



# Quick News

Volume 16, Issue 1

**MAKE RARI ROAR!**

January 2020



## Greetings From The President

Here we are in the New Year 2020 and a new decade!

This is an opportunity for each one of us to reflect on who we are as reflexologists and how far we have come in our practices. But stopping there would do each and every one of us an injustice. Why? Because we are moving forward bigger and better than ever before in our private practices, in the reflexology world and as members of RARI.

The perfect triumverate. If we want to forge ahead in our private practices, we must embrace a much larger view of our profession as it relates to the world. On that note, I strongly encourage each of you to join a global network of reflexologists on Facebook entitled Love Reflexology or any other one of your choice. Members of this group ask questions about reflexology, share information from their clients and practices, and are very helpful to anyone who posts asking for information and help with specific client issues.

We can also do this on our own RARI Facebook page and I encourage you to read, share and answer questions posed by our members. This not only strengthens our group but supports members needing and wanting the advice only you can give.

We hope to see you at our next membership meeting on February 22, 2020 at 10 am at the Warwick Public Library.

Namaste, Dawn

## RARI has a NEW Website!

<https://www.reflexologyri.com/>

There's still more to be done but we're getting there. Please take a look.

We welcome any ideas, etc. you may have.

Contact: [nbartlett2019@gmail.com](mailto:nbartlett2019@gmail.com)

Check in often for all the latest news, etc....

## Upcoming Activities/Meetings

### Next RARI Quarterly Meeting Warwick Public Library

600 Sandy Lane, Warwick, RI 02889

February 22, 2020 - 10 AM—Noon (details soon)

**DISCOUNT: Attend Meeting and pay only \$165 for Sam Belyea Workshop!**

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### RAA Conference 2020 Portsmouth, New Hampshire

APRIL 24-26, 2020

“Bridging Connections Through Reflexology”

<https://reflexology-usa.org/raa-conference-2020/>

Check their website for details. Don't linger, sign up for a wonderful weekend — nearby. One you can drive to!

**Other members of RARI have already signed up for the early bird price of \$425. Please JOIN US!**

**Early Bird DEADLINE: January 31st, 2020 DO IT NOW!!**

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### Sam Belyea workshop



**Internationally Acclaimed  
Foot Reader, Dual-Nationally  
Certified Reflexologist,  
Author, Teacher**

**Date:** June 6, 2020

**Place:** URI **Cost:** \$177.00

**See above—DISCOUNT**

**Time:** Full day – arrival TBD

**Website:** [www.footwhisperer.com](http://www.footwhisperer.com) (other details coming soon)

Contact: Nancy Bartlett, 401-568-6449 send check to: Dana Moriarty, 486 Carolina Back Rd, Charlestown, RI 02813. (PAYPAL on our website will also be available soon.)

**Sam Belyea - a leading Foot Reading expert, speaker, & Reflexology instructor who built his brand decoding the messages found in the feet.**

# **NEW REFLEXOLOGY DEFINITION**

(Approved by RAA, ARCB, NCRE)

***Reflexology, an Integrative health practice, maps a reflection of the body predominately on the feet, hands, and outer ears. It uses unique manual techniques to deliver pressure to neural pathways assisting the body to function optimally.***

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## **3 Exercises That Help To Save My Reflexology Practice**

In this video, Adam Thomas (Canada) shares three exercises that work your neck, shoulders, arms, and hands to keep in good shape for reflexology. If these areas are in pain and not flexible, it can be a challenge when you have a busy day of clients.

These are very easy and very effective movements that he learned from Qigong.

<https://balancingtouch.ca/3-exercises-that-help-save-my-reflexology-practice/>

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## ***Important Websites for help and information***

[www.reflexologyri.com](http://www.reflexologyri.com)—Reflexology Association of R.I.

[www.RIHHA.org](http://www.RIHHA.org) - R.I. Holistic Healing Association

[www.r Wellnessguide.com](http://www.r Wellnessguide.com)—Free Listing of your business

[www.reflexology-usa.org](http://www.reflexology-usa.org) - Reflexology Association of America

[www.arcb.net](http://www.arcb.net)—American Reflexology Certification Board

[ICR-reflexology.org](http://ICR-reflexology.org)—International Council of Reflexology



## **FLASHBACK**

Workshop with Bill Flocco

Integrated Ear, Hands,  
Feet Workshop in  
November 2012