



# CRANIO-SACRAL REFLEXOLOGY INTERNATIONAL

...Academy of Excellence

**Cranio-Sacral Foot Reflexology course 10 weekends 542hrs**

**CSR basic protocol: Feb 8-9-10, and March 8-9-10, 2019**

**Or March 6-7-8-9-10-11, 2019**

Offered in English / cost: \$370/ weekends, (total \$1110) for 6 days

“**Cranio-Sacral Reflexologist** can achieve the same result as a cranial osteopath by treating the bones of the feet where the skull and sacrum are reflected at specific point. Cranio-Sacral Reflexologist works to eliminate the underlying source of any dysfunction through reflexology and cranio-sacral techniques, restoring health and vitality, and eliminating the symptoms. “ Dr. Martine Faure-Alderson

**Pre-requisite:** Reflexology certification, Osteopathy, Massage, Chiro, Physiotherapy

**Course Outline for Advanced Level CSR basic 3 weekends (6 days) \$1110**

- Anatomy of the cranium: bones, sutures, and membranes.
- Primary Respiratory Mechanism, Cerebro-Spinal Fluid, flexion and extension of the SBS.
- Endocrine and Central Nervous Systems.
- Position of the spine on the feet, assessment and diagnosis.
- Plexuses and hormones.
- Autonomic Nervous System.
- Cranial nerves, venous sinuses and venous drainage.
- Arterial blood supply to the neck and brain.
- Basic Cranio-Sacral Protocol.
- Specific points for shoulder, hip, elbow and knee.



**Lymphatic Course Outline 2 weekends (4 days) \$740**

- In-Depth Anatomy and Physiology with new foot-charts for lymphatic and the immune systems of the body.
- Embryology of the lymphatic and immune system
- Cell anatomy, blood cells and they functions / roles.
- Occipital region reading
- Innate and adaptive immunity
- Organs of the lymphatic system
- Role and function of the ganglion
- Drainage of the left and the right side of the body (deep and superficial)
- MALT / GALT / BALT
- Hering's law,

- ANS, stress and its effects on the immune system
- Plexuses and the energetic body
- 3 level of man
- Lymphatic protocol

### **Cardiovascular Course Outline     2 weekends (4 Days) \$740**

- Arterial and venous blood circulation in the body
- Venous sinuses and Venous drainage.
- Arterial blood supply to the neck and brain.
- Anatomy of the heart
- Coronary arteries
- Portal circulation in digestion / arteries and veins of the abdominal cavity
- Heart Brain Connection.
- Cardiac coherence and cerebral harmony
- Reticular Alarm System "RAS".
- Stages of Stress.
- Occipital zones and reading of the three diaphragms.
- How the cholesterol converted into steroid hormones
- The three levels of the Brain and their roles
- The Limbic system
- Cardiovascular protocol.

### **Hormonal Course Outline     2 weekends (4 days) \$740**

- The Stress-Factor and its effects on the Endocrine System.
- Intestine or The Second Brain.
- The Brain on the Hand and Feet.
- The Emotional Brain.
- Hormones.
- Sleep Hormones.
- Glands and their treatments.
- DHEA.
- Neuro-Endocrine System.
- Puberty
- Fertility / Infertility.
- Menopause
- Treatment for Menopausal and General Hormonal Problems with Homeopathic Remedies, Aromatherapy oils, plants / herbs and Mineral Salts to achieve homeostasis.
- Hormonal Protocol.

**Review course outline one weekend (2days) \$370**

- Review of each protocol
- Review of the Primary Respiratory Mechanism, Cerebro-Spinal Fluid, flexion and extension of the SBS.
- Review of Lymphatic, Cardiovascular, Endocrine systems, ANS, CNS, PNS. Plexuses
- Preparation of final case studies (2 cases min 15 sessions).
- Preparation for written, oral and practical exam

**Final exam with Dr. Martine Faure Alderson- 2hrs \$112**

30 min written exam 20 multiple choices

30 min preparation of oral presentation

Practical exam – demonstration of the technique, understanding of the chosen case, useful advice,

**Lymphatic protocol: May 2-3-4-5, 2019** cost: \$740 two weekends

**Cardiovascular protocol: July 4-5-6-7, 2019** cost \$ 740 two weekends

**Hormonal protocol: September 19-20-21-22, 2019** cost \$740 two weekends

**Review weekend: to be determinate** cost \$370 / **Final exam: to be determinate** cost \$112

Instructor: Ildiko Zambo Teacher practitioner of Cranio-Sacral Reflexology

**Location: Gallipeau Centre, 36 Queen Street, Smiths Falls, Ont. K7A 0A6**

**For more information or registration please contact:**

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**Suzanne Page 613-986-1077**

**Payments by e-transfer ( use email : izreflex@videotron.ca) per courses one week prior to start date,  
or 10 equal payments of 370\$ on a monthly basis for 10 months. E-transfer or post dated chq.**

**Made out to Ildiko Zambo Thank You!**

**“Reflexology can lead to a true regeneration of the body”**

Dr. Martine Faure Alderson