

How to learn the FRT Relaxation Routine

Discover the nurturing touch of the FRT Rainbow Relaxation Routine through hands-on workshops led by fully qualified reflexologists. Learn relaxation techniques for hands-only, feet-only, or both, with tailored options and some flexible timings to suit your preferences.

About the FRT workshop

What to expect from the workshop.

- A friendly and informative experience.
- Confidence to deliver your new skills
- Handouts to support your learning.
- Usually, 2½ hours per session is required if you are learning both the hands and feet, focusing on one modality per session. But timings may be adjusted by the workshop instructor.
- Learning hands-only or feet-only will change the length of the session, discuss timings and details with your instructor.
- An FRT drawstring bag may be included or available for purchase.

Please note that by attending a FRT workshop you will learn how to apply the basic routines demonstrated by a qualified reflexologist for the benefit of you and your family.

The workshop is not part of any recognised reflexology training course. It does not give you a qualification and FRT respectfully asks that you do not try to teach others.

“A very enjoyable informative workshop”

FRT international contact details

Lorraine Senior B.Ed (Hons) MAR



www.functionalreflextherapy.co.uk

Workshops in your area

For details of the FRT workshops held in your area please see the contact details below:

[Reflexology To Rebalance](#)

[07590964868](tel:07590964868)

esther@reflexologytorebalance.co.uk

Please ensure the workshop provider is a reflexologist, professionally qualified and a member of the FRT Network.



Workshops Empowering Parents, Carers & Family Members with -

Nurturing touch, supporting emotional & mental wellbeing.

Embracing all ages, anxiety levels, & diverse needs with care & respect.

www.functionalreflextherapy.co.uk

Relaxation for home at a time convenient for you

A word about reflexology

A non-intrusive, complementary health therapy based on the principle that there are reflex areas in the feet, hands, ears or face. It is believed that these areas correspond to the organs and parts of the body. By the application of pressure to these areas, a reflexologist* seeks to support the wellbeing of individuals.

**It should be noted that therapists do not claim to cure, diagnose or prescribe. Reflexology is a very individual treatment to which each person may respond differently.*

A brief history of FRT

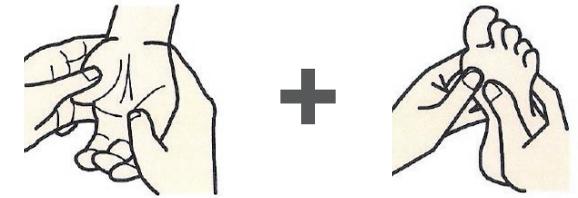
Functional Reflex Therapy (FRT) was developed by Lorraine Senior, a UK based reflexologist who, as a teacher for over 20 years, supported children with Special Educational Needs and Disabilities (SEND), and their families.

Over a number of years Lorraine delivered regular reflexology as timetabled therapy in the education system, in residential environments, and for a local children's charity. She was encouraged with the results of her research and completed case studies (unpublished), observations and feedback from receivers, parents and staff to create Functional Reflex Therapy in 2012.

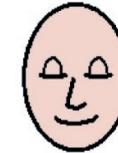
The FRT Rainbow Relaxation Routine

The routine combines easy-to-learn reflexology techniques, empowering caregivers with positive touch skills to promote calmness and relaxation for children and adults, delivered at a time that suits you.

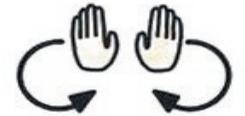
A unique feature is the rainbow mat, which guides each movement and may offer reassurance to those receiving the therapy. Additionally, objects of reference, symbols, or photographs can be incorporated into the FRT toolkit promoting more meaningful communication and fun.



hand and foot



relaxation



routine

Why use FRT?

Receiving FRT regularly may encourage the release of the happy chemicals throughout the body which may;

- induce relaxation
- help improve mood
- reduce anxiety
- support wellbeing
- encourage the receiver to be more receptive
- encourage social interaction
- have a positive effect on the issues that affect individuals and people around them in many areas of their everyday lives.

The FRT 'Tool Kit'

The Functional Reflex Therapy drawstring bag.

"Gives the receiver some responsibility for the session to ask for, prepare and tidy away. Use it as an object of reference, to keep resources and equipment together and have some fun"



Relaxing and nurturing for both the giver and receiver