

WFWP South London, UK hosts a Reflexology Demonstration

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Mrs. Marsha Andes, a professional Reflexologist, gave a talk on how a complementary therapy like Reflexology can help solve many of our difficulties that we are facing today. With ever increasing levels of stress in our day-to-day life, it is important to recognise and alleviate the detrimental effects.

Reflexology helps us to relax, and improves physical and emotional wellbeing. The theory of Reflexology is that different points of the feet all correspond to different organs of the body. Reflexologists use their thumbs to apply pressure to these reflex points which, in turn, positively affect the organs of the body.

Following on from Marsha's very informative presentation with leaflets and drawings showing the reflex points, there was a 5 minutes of practical demonstration on each of the attendees. We were all very relaxed afterwards.

Marsha also gave an example of her own situation a few years ago; she had problems conceiving her first baby, but after a few sessions of Reflexology she became pregnant and now has 4 healthy children.

When she finished the practical demonstration, tasty refreshments were laid out for all participants who took the opportunity to chat with each other, form new friendships and deepen existing ones. The meeting ended with the feeling that we were an extended family, with respect, love and care for everyone.

Reported by Dolores Read
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