

“as above so below, as within so without”



Rhythm & Reflex

facial reflexology for introspection and seasonal beauty



helen . black



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About

Reflexology is an art and a science which depicts each person as a microcosm within the macrocosm that is the Universe. This technique recognises that we each embody the Earth's elements and seasons and moreover, that each part of our body reflects the whole of our being.

Facial Reflexology (Dien Chan Zone®) is the only reflexology on the planet which can be applied effectively in complete autonomy by anyone, anywhere, anytime. Treatments are deeply relaxing and the healing possibilities are endless.

A beautiful addition to this practice is the ancient Eastern ritual of Facial Gua Sha which will be combined with the Dien Chan Zone signature beauty massage to offer an exclusive package for Rhythm of Beauty graduates.

Invitation

This course has been designed specifically to train existing Rhythm of Beauty graduates who wish to amplify their understandings of energy healing, face reading and self-care. At the end of Part 1 (3 days training) they will be fully certified to treat members of the public using Dien Chan Zone as *Operators* of the method. Part 2 training will cover the Dien Chan Zone official Beauty Massage and Gua Sha training.

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Course Content

Part 1 :: Dien Chan Zone 'Operator' (16 hours)

The standard Dien Chan Zone Operator course content will be tailored to resonate with Rhythm of Beauty ethos with a specific focus on the 4 seasons throughout.

- The origins and rules of Dien Chan in Vietnam
- The development of Dien Chan Zone® in Italy
- Defining reflexology - multireflexology and the face
- 12 reflex maps (internal and external organs on the face)
- Dien Chan Zone® official protocol
- How to complete the protocol in a therapeutic setting
- Study and practice of exercises to treat 7 systems (respiratory, circulatory, digestive, urinary, reproductive, nervous and endocrine)
- Practice on yourself and peers
- Receive treatment from teacher(s)
- Instructions to find all points covered in course
- Effects and results of all points covered
- Simplified massage of the face
- And more...
- **Rhythm of Beauty exclusive: four maps for the four seasons**

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Part 2 :: Beauty Massage + Facial Gua Sha (9 hours)

- Skeletal facial apparatus
- Muscular facial apparatus
- The skin and its components
- Changes in the three structures of the face (bones, muscles, skin)
- Invasive treatments – how not to treat these structures
- Understanding and treating wrinkles
- Treatment exchanges using Dien Chan Zone 'Beauty Massage' S.I.R.F.A. Method
- History, Remedies, Applications and notes on olive oil

Rhythm & Reflex Bonuses:

- The origins of Facial Gua Sha
- 4 crystals for 4 seasons
- Visualising and intention for specific issues
- Cleansing the tools

Course Includes

- Complete Dien Chan Zone Operator 76 page full colour manual
- Facial Gua Sha handout
- Official double ended instrument
- Certificate of participation (must demonstrate theoretical and practical sufficiency)
- One year's AIRFI Academy membership which includes website listing at dienchanzone.com and FREE revision sessions throughout the year in the private Facebook group

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Teacher

This course will be led by Helen Black the only native English speaker in the world certified to teach Dien Chan Zone® (Italian Facial Reflexology). The lineage of her teachers extends back to Vietnam where facial massage has been used to maintain health for thousands of years. She is a student of traditional medicines and passionate about sharing practical tools for self care to suit modern Western receivers.

Course dates

Part 1 :: 4th - 6th April 2018

Part 2 :: TBC

Investment

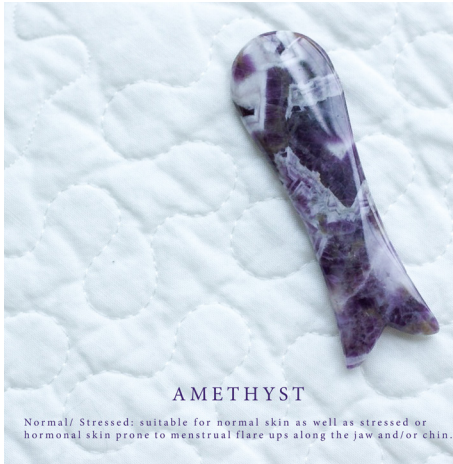
£520 + £40 AIRFI annual membership fee

More information

Visit www.helen.black and www.rhythmofbeauty.co.uk

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retreat

growth

expansion

balance + nourish