

IT'S ALL in the FEET

Healing the Past, Living the Present!

Presented by

'UNIVERSAL FOOT LADY'

CHRIS STORMER-FRYER

SRN. SCM. HV. Dip R



Sligo Park Hotel

August 16th 2019

The Woodville Reflexology Network is delighted to host a CPD Training Day with Chris Stormer-Fryer, the infamous & internationally popular presenter and author of 8 books affectionately known as the 'Universal Foot Lady'. Chris combines 10 years of medical experience in the UK and the USA with 38 years of giving presentations worldwide using her fertile and innovative mind to create and present a holistic and visionary approach to mind body and soul - keeping pace with the rapid evolvement of humankind.

Being such a vibrant source of energy she has a notorious reputation for innovative presentations. Imparting innate wisdom, universal insights and extensive knowledge and experience of healing and health, she brings body and spirit to life in a meaningful light-hearted manner.

We are blessed to be included in her 2019 programme as she continues to enthusiastically share many Universal Insights into healing & health worldwide.

Chris reveals how detrimental memories play havoc with inner e-motions creating a perplexing turmoil that unbalances the body - making stepping into the present seem beyond reach. Yet being thrown off our feet - losing our footing - when effectively managed offers powerful enriching and sustainable opportunities.

So it is that
Healing the Past and Living the Present
helps us understand why dwelling in the past is far from healthy - preventing us from experiencing 'the gift of now'.

As soon as feet 'step in', the innate under-standing of 'what's a-foot' - along with the realisation that being fully present - is powerful. Life becomes an on-going experience of joyous sensations, intermingled with much needed challenges making sure mind, body and spirit 'stay focused and on their toes'.

You are invited to enjoy this truly inspirational and fascinating presentation - find out how to feel so much better about life and being ourselves !

Cost: Stg£90
CPD: 50 points

Full payment secures a place on this course. Sterling Drafts accepted made payable to 'Chris Stormer-Fryer' and sent to course organiser:

Deirdre Murray
Woodville
Sligo

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Lunch options available at the hotel include
Soup & Sandwich Tea/Coffee €12.50
Main Course Tea/Coffee €15.00