**Course Syllabus**

**Reflexology with Hot Stones**

**Course Date, Time and Location:** Sunday class

8:30 am to 5 pm

124 Sweet Water Cr., Richmond Hill, Ontario (parking available across the street – don’t block the mailbox)

**Instructor:** Sue Todd RRPr, RDH

905-508-7885

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**Course Description:** Reflexology with Hot Stones is a one day program that teaches reflexologists how to incorporate a ‘reflexology with hot stones’ session into their practice. There are fundamental differences in technique and there are more contraindications in reflexology with hot stones. These will be discussed in the class. Both theory and practical applications will be discussed, demonstrated and practiced in class. Students will be required to attend the one day program and complete a written test and five session studies.

**Course Fee:** Full payment is required prior to the class date or upon registration prior to class time. Payment options include cash or personal cheque made out to Sue Todd.

There are two payment options for this course.

Option A: Course fee only of $200.00 (This includes the text, class time and all exam and session study fees.

Option B: Course fee of $300.00. This includes everything in Option A as well as the purchase of a set of hot stones.

**Refund Policy:** No refunds will be granted after the first hour of class. Students who purchase stones are expected to check them immediately for damages so they can be immediately replaced.

**Course Objectives:** By the end of this program the learner will be able to:

1. Define traditional reflexology.
2. Explain the differences between a traditional reflexology session and a reflexology session with hot stones.
3. List the benefits of a hot stone reflexology session for a) the client

b) the reflexologist.

1. Identify clients who should not receive reflexology with hot stones.
2. Demonstrate a full hot stone reflexology session with hot stones.
3. Demonstrate proper use and maintenance of hot stone equipment.
4. Complete a series of 5 case studies.

**Course Expectations:** Students will be required to give and receive a complete reflexology session with hot stones. Please contact your instructor if you have any health condition that would prevent you from participating in any of the practical requirements of this course.

**Students will be expected to:**

* Be prompt
* Bring a lunch
* Bring a firm pillow
* Bring 2 large towels and one small towel
* Wear comfortable layers

**Course Requirements:**

You must be a graduate foot reflexologist from a reflexology program recognized by the Reflexology Registration Council of Ontario.

**Please Note:** Leave valuable jewellery at home and **please refrain from wearing perfume or aftershave.**

**Course Components:** This is a two step program. Step 1 includes one day of classroom attendance. The theory of Reflexology with Hot Stones and the practical components will be discussed, demonstrated and practiced.

**Agenda for Step 1:**

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| Chapter 1: Theory of Reflexology with Hot Stones | Modifications are required for the Following Conditions |
| Learning Objectives | Cold Therapy |
| What is Reflexology? | What Types of Stones can be used in Reflexology with Hot Stones? |
| How is Reflexology with Hot Stones Different? | Clearing and Charging the Stones |
| History of Hot Stone Massage | Methods of Charging the Stones Include |
| What is Heat Therapy? | Additional Health Record Questions |
| The Benefits of Reflexology with Hot Stones | Equipment Required |
| Benefits for the Client | Heating the Basalt Stones |
| Benefits for the Reflexologist | Cleaning the Stones |
| Who is the Hot Stone Reflexology Client? | Guide Lines to Follow During Reflexology with Hot Stones |
| What is the Stress Mechanism? | Chapter 2: Practical Procedures for Working with Hot Stones in a Reflexology Session |
| Contraindications for Reflexology with Hot Stones |  |

**Agenda for Step 2:** Step 2 includes the completion of a written test and five session studies. The student is allowed one year from the class date to complete the written test and submit the session studies. It is advisable to mail all the materials together to your instructor. These materials will **not** be returned to the student.

**Testing and Assessment:**

* A written test is included in the text. The student must complete this test and submit it with the session studies to the instructor within the one year time limit. A minimum mark of 80% is required. The student will be notified of their mark but the test will not be returned.
* The student must complete 5 session studies after the class is completed. A form is included in the text that may be photocopied and used for each session. Once all five sessions are completed they should be submitted with the written test to the instructor.
* Upon successful completion of the test and session studies, a certificate of completion will be mailed to the student.