

## Center for Reflexology & the Healing Arts

Alexandra Seymour ARCB, CBEST



Greetings! My name is Alexandra and I am the practitioner, instructor, and owner at the Center for Reflexology & the Healing Arts. I have over 26 years of experience in the field of reflexology as both a practitioner and instructor, received my certification from the American Reflexology Certification Board (ARCB) in 1996, and served on the board of the ARCB from 2000 through 2002. I also practice Bio Energetic Synchronization Technique (BEST), trained directly with the creators of the technique, and received my certification from Morte Health System in 2006.

**Reflexology and BEST** are energetic, fluid modalities that allow for skill, knowledge, and intuition to blend, resulting in deeply relaxing, healing experiences that directly address the underlying causes of our suffering. They enrich our lives, encourage the body's natural ability to balance and regulate itself, and improve awareness of the physical, mental, and spiritual fields, enabling us to consciously mend and heal.

I also have extensive experience as an instructor of Reflexology, and have created and instructed many programs ranging from introductory courses to 120-300 hour Certificate training programs. My curriculum blends the practical methodology of reflexology with the intuitive, forming a firm foundation in traditional practice while encouraging the inspiration of the individual student(s).

*Alexandra brings a rare and highly developed level of sensitivity and skill to her practice. I consistently drop into a deeply relaxed state during her Reflexology and BEST sessions, which nourish and support my body, mind, and spirit, and from which I feel lasting benefits. She has helped me through difficult transitions to become a better person. -KK*

*Alexandra is an amazing, talented instructor. She is full of knowledge, and quite patient in her instructional style. I would not hesitate in the slightest to recommend her to anyone wishing to learn Reflexology.*

- C. Lacunza DC, ARCB Certified Reflexologist

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