



*Linda Googh  
Certified Reflexologist  
Feet and Hands*

After a long career, as a professional dancer choreographer and special event producer for over 30 years. I suffered a life changing injury to both of my feet.

I found Reflexology to be an amazing recovery treatment bringing my feet back to their optimal performance level. The greater care you give your feet, the longer they are able to do their job.

***For an appointment or house call phone 905-727-8605  
or please visit my web site [www.lgreflexology.com](http://www.lgreflexology.com)***



*The Art  
Of  
Healing*



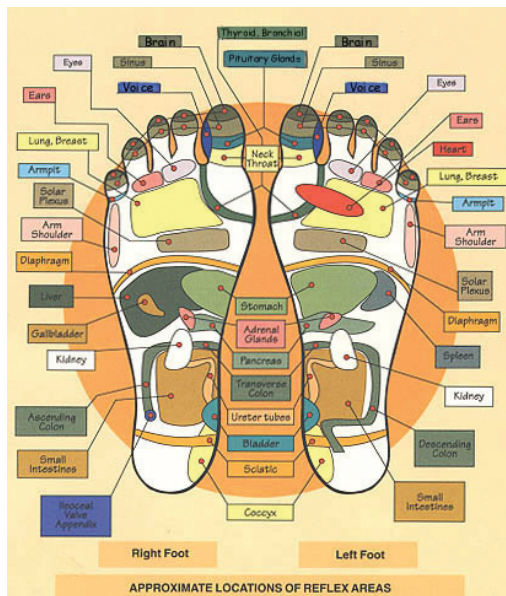
## Some of the many benefits of Reflexology

- Reduces stress
- Improves circulation
- Aids in the removal of toxins
- Encourages the immune system to work at it's optimum level
- Promotes whole wellness

More and more people are turning to Reflexology to alleviate symptoms of chronic pain, stress and medical disorders. Reflexology therapy has been shown to be an effective treatment for innumerable health issues, ranging from headaches and insomnia to high blood pressure and PMS. Reflexology is an amazing holistic art.

Conditions that may benefit from Reflexology

- Allergies
- Arthritis
- Diabetes
- Menopause
- Insomnia
- Asthma
- Depression
- Colds
- Fatigue
- Thyroid disorders
- Prostrate problems
- High or low blood pressure
- Water retention
- And much more



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## Clinic's and Workshops

### Fixing Your Feet

An interactive foot maintenance and self reflexology clinic for Dancers and Athletic Professionals.  
*Group bookings available.*

### Mom and Baby Reflexology

An interactive workshop with Mom's and Babies.  
Learn how to relieve babies discomfort from, congestion, colic, teething constipation and more. *Private, Semi private or group bookings.*

### Dance Wellness

Customized workshops for all ages includes self reflexology warm ups and cool downs, stretch and strength to balance the body and a series of choreographed combinations that focus on breathing techniques.  
*Group bookings available.*  
*For more information or to book a clinic or workshop call 905-7278605*

### Danceflexology

The most unique educational dance wellness workshop of it's kind. Created and Developed by dancer Choreographer /Reflexologist Linda Googh.  
Customized workshops for all levels include, dance combinations that focus on the body as a dynamic energy system. Movements and breathing techniques address , inflammation, congestion, and tension as well as an overall understanding of feet as a mirror to the body. Self reflexology as a warm up and cool down is co-ordinated with stretch and strength to balance the body. Enhance your students education with Danceflexology.  
*Group bookings available For more information or to book a clinic or workshop call 905-7278605.*

## Testimonials

### Laurie Meddings Nature's Emporium

... Wow, the foot Reflexology treatment was like a tune up for my mind and body! What an effective way to overcome tension and stress ... thanks Linda

### Gary Lubin Canadian Olympic

**Jumps Coach** ... Linda , what can I say my body responds so well to the holistic healing touch used in your treatments. As someone with a musculo-skeletal disorder I was very impressed with your knowledge and accuracy when reflexing my feet. My athletes are still raving about your workshop!

### Arch Bishop Dorian Baxter ... Linda

I had no idea what to expect ... the reflexology treatment was indeed a heavenly experience I had not been this relaxed in years. God bless.

### Adam Raitz ... due to my diabetes my

feet are often numb . The improvement in my circulation following the sessions were not to be believed. Regular reflexology treatments have for me been a life saver.

