

Danceflexology Wellness Workshop

**Created by Linda Googh – Choreographer, Producer
Certified Reflexologist**



The first dance wellness of its kind, I created the Danceflexology Wellness Workshop to address the issues that dancers face throughout their career – blisters, sprains and strains, tendon and ligament injuries, heel problems, numb toes and feet and a faster way to recover from injuries. My “Five Minute Motivator”, through acupressure points on the hands, will show you how to stimulate the pituitary, boost adrenaline and increase the production of endorphins.

TECHNIQUES

- Self-Reflexology For Hands/Feet
- Breathing Exercises
- Tune-Up Cool-Down Techniques
- Foot and Hand Anatomy
- Reflex Points
- Finger And Thumb Techniques



BENEFITS

- Reduce Lactic and Uric Acid
- Reduce Pain And Inflammation
- Relieve Anxiety And Fear Before A Performance
- Increase Energy And Stamina
- Prevent Or Reduce Injuries

**For more information on Package Rates for Competitions, Conferences, Dance Studios
905-727-8605 or Linda@lindagoogh.com or got to my website
www.lgreflexology**