions are encouraged.
- Warm-ups and getting to know the feet, the students are taught anatomy of the foot.
- Students learn about the founder of School of CT, the history and the principles of Reflexology.
  
- Day 2 focuses on the human body systems and demonstration of their relation to Reflexology reflex points, covering all body systems including but not limited to digestive, urinary, nervous, endocrine, reproductive, and circulatory.

## Holistic Foot Reflexology Certification In-Class Summary

- Students learn by demonstration, lecture, question and answer periods and practical application.
- Day 3 is devoted to hands-on and involves guiding the students through the complete step-by-step Fairbrass Reflexology Routine.
- Day 4 includes both a guided full Reflexology session and an introduction to the Business of Reflexology.
- Additional resources are distributed and discussed including blank case study forms, a sample case study, and a study guide for exam preparation.