
Mastering The Art Of Foot Reflexology

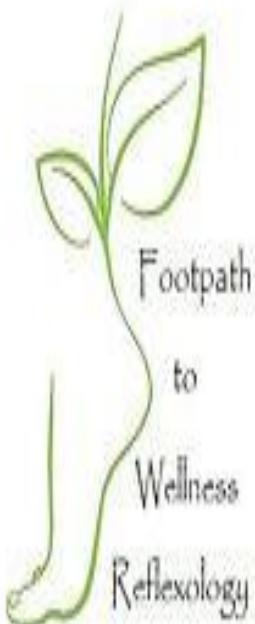




Course Outline

- The Wellness Lifestyle
- Introduction To Reflexology
- Anatomy & Bio-Mechanics Of The Foot
- Disorders Of The Foot
- Anatomy Of The Human Body
- Advanced Reflexology
- Reflexology Treatments & Techniques with Step-By-Step Instructions

Welcome To Your



Welcome To Mastering The Art Of Foot Reflexology

Reflexology is one of the most popular alternative therapies. It reduces stress and promotes relaxation and well-being.

What is Reflexology?

Reflexologists use hand and foot massage to alleviate stress and promote well-being.

Different areas of the foot are connected to other organs of the body, and with reflexology- you can have a positive effect on other areas of the body by stimulating the corresponding reflex point. This is a popular alternative therapy with many reflexologists working in an existing salon, wellness center or starting their own business.

What Makes A Good Reflexologist?

A **reflexologist** should: Be a **good** communicator, able to explain treatments to clients and ask appropriate questions. Have **good** listening skills. Be comfortable touching people's feet.

Master The Art Of Reflexology!

This course will take you on a wellness journey that will improve your personal wellness lifestyle as well as equip you to professionally help others improve their overall wellbeing and perform natural body healing treatments through Foot Reflexology. This Training creates a world of opportunities whether you are enhancing your skills, adding to your services menu or you plan on making Reflexology your sole profession.

Being a Reflexologist not only provides a good earning opportunity, but It gives you a sense of purpose and satisfaction knowing that you can help improve the health and wellbeing of others.

Are You Ready For This Journey?



Starting Questions

“
You are never too old to set another goal or to dream a new dream.

-C. S. Lewis

Training Dates

Saturdays
8:00 –10:00am AST
1:00 – 3:00pm WAT

Duration

12 Weeks
Jan 03rd - Mar 28th 2025

Registration Deadline:
Dec 27th

FREE Training Orientation

Dec 04, 11, 18 & 27 2025: 11am AST | 4pm WAT

Cost

\$4500 TTD | ₦250,000

Founders Special
\$3500 TTD | ₦200,000
(Valid Until Dec. 30th 2025)

- Why are you interested in this training course?
- By the end of this course, what are you hoping to achieve?
- What do you plan to do with the skills you obtain when you have completed this course?

These questions are aimed to keep you on track with your goals, you can use them to reflect back when building on your goals and completing your Professional Diploma in Reflexology. I am so excited to have you as part of our course and cannot wait to share this journey with you. Enjoy every moment of your course and enjoy the wellness journey you are about to embarking on!

CYCLE 4 PAYMENT PLAN

January 03rd – March 28th 2026

At the institute Of Advanced Foot Care we are committed to providing accessible, affordable foot care training across the Caribbean and West Africa, and as such we have created an easy 6-Month Payment plan, for this training cycle we are offering a Founders Discount in celebration of our C.E.O's Birthday.

Founders Special

\$3500 TTD | ₦200,000

PAYMENT PLAN

Registration: \$500TTD | ₦50,000

6-Month Payment Plan

01st January: \$500TTD | ₦25,000

01st February: \$500TTD | ₦25,000

01st March: \$500TTD | ₦25,000

01st April: \$500TTD | ₦25,000

01st May: \$500TTD | ₦25,000

01st June: \$500TTD | ₦25,000

FULL PAYMENT MUST BE MADE BEFORE CERTIFICATION IS AWARDED

Please ensure that the student is aware of the following:

- Training Fees are non-refundable
- Class Attendance Is Mandatory
- **Cell phones must be shut off or on silent during class times**

This training is designed to take you to the next level of foot massaging.

The marking scheme for this course is as follows:

- Final Case Study Essay – 50% of final mark
- Final Quiz Assessments – 25% of final mark
- Class participation, punctuality, professionalism, business etiquette and communication – 25% of final mark. (this also applies to online sessions).

The Final Case Study Essay MUST be submitted on or before

June 27th 2026. (3 months after training to complete case study)

This 500-word essay must be based on actual treatments performed on
yourself or a client.

(Marks will be deducted for late submissions.)

The Finial Quiz Assessment will be a 25-question quiz that will be given on
March 28th

(further details will be given as we gets to the end of the training)

***Students must Submit their Case Study Essay and achieve
passing grades of 80% on their Final Assessment to receive
Certification.***

CYCLE 4 TRAINING DATES

Training Orientation Workshop (FREE)

Dec 04, 11, 18 & 27 2025: 11am AST | 4pm WAT

LESSON 1:- Saturday 3rd January 2026

The Wellness Lifestyle

LESSON 2:- Saturday 10th January 2026

Introduction To Reflexology

LESSON 3:- Saturday 17th January 2026

Anatomy & Bio-Mechanics Of The Foot

LESSON 4:- Saturday 24th January 2026

Disorders Of The Foot

LESSON 5:- Saturday 31st January 2026

Anatomy Of The Human Body

LESSON 6:- Saturday 07th February 2026

Anatomy Of The Human Body

CYCLE 4 TRAINING DATES

LESSON 7:- Saturday 14th February 2026

Reflexology Treatments & Techniques with Step-By-Step Instructions

LESSON 8:- Saturday 21st February 2026

At Home Practical Day 1

LESSON 9:- Saturday 28th February 2026

At Home Practical Day 2

3-DAY IN-PERSON PRACTICAL

Lesson 10: Saturday 07th March 2026

Lesson 11: Saturday 14th March 2026

Lesson 12: Saturday 21st March 2026

Final Theory Exams

Saturday 28th January 2026

Business Breakthrough Training

Wednesday April 16th - June 24th 2026

Case Study Due Date: June 27th 2026

Registration Instructions

Step 1

Fill Out Registration Form:

[Mastering The Art Of Foot Reflexology Registration Form](#)

Step 2

Choose Your Payment Option

- You can pay online using the available options
- If you're in **Trinidad & Tobago or Nigeria** and prefer **Direct Bank Transfer**, simply WhatsApp the team through the contact info on the page to receive banking details

Step 3

Upon Registration you will be added to our WhatsApp support group as well as our online learning platform where you have immediate access to your Reflexology Starter Pak

NB: ALL FEES ARE DUE BY THE 01ST OF EVERY MONTH NON-PAYMENT CAN RESULT IN PERSONS NOT BEING ABLE TO ACCESS THE LIVE CLASSES & LEARNING PLATFORM UNTIL PAYMENT IS RECEIVED

If you have any questions or need support, I'm here—fully present and ready to walk this path with you.

Warm Regards,

Wendy-Ann Pompey

Foot Care Educator | Multi-Certified Life Coach

www.instituteofadvancedfootcare.com

[Mastering The Art Of Foot Reflexology](#)