



MATERNITY REFLEXOLOGY TRAINING PROGRAM

The Kruchik Method
with Mauricio (Moshe) Kruchik

Combining Online training with Practical Hands-On classroom classes

ONLINE CLASSES SCHEDULE

Part I - Reflexology in Preconception and Fertility

All classes start at 09:30 AM, U.S. Pacific time and finish at 11:30 AM

Class	Date	Program	Description of class	Practical aspects
1	Sunday 3 rd November	<p>Introduction to the course Reflexology in Preconception Subjects to consider while planning to get pregnant. How can Reflexology help. Building a course of treatment.</p>	<p>Through this class, we can be aware of how many things a couple must know before getting pregnant in order to guarantee minimum of risks and enjoy wonderful quality of life during pregnancy.</p>	<p>Building a course of treatment.</p>
2	Sunday 10 th November	<p>Reflexology in Fertility Overview What statistics say about fertility and infertility.</p> <p>Female Fertility</p> <p>Dispelling myths about infertility: does the clock really stop at 35...?</p> <p>Studying the different conditions that can harm fertility: 1) PCOS – Poli Cystic Ovaries Syndrome 2) Tubal Occlusion 3) Renal and hepatic ailments</p>	<p>We start studying fertility and what can Reflexology do to boost the couple's possibilities while attempting to conceive.</p> <p>In order to do this appropriately, we must be pragmatic, learn, analyze and understand all the specific problems a couple can go through these ailments.</p>	<p>Video: showing techniques for the treatment of the specific ailments.</p>
				<p>The body-mind connection</p>
3	Sunday 17 th November	<p>Female fertility</p> <p>Studying the different conditions that can harm fertility: 4) Amenorrhea 5) Assisted fertility > What to do? 6) Endometriosis</p>	<p>We continue studying the most common conditions that harm the process of TTC (Trying To Conceive).</p>	<p>VIDEO Showing techniques for the treatment of specific ailments</p>
				<p>Discussion: The body-mind connection</p>



4	Sunday 8 th December	<p>Male Fertility</p> <p>Possible reasons for the alarming statistics in Male Infertility.</p> <p>Studying the different conditions that can harm male fertility:</p> <p>7) Varicocele 8) Oligospermia 9) Prostatitis</p> <p>How can Reflexology help?</p>	<p>We focus on male infertility, analyzing the non pathologic factors that can cause it or aggravate it, i.e: addictions, stress, diet, environmental factors and the pathologies recognized as hazards to male fertility.</p>	<p>VIDEO</p> <p>Showing techniques for the treatment of specific ailments</p>
		<p>Discussion: The body-mind connection and the non pathological factors.</p>		
5	<p>Sunday 5th January 2014</p> <p>(Longer session: 3 hours)</p>	<p>The Endocrine Axis Technique: for the evaluation and interpretation of body-mind background.</p> <p>The Parabola Technique: for the transformation of distress and anxiety into peace of mind and happiness.</p>	<p>A simple, practical but yet revolutionary technique developed with the aim of helping understand unexplained infertility.</p> <p>A unique technique for the transformation of the being, helping to get rid of distress and anxiety, transforming them into a positive feeling of freedom and optimism.</p>	<p>VIDEO</p> <p>Demonstration of the Endocrine Axis Technique and interpretation of results</p> <p>Demonstration of the Parabola Technique</p>



Part II - Reflexology in Pregnancy

All classes start at 09:30 AM, U.S. Pacific time and finish at 11:30 AM

6	Sunday 12 th January 2014	<p>Reflexology in Pregnancy</p> <p>Reflexology in Pregnancy: a safe therapy from Day 1.</p> <p>Hormonal, anatomical and physiological changes in pregnancy.</p> <p>Myth busters: <i>1) are there reflexes to avoid in pregnancy? Do they really exist?</i> <i>2) is it possible to "over stimulate"...?</i> <i>3) is it possible to provoke contractions during pregnancy using Reflexology?</i></p> <p>How to plan the correct course of treatment at every stage of pregnancy.</p> <p>Presenting and working with The Maternity Reflexology Planner ®:</p> <p>How does it work. Tools to identify, prevent and treat symptoms and conditions that might appear during pregnancy.</p>	<p>We step into the world of Reflexology in Pregnancy.</p> <p>Probably one of the most controversial fields in Reflexology.</p> <p>This first class aims to clarify what exactly Reflexology can offer during pregnancy, dispelling baseless myths and helping to build necessary self-confidence in the therapist.</p>	<p>Understanding Reflexology as a SAFE THERAPY in Pregnancy from day ONE.</p>
7	Sunday 19 th January 2014	<p>Practical applications and techniques for description of the following symptoms:</p> <ol style="list-style-type: none"> 1) Morning Sickness 2) Constipation 3) Anemia 4) Hyperemesis Gravidarum 	<p>How do we build a course of treatment and what are the factors that we must consider while treating conditions during pregnancy?</p>	<p>VIDEO</p> <p>Showing specific techniques for the treatment of these conditions.</p>
8	Sunday 26 th January 2014	<p>Practical applications and techniques for description of the following symptoms:</p> <ol style="list-style-type: none"> 5) Fatigue 6) Anxiety and Distress 7) Changes in Appetite 8) Back pain and sciatica 9) Symphysis Pubis Dysfunction 10) Heartburn 	<p>Continuation: How do we build a course of treatment and what are the factors that we must consider while treating conditions during pregnancy?</p>	<p>VIDEO</p> <p>Showing specific techniques for the treatment of these conditions</p>



9	Sunday 2 nd February 2014	<p>Swelling processes in Pregnancy.</p> <p>Practical applications and techniques for description of the following symptoms:</p> <ul style="list-style-type: none"> 11) Edema 12) Hemorrhoids 13) Carpal Tunnel Syndrome 14) Vulvar Varices 	Continuation: How do we build a course of treatment and what are the factors that we must consider while treating conditions during pregnancy?	VIDEO Showing specific techniques for the treatment of these conditions
10	Sunday 9 th , February 2014	<p>Complications in pregnancy and the Reflexology help.</p> <p>Dos and don'ts</p> <ul style="list-style-type: none"> 15) Gestational Diabetes 16) Headaches 17) Infections of the Urinary Tract 18) Dizziness, Vomiting and Diarrhea 19) PIH (Pregnancy Induced Hypertension), Pre Eclampsia, Placenta Previa 	<p>Reflexology is a safe therapy during pregnancy.</p> <p>However, there are some conditions that might be difficult to handle and treat properly without caregiver's green light.</p> <p>An important class where we focus on dos and don'ts and discuss the origin and the treatment of these conditions.</p>	INFORMATIVE SESSION.

HANDS-ON CLASS SCHEDULE

<p>Saturday 22nd and Sunday 23rd, February 2014 San Jose, California</p> <p>Venue: Affordable Chiropractic Sunnyvale, CA</p>	<p>Practice of techniques</p> <hr/> <p>Practice with couples trying to conceive (depending on availability) Practice with pregnant women (depending on availability)</p>
<p>Saturday 1st and Sunday 2nd, March 2014 San Jose, California</p> <p>ONLY IF REGISTRATION SUPPORTS IT</p> <p>Venue: Affordable Chiropractic Sunnyvale, CA</p>	<p>Practice of techniques</p> <hr/> <p>Practice with couples trying to conceive (depending on availability) Practice with pregnant women (depending on availability)</p>

COURSE MANUALS

Will be provided by tutor week by week in PDF format before class, sent to attendant's email address.



REGISTRATION - METHOD OF PAYMENT

Cost of the whole course: U\$S 750, payable in three installments * (see plan)
 Early registration cost: U\$S 690 * (paid in full in a single payment with Credit Card or Paypal)

Note: **The course counts 39 hours. This makes less than U\$S 20 every hour of tuition.**

PAYMENT PLAN

INSTALLMENTS: U\$S 750			DISCOUNTED PRICE: U\$S 690 ONLY!	
1 st payment	Prior to Nov. 3 rd , 2013	U\$S 350	Method of payment	Credit Card: Visa, Mastercard, American Express
2 nd payment	Prior to Dec. 8 th	U\$S 200		PayPal
3 rd payment	Prior to Jan. 19 th , 2014	U\$S 200		Please send payment to isreflex@gmail.com
Payments will be charged using credit card only. Credit cards available: Visa, Mastercard, American Express				