



FOOT ZONE CERTIFICATION COURSE HOURS

➤ The Wellness Life Zone Foot Zone Certification Course is a hybrid of both in-class and online classes.

- Foot Zone Technique History – 3 hours
- Orientation Points of the Feet – 8 hours
- Foot Zone Technique Instruction (in-class) – 20 hours
- Foot Zone Technique Instruction (online home study videos) – 25 hours
- Foot Zone Clinic (in-class supervision) – 24 hours
- Foot Zone Clinic (out-of-class individual) – 90 hours
- Anatomy & Physiology (in-class) – 26 hours
- Anatomy & Physiology (online home study videos) – 26 hours
- Anatomy & Physiology Guided Study Quizzes (written or online) – 26 hours
- Anatomy & Physiology Worksheets (written or online) 26 hours
- Energy Zone Technique – 5 hours
- Basic Understanding of Muscle Testing – 3 hours
- Recognizing Emotional Blocks of Foot Zone Signals – 3 hours
- History & Science of Gemstones and How to Use Gemstones as Foot Zone Tools – 5 hours
- The Professional Foot Zone Practitioner (Business Ethics & Protocols) – 15 hours
- Universal Laws – 10 hours
- Board Exams – 5 hours

TOTAL CREDIT HOURS 320