

My quest to practice the complimentary health modality of reflexology began during my years as a physical education teacher and outdoor adventure guide. In our present culture, the role of one's feet in everyday living is underestimated and underutilized. My desire is to bring awareness to our soles, as the roots that keep us on the living earth. It is through this connection that balance and harmony can be created.

I received my training from the Center for Universal Reflexology. Since my certification, I continued my studies with Dwight Byers and 'the Ingham method', 'Vertical Reflexology' and 'Cranio Sacral Reflexology'. My post-secondary education includes a Bachelor of Science in Outdoor Education from Keene State College and graduate studies in counseling and special education.

I am a member of the *Maine Council of Reflexologists* and currently serve on the ARCB continuing education provider committee. I keep current in my professional fields through memberships with the Reflexology Association of America and Maine Association for Health, Physical Education, Recreation and Dance. I am a guest lecturer at the New Hampshire Institute of Therapeutic Arts; physical education teacher at the Sweetser School and maintain "TEVOR RANCH" - an experiential education consulting business.