



2022 AGM & LECTURE MORNING

The Versatility of Vertical Reflexology

DATE Saturday 14th May 2022

ONLINE Via MS Teams

**GUEST
LECTURER**



Lynne Booth, BA(Hons), BRCP, IIR, ART(regd)Hons, FAoR, MFHT.

Lynne discovered Vertical Reflexology Technique (VRT) while working on mobility problems associated with older people. She has subsequently developed and extended this technique to cover all age groups and most conditions. Lynne has run a reflexology clinic at the St Monica Trust, Bristol: a residential care home village, for 25 years. For the past 15 years Lynne has also worked, as a reflexologist, alongside the medical team of a professional Championship football club. She took part in an iBSc research project with a London university medical student in 2016 to investigate the potential uses and efficacy of reflexology in a professional football club.

THEME **The Versatility of Vertical Reflexology**

Lynne will demonstrate VRT hand and foot reflexology. Hopefully there will be scope for a practical session. She will touch on a variety of topics from her courses including working with those living with dementia, older people, oncology situations, sports maintenance for professionals and amateurs, working with children as well as standard advice and ideas for clients. Plus, there will time for questions and answers at the close of the lecture.

If you wish you may see an overview of VRT in a 3-minute video:
<https://www.youtube.com/watch?v=trE648umbGM>

TIMETABLE **10.00am – 10.45am British Reflexology Association AGM**

10.45am – 11am Registration for Lecture

11am – 12.30pm Lecture - An Introduction to VRT

The lecture will be hosted via MS Teams and the details to join will be emailed to you the day before.

COURSE FEE **£15 for members. £20 for non-members**

Please contact the British Reflexology Association by email
bra@britreflex.co.uk or phone Tel: 0333 772 9217 to book your place.

We will require your name, email address and contact telephone number.

Payment of the course fee should be made to:
The British Reflexology Association (Sort Code: 09 01 52; A/c No: 24 66 86 84).

Alternatively, please complete the application form below and send it to:
The British Reflexology Association, 38 South Drive, Warley, Essex CM14 5DJ



THE BRITISH REFLEXOLOGY ASSOCIATION

2022 AGM & LECTURE MORNING - The Versatility of Vertical Reflexology

I wish to apply for the AGM Lecture Morning to be held via MS Teams on Saturday 14th May 2022 and have arranged online payment of my course fee of £15 (BRA members) / £20 (non BRA members).

(Alternatively, please make your cheque payable to The British Reflexology Association and send to the admin office).

NAME

PHONE

EMAIL