



Presidents January Newsletter



Happy New Year to you all,

I hope you are staying warm with this Iowa winter weather. Please be careful if you do have to be out.

It is time to start getting ready for the Spring Conference. I have included the Flyer and Schedule for our RAIA Conference and the reservation details and presentation times are all printed on them. If you are planning to attend, be sure to make your reservation at the Country Inn & Suites in Ames. (*Information below*). We have blocked off 10 rooms, most with double beds if you would like to share with a friend or colleague.

As you might be listening to the Iowa news, Delta and Omicron are gaining on us. This is something that us board members are watching and listening to. We are so hoping that we will be able to have our conference, but we want everyone to be safe and healthy.

You also might have been made aware that the RAA Conference is the same weekend as ours. I have spoken with Melody the President of RAA, and we will be able to watch the video from the presentations when it is available and still receive our CE's. There will be a charge for this, as soon as I know more, I will be sure to let all of you know the details. The RAIA board will then start to watch when the RAA schedules their conferences in the future so that we won't miss either conference.

For our conference you may register with me at: renitamurrell2@gmail.com. Just remember it is a free conference and we would love to have you all. Must be a member of RAIA to receive the CE's from the Presentations. *Reminder if you haven't paid your dues, now would be a wonderful time to do so, so you may receive your CE's you might need.*

Country Inn & Suites
2605 SE 16th St. Ames, Iowa
Phone: 515-233-3935
Price is \$129.00

From all the RAIA Board, we wish you a happy and healthy 2022!!

Renita Murrell, President

renitamurrell2@gmail.com



I am looking forward to meeting you, hope to see you there in April-May!!





Patricia Barrance
Cranio-Sacral-Toes



Amy S. Petersen
Telemeres

The Sole of Reflexology



"Where Well-Being Begins"

Friday, April 29th- Sunday, May 1st

Place: Country Inn & Suites in Ames, Ia.

Times: Friday-Check in after 3:00 P.M.; Saturday-9:00-3:30; Sunday-9:00-12:00.

At the end of each day there will be a FREE exchange of sessions held in the Banquet Room.

This is a **FREE** Conference. Pre-registration is recommended.

Please email Renita Murrell at:

renitamurrell2@gmail.com to register. Please include your name,
phone number and how many will be coming.

6 CEU's will be available. 1 per Presenter. 2 Meet And Greet. Must sign in to receive CEU's .

You must be a member of RAIA to receive these CEU's. Renew or Sign up for membership on the RAIA website. <https://www.reflexologyiowa.org>



Deann Kluss
Hand Exercises
and Tools



Becci Rentschler
Biomat & Qest4

The Sole of Reflexology

"Where Well-Being Begins"



Friday, April 29-Sunday, May 1



Spring Conference Schedule

Friday: Arrive after 3:00 P.M. check in

Saturday

9:00-10:00 Becci Rentschler: BioMat and Qest4. Becci will speak about Qest4 Meridian Stress Assessment technology. Qest4 Bio resonance scans and interview feedback are used to locate causes of illness and brings the body back into balance. BioMat is Far Infrared Rays, negative ion therapy and the superconducting properties of pure amethyst. This promotes relaxation, reduces inflammation and reduces pain.

10:15-11:15 Pat Barrance: Cranio-Sacral Reflexology. Pat will be speaking on CSR on the toes. It connects directly to the 12 Cranial Nerves: Olfactory, Oculomotor, Optic Nerve, Trochlear, Trigeminal, Abducent, Facial, Vestibulocochlear, Vagus and Accessory Nerves. We know that basic reflexology teaches us that the toes are the Sinus reflex points, but we now know we can "fine tune" the toes for even more benefits such as vision, vertigo, tinnitus, TMJ and facial issues like Bell's Palsy, and the Vagus nerve that is vital to many bodily functions including the heart, lungs, liver, pancreas, stomach, and intestines.

11:30-1:00 Lunch. *There are restaurants close by. Lunch details to follow.*

1:00-2:00 Meet & Greet with the Reflexology Board, Introduction of new members.

Renita Murrell
President



Patricia Barrance
Director at Large



Barb Duwe-Peterson
Vice President &
Interim Secretary



Judy Peterson
Director at Large



Kris Anderegg
Secretary



Karen Hageman
Events Chair



Joye Meyer
Treasurer



Jamie Thompson
Legislative Chair



Amy S. Petersen
RAA Delegate



Catherine Barrance
Website Co-Ordinator



2:15-3:15 Amy Petersen, Telemeres. Telemeres which is a part of each persons DNA. New research has come out of the Human Genome Project that has moved the boundaries of our understanding DNA. Reflexology works through both the biochemistry of the body and the energetic pathways of the body, it is a useful modality in supporting other health practices.

Sunday

9:00-10:00 Deann Kluss: Hand Exercises: For Reflexologists, included tools that could help with protecting the hands, and give clients a different type of session.

Free Exchange Sessions will be available at the end of the day, in the Banquet Room.