

## WFWP South London's International Women's Day-Empowering Women

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March 19, 2015



International Women's Day 2015  
Organised by Women's Federation for World Peace - South London

The United Nations theme for this year is: 'Empowering Women and Empowering Humanity'

Annie Robertson gave an interesting talk on Reflexology to forty participants on Thursday 19th of March.

Annie explained the importance of Reflexology using large Charts.

Reflexology provides a specific method of working to diagnose problems and stimulate health in the whole body. It is based on the principle that the body can be divided into ten vertical zones, each corresponding to an area of the foot, so that the feet are in effect a map of the body.

Reflexology can be an effective way of alleviating pain and helping to restore the body's natural balance and well-being. Modern reflexology offers tremendous health benefits; it reduces stress, improves circulation, cleanses the body of impurities and toxins, and can revitalise energy levels. Annie gave Reflexology massage to one of the participants, explaining in detail how areas of the foot are connected to

organs of the body.

