



FOOT ZONE CERTIFICATION CLASS SYLLABUS

Month 1

- Foot Zone Introduction
 - Introduction of Instructors and Course
 - Review of Course Contract
 - Class Policies & Procedures
- Orientation Points of the Feet
- Phase 1 of the Foot Zone
- Mapping the Foot Zone by Systems – Brain & Nervous Systems
- The Professional Foot Zone Practitioner – “Foot Zone Sanitation & Safety” Videos
- The Professional Foot Zone Practitioner – “Foot Zone Sanitation & Safety Practices” written material
- Foot Zone Clinic
- Anatomy & Physiology of the Brain
- Anatomy & Physiology of the Nervous System
- Universal Laws – “Law of Transmutation”

Month 2

- Return and Report
- Phase 2 of the Foot Zone
- Mapping the Foot Zone by Systems – Structural Systems
- The Professional Foot Zone Practitioner – “Foot Zoning” videos
- The Professional Foot Zone Practitioner “Foot Zone Therapy – Effects, Benefits, Indications, Cautions, Contraindications” written material
- Foot Zone Clinic
- Anatomy & Physiology of the Muscular System
- Anatomy & Physiology of the Skeletal System
- Anatomy & Physiology of the Fascial System
- History of Foot Zone Therapy
- Basic Understanding of Muscle Testing
- Board Exam 1 – “Orientation Points of the Feet”
- Universal Laws – “Law of Relativity”

Month 3

- Return and Report
- Phase 3 of the Foot Zone

- Mapping the Foot Zone by Systems – Digestive & Excretory Systems
- The Professional Foot Zone Practitioner – “Equipment & Supplies” videos
- The Professional Foot Zone Practitioner – “Equipment & Supplies” written material
- Foot Zone Clinic
- Anatomy & Physiology of the Digestive System
- Anatomy & Physiology of the Excretory System
- Board Exam 2 – “History of Foot Zone Therapy”
- The Professional Foot Zone Practitioner
- Universal Laws – “Law of Vibration”

Month 4

- Return and Report
- Phase 4 of the Foot Zone
- Mapping the Foot Zone by Systems – Reproductive & Endocrine Systems
- The Professional Foot Zone Practitioner – “Legal Requirements for Foot Zone Practitioners” videos
- The Professional Foot Zone Practitioner – “Professional Ethics” written material
- Foot Zone Clinic
- Anatomy & Physiology of the Reproductive System
- Anatomy & Physiology of the Endocrine System
- Gemi Zone Seminar
 - History & Science of Gemstones
 - Instruction & Implementation of Gemstone Tools
- Board Exam 3 – “Anatomy Worksheets, part 1” (Brain, Nervous System, Structural Systems, Digestive System & Excretory System)
- Universal Laws – “Law of Polarity & Law of Rhythm”

Month 5

- Return and Report
- Energy Zone Technique
- Emotional Heart Zone
- Mapping the Foot Zone by Systems – Circulatory & Respiratory Systems
- Mapping the Foot Zone by Systems – Lymphatic & Immune Systems
- Foot Zone Clinic
- Anatomy & Physiology of the Circulatory System
- Anatomy & Physiology of the Respiratory System
- Board Exam 3 – “Anatomy Worksheets, part 2” (Reproductive System, Endocrine System, Circulatory System, Respiratory System, Lymphatic System, & Immune System)
- Board Exam 4 – “The Professional Foot Zone Practitioner”
- Universal Laws – “Law of Cause & Effect”

Month 6

- Return and Report
- Recognizing Emotional Blocks of Foot Zone Signals
- Foot Zone Clinic
- Anatomy & Physiology of the Lymphatic System
- Anatomy & Physiology of the Immune System
- Board Exam 5 – “Mapping of the Foot Zone”
- Universal Laws – “Law of Gestation & The Vacuum Law of Prosperity”

Month 7

- Final Review of all Anatomy & Physiology Systems
- Board Exam 6 – “Anatomy & Physiology”
- “What’s Next?” – Becoming Legal and How to Set-up & Build Your Business
- Graduation Luncheon