

REFLEXOLOGY

**sole** Linda Googh  
**power**



Reflexologist  
Dance Adjudicator

NOW BOOKING  
WORKSHOPS  
AND JUDGING

## **DANCEFLEXOLOGY WELLNESS WORKSHOP**

Where dancers discover self reflexology ( hands and feet )  
as a compliment to their training and overall well being.

*The first dance wellness of it's kind, I created the Danceflexology Wellness Workshop to address the issues that dancers face throughout their career – blisters, sprains and strains, tendon and ligament injuries, heel problems, numb toes and feet, etc. I wanted a faster way to recover from injuries and a better understanding of the tools of my trade – my feet.*

For more information on Package Rates for Competitions, Conferences,  
Dance Studios call 905-727-8605 or email [Linda@lindagoogh.com](mailto:Linda@lindagoogh.com) or go to  
my website

[www.lgreflexology.com](http://www.lgreflexology.com)