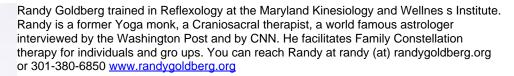
## Foot Massage Bliss 4/20/11 - Wed Gathering in Rockville

Posted At: April 18, 2011 4:56 PM | Posted By: Michael Smith

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This Wednesday <u>Sandbox gathering</u> 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!



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