



Janice Hill Workshops

New Zealand's National Aura Soma Practitioner

Jaycee Room. Founders Park. Nelson

Lymphatic Massage Sat 28th August 9.30 -5pm

The Lymphatic system is a major part of the immune system; **BOOST YOUR IMMUNE SYSTEM** with Reflexology.

The 3 main functions of the lymphatic system are to defend against disease, drain and maintain fluid balance in the tissues and to absorb fats from the intestines and transport them to the blood.

- Reflexology – The lymphatic system and its functions
- Colours and the lymphatic system
- Reflexology lymphatic massage with colour – sequence
- Benefits – cautions

Endocrine Balance Sun 29th August 9am -12.30

The endocrine glands regulate the rhythms of life, the emotions, the drives, and when functioning in harmony they maintain homeostasis, **the state of chemical and emotional balance and active health of the body**. These reflexes will affect moods, energy and the proper functioning of all out other systems. So for optimum health and happiness, work the endocrine system on the feet.

...energy...some see this as light or colours...distributed by the nervous system and endocrine (glandular) system through glands to regulate the other systems of the body.

Massage on the Feet Sun 29th August 1.30 – 4.30pm

Lifetime experience massage on the feet provides an integration in the lifeline. It assists in bringing a new energy from the point of conception through the life to help iron out any problems or difficulties that there may have been during the life. Most of our difficulties occur in early life which set the pattern for our future experiences.

- Works on the physical level affecting the mental, emotional and spiritual levels.
- **Enables the person to let go of events / experiences in a safe and gentle manner** to move forward into a new beginning.



Workshop Prices - Nelson

Reflexology Immune System / Lymphatic Workshop	Full day	\$180.00
Endocrine Balance Workshop	Half Day	\$100.00
Lifetime Experience Massage Workshop	Half Day	\$100.00
Book both half day workshops for price of full day		\$180.00
Book all three workshops and pay		\$330.00

Contact Liz at Nature's Effusion for bookings

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