

Foot Massage Bliss 4/20/11 - Wed Gathering in Rockville

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This Wednesday [Sandbox gathering](#) we join Randy Goldberg to learn how to give (and receive!) a blissful foot massage. Reflexology is the practice of massaging the feet on a system of zones and reflex areas that reflect an image of the body on the feet with a premise that such work effects a physical change in the body. We will learn to give and get a chance to receive a forty minute session. The benefits include relaxation, energetic balance, and improves circulation. And it feels so good you may never want it to stop!



Randy Goldberg trained in Reflexology at the Maryland Kinesiology and Wellness Institute. Randy is a former Yoga monk, a Craniosacral therapist, a world famous astrologer interviewed by the Washington Post and by CNN. He facilitates Family Constellation therapy for individuals and groups. You can reach Randy at [randy \(at\) randygoldberg.org](mailto:randy@randygoldberg.org) or 301-380-6850 www.randygoldberg.org

The workshop begins after dinner at 8pm. I invite you to join us, though as always whatever choice you make you will be honored in.