**Foot Zone Certification Class Syllabus**

**Instructors:**

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**Dates of the Course:**

**Class Hours**

Thursday nights 5:30pm - 9pm

Friday 9am - 5pm

Saturday 9am - 5pm

**Credit hours: 300 (includes in-class instruction, home study and practicals)**

**Practicals Required: 50**

**Our goal at Wellness Life Zone, Foot Zone Academy is to provide and teach students like you the Foot Zone Technique with:**

* Beautiful, illustrated, colorful Foot Zone charts
* Color coordinated, easy to follow directions of the Foot Zone Technique
* Anatomy maps that coordinate with the signal map of the feet
* Online animation steps to follow in class as well as at home
* A colorful Anatomy and Physiology book written specifically for our Foot Zone students
* Beautiful gem tools for stimulation of the Foot Zone signals, along with the basic understanding of gem therapy and how gems support the Foot Zone Technique
* Business policies and procedures, along with the Wellness Life Zone marketing plan for Foot Zone Practitioners and Instructors

**Course Goals**

* Identify and recognize the signals in the feet, which correlates with the anatomy of the body.
* Implement the Gemi Zone Technique as a complimentary modality to the Foot Zone
* Gain a clear understanding of anatomy and the workings of physiology made simple and fun with presentations, games and study techniques
* Illustrate a basic understanding of essential oils and herbs to obtain balanced health
* Assess key energy laws and principles and know how to easily apply them

**Monthly Schedules**

* **Month 1:**
* Policies and Disclosures
* Mission Statement Goals
* History of Foot Zoning
* What is Foot Zoning
* Guidelines
* Protocols
* Anatomy/Physiology – “Brain and Nervous Systems”
* Flowcharts Phase 1
* Lesson and Chapter discussions of “Hidden Treasures” and “Feelings Buried Alive Never Die”. (See monthly reading assignments)
* **Month 2:**
  + Anatomy/Physiology – “Structural Systems” (Skeletal, Muscular, Myofascial)
  + Flowcharts Phase 2
  + Lesson and Chapter discussions of “Hidden Treasures” and “Feelings Buried Alive Never Die”. (See monthly reading assignments)
  + Pre-test and worksheet review and correction “Brain and Nervous System”
* **Month 3:**
  + Anatomy/Physiology – “Digestive, Kidney and Urinary Systems”
  + Flowcharts Phase 3
  + Lesson and Chapter discussions of “Hidden Treasures” and “Feelings Buried Alive Never Die”. (See monthly reading assignments)
  + Pre-test and worksheet review and correction “Structural Systems”
* **Month 4:**
  + Boards - Foot Zone History and Protocols
  + Anatomy/Physiology – “Reproductive and Endocrine Systems”
  + Flowcharts Phase 4
  + Gemi Zone Introduction
  + Lesson and Chapter discussions of “Hidden Treasures” and “Feelings Buried Alive Never Die”. (See monthly reading assignments)
  + Pre-test and worksheet review and correction “Digestive, Kidney and Urinary Systems”
* **Month 5:**
  + Boards - Anatomy Worksheets
  + Anatomy/Physiology – “Respiratory, Heart and Circulatory Systems”
  + Gemi Zone Technique
  + Lesson and Chapter discussions of “Hidden Treasures” and “Feelings Buried Alive Never Die”. (See monthly reading assignments)
  + Pre-test and worksheet review and correction “Reproductive and Endocrine Systems”
* **Month 6:**
  + Boards – System Flowcharts
  + Anatomy/Physiology – “Lymph and Immune Systems”
  + Chakras
  + Lesson and Chapter discussions of “Hidden Treasures” and “Feelings Buried Alive Never Die”. (See monthly reading assignments)
  + Pre-test and worksheet “Lymph and Immune Systems”
* **Month 7:**
* Final Exam Review
* Boards – Finals
* Business Policies and Procedures
* “Celebration of Learning” Luncheon

**Provided Class Materials:**

* Foot Zone Flowcharts
* Anatomy and Physiology Manual
* Gemi Zone Reference Charts
* Emotion Spine Chart
* Emotional Anatomy Chart
* Access to the online Foot Zone Animation Videos

**Other Suggested Books:**

* “Feelings Buried Alive Never Die” by Karol Truman
* “Hidden Treasures: Heaven’s Astonishing Help With Your Money Matters” by Leslie Householder
* “Heal Your Body” by Louise Hay
* “The Healing Questions Guide” by Wendi Jensen