

國際若石健康研究院 (馬來西亞)

RWO SHUR HEALTH INSTITUTE INTERNATIONAL (Malaysia)

From: Mrs Geraldine Tay

(Dr Goh Sim Ngan)

Dear Foot Reflexology Friends,

I have been involved in the promotion, training and clinical hands-on practice of Rwo Shur Foot Reflexology since 1982.

Through the years I have developed a very unique and effective foot reflexology system.

As I am getting on in years, I would like to pass on my unique skills in this field which are well regarded and have been recognised internationally.

I have come out with the Rwo Shur Foot Reflexology Transfer Scheme.

I would like to invite you to join this scheme.

With this scheme:

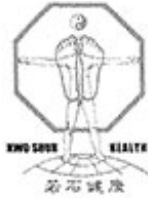
- 1) You can open a foot reflexology centre
- 2) You can combine this with your present career
- 3) You can use it to support the welfare of the personnel of your company
- 4) You can get 4 persons including yourself to learn a good health skill to service your own health and that of the people around you, or use it for charity purposes. You may also do it at home.

For enquiries please call +603-7983 0388 or +6012 327 8895.

Background

Geraldine Tay (Dr Goh Sim Ngan)

- B. Com, MA (Economics)
PhD (TMS)
- Recognised international foot reflexology lecturer, author and award holder
- More than 30 years' experience in foot reflexology
- Name recorded in Contemporary Outstanding 1,000 Traditional Medical Doctors' Record Book.
- Appointed Panel Board Member of Foot Reflexology Standard, Ministry of Health, Malaysia.
- Executive Director and Chairman of Rwo Shur Foot Reflexology Worldwide Conference 1982 in Malaysia



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Rwo Shur Foot Reflexology Technical Transfer Scheme

The scheme involves the transfer of Rwo Shur Foot Reflexology Techniques by training 4 Rwo Shur Foot Reflexology technicians, including a Rwo Shur Foot Reflexology Master plus use of the Rwo Shur logo for 3 years with option to renew for another 2 years at a nominal fee.

I. Details of technical training

1. Rwo Shur Reflexology Technician Training

- Period of training: 60 hours
- Objective: Trained to be able to:
 - a. Apply Rwo Shur Foot Reflexology techniques effectively. The foundation of training is based on western and Chinese therapeutic medical theories.
 - b. Become a trained Rwo Shur Foot Reflexologist who will apply reflexology techniques on the feet as treatment for the body. It's not restricted to spa relaxation foot massage only.
 - c. Able to effectively use Rwo Shur Foot Reflexology techniques for de-stressing, anti-ageing and preventing obesity. It's also to beautify the skin and body shape and draw in youthful energy, hope, courage and happiness.

Contents of training

- a. The background and history of Rwo Shur Foot Reflexology.
- b. Theories of reflexology
- c. Harmonious use of western and Chinese medical theories – Rwo Shur Foot Reflexology as a synthesized medical technique based on both without conflict.
- d. Case studies – the different types of health problems relating to pregnancy, high blood pressure, stroke, cancer, etc.
- e. Foot reflexology exercise – for general health and for reflexology practitioner to avoid professional ailments.
- f. Techniques applied will be personally guided individually by Geraldine Tay (Dr Geraldine S.N. Goh).

2. Rwo Shur Foot Reflexology Master Training

- Period of training: 60 hours technician training plus 60 hours master training

- **Objective:**

- a. Ability to perform effectively as a Rwo Shur Foot Reflexology technicians' leader
- b. Ability to diagnose by way of foot, face, eyes and spine and to link it to acquired Rwo Shur Foot Reflexology techniques and procedures.
- c. Ability to adjust subordinate technicians' application techniques and procedures so as to reduce health problem and speed up the healing process.
- d. Ability to conduct Rwo Shur Reflexology foundation courses and foot reflexology exercises for the general public.

- **Contents of master training**

- a. Contents of training of Rwo Shur foot reflexology technician.
- b. Analgesic Diagnosis on feet, face, eyes, spine, foot reflexology exercise and others
- c. Foot reflexology prescription – Application techniques and procedures for specific health problems
- d. Foot reflexology exercise

II. Fee charged: According to the location/country of usage

III. Venue of training: To be discussed and arranged accordingly

IV. Person in charge: Geraldine Tay (Dr Goh Sim Ngan)

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