



Bridgitt McNabb

BA Natural Medicine, Dip. Reflexology, Dip. Naturopathy and Herbal Medicine, Cert. Hauora
Naturopath, Medical Herbalist, Nutritionist, Reflexologist and Lymphatic Drainage Specialist
and Divine Energy Healer

Maintaining Your Health (Whakatika Oranga)

Cell: 027)2843781, E/mail: maintainingyourhealth@gmail.com

www.maintainingyourhealth.co.nz, www.facebook.com/maintainingyourhealth

Clinics: Whakatane and Opotiki, Bay of Plenty

REFLEXOLOGY BEGINNERS COURSE - WHAKATANE

STAGE ONE: Sunday 13 September 2026, 9.00am – 5pm

STAGE TWO: Sunday 18 October 2026, 9.00m – 5pm

Course Fee: \$350.00

COURSE LOCATION:

To be advised

COURSE REGISTRATION FORM

***Disclaimer:** This Reflexology Beginners Foundation Course permits the course attendee to ONLY treat Family and Friends. It does not permit the attendee or give licence for the attendee to treat any member of the public. This Reflexology Beginners Foundation Course does not, in any way, claim to offer any advice to cure, heal, alleviate or prevent any illness or medical condition. While it is my experience, that Reflexology as a natural health therapy, is often referred to appear to have a beneficial effect when used as directed, the use of Reflexology is not a substitute for medical advice or treatment from a licensed orthodox medical practitioner. Anyone with a medical condition is advised to seek appropriate advice from their licensed orthodox medical practitioner or dial 111.*

Full Name:

Address:

Contact Phone:

Contact Email address:

PAYMENT DETAILS

Course Fee:

(If natural disaster occurs, discussions will be held for the next available course date.

Cancellation by your choice: you will only be given one optional course date to attend, no refund given after this point).

\$350.00 in total to be deposited into designated bank account
by Sunday 13 September 2026.

Bank Account for Course Fee:

Bank: ANZ
Account Name: Bridgitt McNabb T/A M.Y.H
Account: 06/0645/0534085/00
Reference: Your Name and the wordings
"Beginners Reflexology, Whakatane, 13 September 2026"

Do you have any physical or mental disabilities which may hinder you sitting for long periods? If Yes, please state:

Do you have any learning disabilities which may need to be taken into consideration to enable you to fully participate:
If Yes, please state:

Do you have any allergies to medicinal herbal teas or foods? If yes, please state.

Do you give your permission for any photos which you are included in, during this weekend course, to be used for course promotional purposes e.g. on Facebook, Newsletter and MYH Website.

Fresh, filtered water, Herbal Teas, normal tea and coffee will be provided as well as morning and afternoon tea snacks. Please provide your own lunch.

Please bring along **any special food you wish to eat** for morning/afternoon tea and lunch. There will be a shared lunch on Sunday, please bring a plate to share (with food on it).

Car Parking – available at venue location, Whakatane.

No smoking or vaping allowed inside the building, or on the grounds. No social drugs or alcohol are permitted.

Course behaviour and confidentiality:

I agree, that I will treat the course Tutor and my fellow colleagues with the utmost respect, honesty and integrity. If I have an issue with the course tutor, content or one of the other course attendees, I agree that I will approach the course Tutor privately during Stage One and Two day course, to discuss and find the best suitable resolution.

I agree to keep confidential, discussion by Course Tutor and Participants during both the two separate course training days. Reflexology is a powerful holistic healing therapy and evokes many past and present emotions.

Copyright – all course material for the Reflexology Beginners Course are copyright and are not permitted to be photocopied or shared in any way, form, shape or matter, unless permission is given by Bridgitt McNabb, Maintaining Your Health (*Whakatikatika Oranga*).

COVID19 Safety – all necessary regulations and precautions will be put in place to ensure your safety.

Course Cancellation Fee Refund

A total of \$300.00 will be refunded if you choose to cancel your Reflexology Beginners Course with written cancellation notice via email, now **seven weeks prior to start date**. \$50.00 will be retained as administration fee.

*By signing your name below, the details you have provided above are true and correct, you agree with the Course Registration Fee requirements and Course Behaviour attitude and confidentiality and once graduated, you agree to **only** be treating family, whanau and friends.*

Please print name

Please sign name and enter today's date

PRE-COURSE SELF-CARE REQUIREMENTS: Start today, looking after yourself and body.

1. Check in between your toes for Tinea (athlete's foot), this is a fungal infection and contagious. Use Thursday Plantation Tea Tree Essential Oil applied day and night. Also Combine six drops with ¼ cup baking soda and Sprinkle into your shoes. Put your shoes in the sun.
 2. Check the soles of your feet (Plantar). Do you have any verruca (Plantar Warts) these are highly contagious. Apply Tea Tree Oil and Cover with duct tape for 1 x week, scrape the top with a sharp blade, then reapply. Alternatively buy from chemist Plantar Wart applications.
 3. Do you have Corns that irritate your feet? Apply chemist corn patches. Please note, arriving with sticking plasters over these above feet issues are NOT a solution. The Reflexology wax will loosen the plaster and eventually slip off.
 4. Make sure you have no blisters, open cuts on your hands or feet. Being worked on with gloved hands is uncomfortable for both the receiver and giver.
 5. Hydrate with filtered, bottled, not boiled tap water two x weeks before the course. Drink at least 1.5 to 2Litres of water per day with a tiny pinch of sea or celtic salt added to large drinking vessel. Dehydration lessens the detoxification, cleansing side effects of receiving Reflexology.
 6. Try to Drink Bonvit Dandelion Root Powdered coffee 1 to 2 cups per day. Start with ½ teaspoon, filtered, per large cup. No added milk or sugar. Dandelion Root aids Liver health to lessen the detoxification, cleansing side effects of receiving Reflexology. Available in med tall glass jar at Bin Inn, Supermarkets, Whakatane Organics.
 7. Please do your best to keep yourself well before the course. Arriving with a cough, fever, headache and or sore throat are all signs of a virus. Do not turn up and contaminate the other students. Should you have had covid virus, you are required to be two x weeks clear before attending the course. We can make alternative arrangements to teach you, once you are recovered.
- Taking zinc, vitamin d, vitamin c, echinacea, garlic is a great immune booster
<https://www.healthpost.co.nz/go-healthy-go-vir-defence-gyvd-p>
- Please take three x hours apart from all doctor medications.
8. Remember your stool on wheels, you will be taught to move your own self around whilst giving reflexology, rather than greatly moving the foot being worked on. Stool needs to be able to be lowered to 44cms.
 9. Please note, by NOT letting the Tutor, Bridgitt, know of your style of learning, any hearing or vision or physical problems which may hinder your learning, may cause you frustration and detract precious learning time from yourself and other students. If you wear hearing aids, or need reading glasses, please do so.
 10. Bring an extra notebook to write in if you do not wish to write on your manuals.
 11. Get used to your stool on wheels and walking with your fingers and thumbs before Stage One commences.

Kei konei te timatanga o to whai oranga.
Your Journey to Wellness starts here.

Regards
Nga mihi nui

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