

# MOVING THE ENERGY

October 11 -14, 2018

(Arrive Thursday evening, the 11th. Classes are Friday - Sunday)

## ***Intensive hands - on workshop***

**Reflexology** and the principles of **Meridian Therapy**.

<https://www.movingtheenergy.com>

Covered in these 3 days:

- ◆ The Five Elements Theory and flow of the 12 meridians and their acu-points
- ◆ Origins and pathologies of Qi and Blood
- ◆ Chinese Medicine perspective of organ function and dysfunction
- ◆ Wand Reflex Technique - the cement that binds Eastern and Western approaches to Reflexology
- ◆ Eastern perspective on patterns of disease and significance of pain
- ◆ In-depth client assessments and treatment plan practice
- ◆ Practical applications of specialized techniques on hands and feet

Early bird registration until July 31st, 2018 - **\$325** (*plus meals and accommodations*)  
**\$375** after August 1, 2018 (*plus meals and accommodations*)

## **21 CE hours - NCBTMB and ARCB**

Born and raised in Pretoria, South Africa, **Lilian Tibshraeny-Morten** received her certification in Reflexology from the *International Institute of Reflexology* and became the South African Director for the Institute in 1986.

She then went on to establish eleven Reflexology branches in South Africa and has taught in the UK, USA, Europe, Singapore and Kuwait. In 1998 she immigrated to the USA to become the Director of Education for the International Institute of Reflexology in St. Petersburg, Florida. Lilian resigned from this position in December 2001 to start her own company - *JLM Educational Training*.

Lilian is trained in the Advanced A.R.T. Method of Reflexology and is also a Massage Therapist.

In 1994, she completed her training in Acupuncture at the *Acupuncture Training Institute of South Africa* and furthered her studies in China at the *Beijing International Training Center*.

Through this Acupuncture experience, Lilian developed a training program for the **12 Meridians and 5 Elements Workshop**, which she has taught in South Africa, USA, Zimbabwe and the UK.

***This workshop will benefit anyone in the bodywork field.***

Workshop will be held at the beautiful:

**Well Being Retreat Center, Tazewell, TN**

To register for the workshop and to reserve accommodations, go to:  
<https://www.wellbeingretreatcenter.org/moving-energy-oct-2018>

For questions about the workshop, call **Tacy at 828-775-4624**

