

Reflexology

A specific bodywork technique of stroking or applying pressure to one part of the body in order to effect changes in another part of the body, relax muscles, and stimulate the body's own natural ability to heal itself.

NANAIMO

Chiquita Hessels 250-753-5656 *ad pg. 21*

Energy All Around Anna Christine Doehring
250-756-2235 *ad pg. 4*

PARKSVILLE

The HEALED Soul

Denise Smekal (B.S.W., R.A.C. certified)
Drop in Saturdays or by appointment
250-468-9654 250-751-9654
dsmek@bcsupernet.com
c/o Soothing Your Soles at
Heritage Park Mall south of Parksville

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Pat MacDonald 1927 Broughton Blvd
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VICTORIA

Alison Rippin Reflexology Alison Rippin,
R.Ac. Certified www.victoriareflexology.com
250-727-3199

Reflexology Training

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Touchpoint Institute of Reflexology &
Kinesthetics Yvette Eastman 1-800-211-3533
604-936-3227 *ad pg. 22*

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Pacific Institute of Reflexology

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535 W. 10th Ave. chriss Shirley@pacificreflexology.com
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Linda Baril 250-703-9520 *ad pg. 23*

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Reflexology Training - Pawspoint for Animals

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Reiki

Reiki is the transmission of energy by a light
touch; gentle placing of hands in specific
positions on the body. Reiki can be used for
mental, emotional, physical or spiritual
balancing.

COURTENAY

Rainbow Healings Rita Burrows 250-338-
2674, 250-898-1192 burrowsr@shaw.ca

NANAIMO

Lin Suffron 250-753-5656 *ad pg. 21*

Heartbody and Soul Healing Centre
* Reiki treatments and classes for Children and
Adults * Michelle Ross heart@netscape.ca
250-619-7962 *ad pg. 12*

Island Reiki and Relaxation Center
* Treatments and Training * Nancy Hedberg
islandreiki@pacificcoast.net
250-716-3442 *ad pg. 28*

PARKSVILLE

The Healed Soul Denise Smekal 250-468-
9654, 250-751-9654 dsmek@bcsupernet.com

PORT MCNEILL

Pat MacDonald 1927 Broughton Blvd
250-956-3546

Reiki Master Teacher - Usui & Karuna

COBBLE HILL

Reiki Wellness 250-743-1733 #39-1400
Cowichan Bay Rd. *ad pg. 8*

SHAWNIGAN LAKE

Cathy Simons www.crystalclearreiki.com
* Teaching Adults, Teens and Children *
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Reiki Visions

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Mikeoula 250-802-3411 *ad pg. 22*



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Reflexology Training Reflexology Assoc. of Canada (RAC) Foot Reflexology Certification



For 2006/07 Scheduling of
Foot, Hand & Ear Reflexology
Training in Victoria, Nanaimo
and the Comox Valley

Call: Linda Baril
Practitioner/Instructor
250-703-9520 l.baril@shaw.ca