

TRISTATE REFLEXOLOGY SPRING WORKSHOP



1 Day Workshop with Avra Blieden
near Buffalo, New York
Saturday, May 19th
TIME: 9:00 - 6:00
PRICE: \$ 175.00
Early Bird until March 1 - \$ 150.00
at the Roycroft Inn
40 South Grove Street
East Aurora, New York 14052
8 ARCB and NCBTM approved CEU's



The Fundamentals of Self-Acupressure
Balance & Replenish



AVRA BLIEDEN, LMT, ARCB, AOBTA is a registered practitioner and teacher with the Jin Shin Do(R) Foundation of Bodymind Acupressure®.

Avra loves to offer her clients both reflexology and acupressure to truly create transformative sessions for them. Her passion is to share this knowledge with other professionals as well as educate the general public about holistic self-care. For more about Avra you can view her website at www.avrasway.massagetherapy.com

DESTINATION WORKSHOP

Earn your CEU's at a destination workshop, a terrific opportunity to learn, relax and discover the beauty of New York.

Start your trip at **Penn-Station in New York City** on one of the loveliest of train rides along the Hudson river, to arrive completely relaxed in Buffalo.

Buffalo is one of New York State's best kept destination secrets - and **Niagara Falls** is less than 20 miles away! The Maid of the Mist under the Niagara Falls is an experience of a lifetime.

A discovery Segway tour through Buffalo, along Frank Lloyd Wright's Darwin Martin House and some original Buffalo wings at the Anchor House, will make this workshop an experience to remember

Syllabus

Includes demonstrations and practical applications throughout

- Explore Jin Shin Do(R), acupressure theory, and the body/mind connection
- Learn a full body self- acupressure routine, which includes the popular neck & shoulder release
- Locate acu-points on the hands and feet, and learn how to integrate these into your practice
- Learn a Qi Gong routine to further connect with the meridian energy flow

REGISTRATION FORM

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL: _____ PHONE(H) _____ (C) _____

TRA MEMBER (Y/N) ARCB CERTIFIED (Y/N)

All checks should be payable to **Tristate Reflexology Association** and be mailed with your filled-out registration form to:
Tristate Reflexology Association
332 Bleecker Street #8G
New York, NY 10014

MEMBERS ONLY "early Bird" - before March 1, 2018, PAY \$ 150.00



NON-MEMBERS and after March 1, 2018 , PAY \$ 175.00:



If paying via PayPal, be sure to email the registration form to vera@footfairy.us

Workshop fees must be paid in full prior to scheduled event. Workshop fees will be refunded only when written notification (email, fax or letter) of withdrawal by the participant from the workshop is received at least one (1) month prior to the date of the event. 50% will be refunded up to thirty (30) days prior to the event. 25% will be refunded up to fourteen days prior to the event. No refunds will be given within the two week period before the event. If for any reason the event is cancelled, either by TRA or the presenter, participants who prepaid will receive a full refund. No-shows are non-refundable. ALL REFUNDS SUBJECT TO A \$25.00 ADMINISTRATION FEE.

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