



Ohio Institute[®]

OF ENERGETIC STUDIES & BODYWORK

Columbus Polarity • Cleveland Polarity

Elemental Reflexology™

Curriculum Overview

Goals:

1. To develop a program to teach the basic Ayurvedic elements (Ether, Air, Fire, Water, & Earth) and their corresponding reflexes.
2. To understand the inner connection of the body, through science of body reflexes.
3. To learn techniques that will work with balancing the reflex elements.
4. To present and learn basic reflex points on the feet which correspond to the Ayurvedic elements.
5. To study the general muscle and bone identification, purposes, and associations to the elements.
6. To be able to assess where tension is being held in the body according to the elemental reflexology information.
7. To reduce stress and promote relaxation and educate individuals on holistic and preventive healthcare.
8. To prepare competent practitioners/educators to understand, implement, and practice elemental reflexology.

Objectives:

1. To learn specific elemental reflex points on the feet and their correlation to the elements.
2. To be able to identify general muscle areas, organ locations, and basic body physiology as related to the elements of life.

3. To learn elemental reflex points on the body that corresponds to the elements on the feet.
4. To learn the basic Polarity triad balance points (3 point holds) for each element: Ether, Air, Fire, Water & Earth on the body.
5. To understand the physical, mental and emotional components of the elements.
6. To learn specific balancing techniques (acupressure/energy points) that will balance the elements and promote relaxation.
7. To identify from elemental reflex points what elements are out of balance.
8. To become proficient in Elemental assessment.
9. To learn foot exercises that will promote balance in walking and foot balance.

Course Outline:

Credit Hours:

100 hours of credit

- A. 60 in-class hours with supervised clinical applications.
- B. 40 home practice session hours

Evaluation:

Competency evaluations
In-class supervision
Monitored practice sessions
Verbal Q & A in class

Structure of Program:

100 hour breakdown

- A. Four 15-hour classes (2 consecutive days)
- B. One weekend every month for four months
- C. 40 home practice sessions (documented and turned in after each level) Recommend 8-12 sessions between classes.
- D. *Overview*
 - 1) 60 in-class hours
 - 2) Supervised in-class clinical sessions
 - 3) 40 home practice sessions

TOTAL: 100 Credit Hours

Course Outline (2 days each part)

Part I:

Orientation, Anatomy I, General Techniques (How to Identify Reflex Points), Overview of Elemental Reflex Charts, History of Ayurveda, Understanding the Elements, History / Science of Reflexology

Specific element / foot exercises

Practice and Practicum Work

Q & A

Concepts of Projection and Reflection and Symmetry and Balance: Energetic Structural Integration™

Part II:

Ether/Air Element Focus:

Review Elemental Reflex Techniques,, For Ether & Air, Location Of Points, Assessing Points, Details Of Ether/Air Elements, Related AnatomyHow To Keep

Intake Logs

Specific Foot Exercises

Basic Body, Ether/Air Polarity Triad Balance

Related Theory

Case Studies / Reading the Feet

Practice and Practicum Work

Q & A

Part III:

Fire Element Focus:

Review Elemental Reflex Techniques For Fire, Location Of Points, Assessing Points, Details Of Fire Element, Related Anatomy

Specific Foot Exercises

Basic Body Fire Polarity Triad Balance

Related Theory

Q & A

Practice and Practicum Work

Case Studies / Reading the Feet

Part IV:

Water and Earth Element Focus:

Review Elemental Reflex Techniques for Water/Earth, Location Of Points, Assessing Points, Details Of Water/Earth Elements, Related Anatomy

Specific Foot Exercises

Ethics / Scope of Practice

Basic Body Water/Earth Polarity Triad Balance

Case Studies / Reading the Feet

Practice and Practicum Work

Q & A

Materials:

Manual of all charts, Energetic Structural Integration Section Study of the Reflexes as in Projection and Reflection and Symmetry & Balance, Anatomy and Related Readings.

Cost of Program:

\$1,600	Tuition and Clinicals <i>(\$200 due at registration \$1,400 may be put on payment plan)</i>
\$ 125	<u>Manuals/materials/charts</u>
\$1,725	Total Program Cost

Application Process: (See School Catalog)

All information as set forth in the Ohio Institute School Catalog will apply to this course, including refund policy and all administrative procedures and student information.

Elemental Reflexology™ is a certification course registered under the State of Ohio Board of Career Colleges & Schools (Reg. # 00-01-1528T)

For more details, please contact:

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