



Quick News

Volume 17, Issue 1

MAKE RARI ROAR!

January 1, 2021



Happy New Year!!!

Greetings From our President

Hello Everyone,

As we make our journeys both individual and collective, from 2020 to 2021, we can reflect upon the impact this extraordinary year has made upon us, our families and our friends. It has been a challenge to remain optimistic and hopeful when our lives and our economy has been curtailed in a way most of us have not experienced. Yet here we are, continuing to breathe life into our lives, our work and our world to make it a better place.

We contribute to the world with our profession, which is a helping one. One that helps others heal, find relaxation, peace and relief from pain and stress. We should shout from the rooftops how very valuable we are in what we do and always promote the benefits of reflexology. Many say they are not good at self-promotion and I can say the same thing. However, if we promote reflexology, self-promotion takes care of itself. When a client comes for the first time and they feel relief on some level, you have successfully promoted reflexology and yourself as the provider. Keep up the good work, stay on point, and you will find you have as much business as you want because satisfied clients will refer their friends and families.

As we look forward to 2021, the Board has initiated phone calls to members to find out what your expectations are from membership, whether we are meeting those expectations, what we could do differently, how you could contribute to RARI without being overwhelmed and how you are doing on both a personal and business level. As I write this, the calls are still being made and we will have some results during the next Zoom membership meeting on January 14, 2021 from 6:30 to 8:00 pm. See the announcements for details on how to attend.

Namaste, *Dawn*

RARI Member Meeting

Thursday, January 14, 2021

via Zoom 6:30-8:00PM

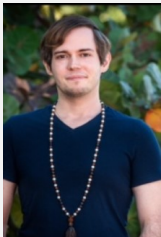
Meeting ID: 771 668 3563

Password: 6efri

Sam Belyea Continuing Education Class

Tuesday, March 23, 2021 via Zoom 7:00-9:00PM Eastern Time

The Chakras in Reflexology:



- Summary of the seven centers of the energy system
- Chakras applied to the traditional foot map
- Discuss techniques on how to move the energy between centers
- Overview of the elements as indicators of energetic dysfunction
- 2 CEU's

Sign Up:

Send check for \$30, made out to RARI.

PLEASE include your NAME, EMAIL and a PHONE number where you can be reached.

Send to:

Dana Moriarty, RARI Treasurer

486 Carolina Back Road, Charlestown, RI 02813

Beautifulife.dm@gmail.com; Telephone: 401-206-7284

**A week before the Workshop, you will be sent the PW
and ID for Sam's Class via email.**

RARI Legislation Committee

Upcoming meeting early 2021 via Zoom. Members welcome!!

If you are interested please contact:

Barbara Hodson at bheavey-hodson@cox.net

Special Thank You to Nancy Bartlett

Nancy has served RARI since it started! In fact, it started around her kitchen table. Her member number is 1!

Nancy has served as a Board member, a teacher, a mentor and an outstanding woman who puts others first. She has always championed Reflexology as a discipline to be recognized and respected. Her contributions are numerous. She considers herself “retired” but is still sharing her knowledge and insights with our Association. And, she still does the RARI Newsletter. Please join us in thanking Nancy for her long and dedicated service.

RARI Board Members

Dawn Franceschini, President - Tel: 401-241-8093 - franceschini.dawn@gmail.com,

Geri Marandola, Vice President - Tel: 401-524-0333 - geri007@verizon.net

Dana Moriarty, Treasurer - Tel: 401-206-7284 - Beautifulife.dm@gmail.com

Barbara Hodson, Secretary - Tel: 508-954-7475 - Bheavey-hodson@cox.net

Dee D’Atri—Director - Tel: 401-332-9433 - Darlindatri@gmail.com

If you have questions, comments or ideas, we would like to hear from you. Our members are our greatest asset.

Reflexology Association of Connecticut (RACT)

Congratulations to our Reflexology colleagues in CT! RACT has reformed and is currently recruiting new and former members. The Association has been meeting monthly since September 2020 via Zoom. They are off to a great start! If you have any questions, want to join RACT or know someone who may be interested please contact a member of the RACT Board of Directors:

Melissa Whited, President nrgyhlr17@gmail.com

Neily Snide, V. President, neily@snet.net

Heather Smith, Treas. heather.reflexologist@yahoo.com

Virginia Barbee, Sec. vb1@att.net

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

Important Websites/Links for help and information

www.reflexologyri.com - Reflexology Association of R.I.

[Facebook](#) - Reflexology Association of Rhode Island

www.RIHHA.org - R.I. Holistic Healing Association

www.rivellnessguide.com - Free Listing of your business

www.reflexology-usa.org - Reflexology Association of America

www.arcb.net - American Reflexology Certification Board

www.reflexedu.org - National Council for Reflexology Educators

ICR-reflexology.org - International Council of Reflexology