

ASTRO Networks Victoria Inc.

is proud to present

Amanda Williams

to speak on



The History, Health Benefits & Flavours of Reflexology

Amanda has received a Certificate IV in Reflexology from the Australian School of Reflexology and Relaxation and is a member of the Reflexology Association of Australia. She is a Reiki 1 & 2 Master as well as being a Registered Practitioner in Bach Flower Essences, a Thought Field Therapist, and a Master Practitioner of NLP and Hypnotherapy. Amanda has also dabbled in Astrology, Chinese Medicine and Ayurveda.

Reflexology is a very powerful means of keeping the body in equilibrium. When something is too high, like blood pressure, reflexology can bring it down. Reflexology is using authentic anatomical knowledge in combination with skilful handwork, applying deep and light pressure over the complex nerve-ending network of the feet, and is a means of improving the physical and mental wellbeing of the person.

The Evenings' Presentation will Focus on;

- *The History of Reflexology*
- *How Reflexology can Help Certain Medical Conditions.*
- *Different Types of Reflexology.*
- *How Reflexology can Compliment Other Therapies.*
- *Some Common Points that You Can Work on at Home.*

**A Very Fascinating and Informative Evening, Not to be Missed!
See You There!!**

Monday, 13th of February, 2012

7:45 p.m.

Members - \$5.00

Non Members - \$10.00

Balwyn Library, 336 Whitehorse Road, Balwyn

Tea/Coffee/Herbal Tea with Biscuits provided

For more information about this and other ASTRO events contact Sergio or Josephine on
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