

THE PAMPERING TIMES

Jane Sheehan—www.footreading.com—Issue 211

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Reflexology Rhythm Exchange 10 May 2025 £45

This month I've just got back from Belgium where we had a fab time teaching. I've been to Littleborough to give a talk to the reflexology group there at Springhill Hospice. It was such a lovely experience. We sat in a semi-circle in comfy chairs and they asked me questions based on my experience with

reflexology, foot reading, business and even nutrition. Because of the set up, it was also useful in that the members of the group with relevant experience to answer some of the questions were also able to add in their experiences. It was a great way for us all to learn and share and I for one left with a good feeling of camaraderie and having learned something. It looks like the group will be inviting me back to teach my foot reading and my Emmett Technique courses. I am so excited to know that I will be meeting them again.

It got me to thinking about how we could do something similar for more reflexologists. Recently my reflexology pals went to the AoR conference and all said we just loved being in the vibe of the company of other

"Thank you Jane for a wonderful weekend. I had an amazing time and lovely to meet such a fab teacher with great knowledge..."

-Stacey

"Thank you so much Jane for a very informative & thought provoking training session"

-Kathy



Detail from *The Guru's Guide to Reflexology Book 1*

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reflexologists. We didn't need speakers, we just wanted to network with each other.. I decided to set up an event in Southport at The Grand in the Princess Suite for just that. It is walking distance from Southport Train Station. You can get there by getting a train to Liverpool Lime Street, then switch stations to Liverpool Central and catch the train to Southport.

So for the event—Registration at 5pm and kick off at 6pm (so time to get a drink at the cash bar and mingle). At 6pm we will gather and sit at round tables. To kick off, we will have one hour to share questions and answers within our table group. We'll leave a card with a few questions to start you off, but you don't have to stick to those.. Your questions can be about business, or clients or reflexology—collectively there will be a lot of knowledge in the room. At 7pm we will have a three course meal followed by music and dancing at 9pm. I've organised a choice of three options, one beef, one fish and one vegan option. I should receive the menu in two weeks time and can get your choices once you book your ticket. The event will end at 12:30am

The cost for the event will be £45 with cash bar. To keep this price so low, we are not supplying any drinks or tea and coffee, just the meal. We hope this will keep the price within your budget and then you can choose whether to splurge on Champagne cocktails or a hot fruit infusion! The bar has a big choice of drinks and cocktails and they do great tea, coffee, hot chocolate and a selection of good quality infusions.

You can find your own accommodation in Southport which will be easy as it is a seaside town. I'm hoping that you will stay for a few days and enjoy a mini break. If you do decided to stay for the weekend, maybe you can team up with someone you meet at the event and do a treatment swap? I'm also going to arrange for a group of my jive friends to meet under the pier, weather permitting, on the Sunday to do a dance flash mob at the Marine Café. We hope if you stay over, you'll stop by to either watch or join in around 1pm to 5pm.

When is this happening? 10th May 2024 5pm for 6pm start. £45

Tickets will be on sale via my website <https://www.footreading.com/workshops>

The nearest hotels are The Lord Street Hotel and The Bold Hotel. Check booking.com for flexi prices.

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What other things can you do if you stay for the whole weekend? Check out the facebook group "Southport live music" for a list of live music gigs in the local pubs—most of which are free. During the day, there are live singers under the pier at the Marine Café where you can watch, sing along, or dance whilst enjoying a drink or an ice cream. We will be there with our jive friends doing a dance flashmob There are plenty of great eateries eg The Greatl Himalayas for Nepalese food or Volare for Italian food or The Korean Kitchen and the best fish and chips from The Swan. We still have a fun fair and a pool with waterslides not forgetting the marine lake where you can get a pedalo or do stand up paddle boarding. Birkdale is a short stop away on the train and is great for a pub crawl with its micro pubs, eateries and wine bars.

We envisage this as a fun weekend of informal reflexology networking

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My graphic designer is on holiday this week so I won't be launching this on facebook or advertising it far and wide until she is back to design the graphics for the posters etc. You, my loyal readers, are getting an exclusive preview!.

I hope you will join us and that you will tell your pals. If you want to sit together on one of our tables of 8, then try to book together and email me your names so that you can all be put on the same table.

We hope that some of our famous friends will join us and we will be offering them a table on which to sell their books in exchange for a small fee and a raffle prize. Bring some extra cash so you can do a bit of book shopping. Who doesn't love a good book! Or a bit of shopping!

If any of my overseas reflexology friends want to come, the nearest airport is Liverpool airport. The second nearest airport is Manchester airport.

OK after all that excitement I should tell you my normal news! What does September hold? Next week I am finally getting to finish my Emmett training in New Malden. I've been trying to get EP6 module finished since before lockdowns so I'm very excited to be at the end of my Emmett training journey.

On 21 and 22 September I am teaching in Brampton, Mississauga in Canada as the first leg of my tour. Next step will be Saskatoon to teach Emmett 4 Humans and foot care on 26 and 27 Sept, then foot reading on 28 and 29 Sept. My Canadian tour ends in Calgary on 5 and 6 October where I teach foot reading. Home on 7 October then the following weekend I head to a long awaited holiday with the whole of my family for a week in Kos, Greece. By then I should be fully revived and ready to do my tour of France. I will look forward to seeing my French friends, old and new.

Of course, all the above travelling means that I will be a bit late in replying to emails and book orders so I hope you will understand and be patient with me. I should be fully back up to speed at the end of November in time for the Christmas rush!

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Are you Recognising your Signposts? by Vanessa Edwards



I am very blessed to have cultivated a wonderful circle of supportive friendships in my life. I was visiting a friend who lives near Glastonbury in the summer of 2015 as I had some unexpected free time, and she took me to see one of the corn circles, and of course took some photographic evidence! This year when I had a window of opportunity I paid another visit and repeated our now mandatory summer corn circle adventure. There is a super website called

www.cropcircleconnector.com where they give the latest up to date information and photographs, and also the grid reference to help you exactly locate the site. However, the satellite navigation system we were using

was unable to be set to find the grid reference. Hence you can imagine two ladies driving very slowly up and down a country lane several times trying to spot a corn circle!!

Vanessa Edwards has been working professionally as a Feng Shui Consultant since 1998 and describes Feng Shui as "The Art of Simply Living in Balance and Harmony wherever you are in life". One of her clients described her work as gifting a "Script for Life". See her website for deeper insights: vandaehworks.co.uk. Contact her via email at vandaeh@me.com

On this occasion we didn't find what we were looking for! However, The Universe chose to send another message instead. We decided we were going to have just one more look and drove very slowly up the lane one last time. Then a hare scampered into the road right in front of us, and sat looking at the car for what seemed like forever. Of course I stopped the car and when the hare moved off into an open gateway I slowly drove the car and parked in the gateway. Again he sat looking at us for some time, and by this time I'm beginning to ponder on the esoteric meaning of the hare.



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As our corn circle search had failed dismally, we made a decision to travel to Salisbury and have a look around there instead. As we drove on the country lane began to get narrower and narrower and then in front of us were a mare and foal which had obviously escaped and were on the run, as the mare had a halter on her head and a lightweight rug on her back. Although I stopped the car I wasn't quick enough to get out and catch them, and they gayly trotted past embracing their freedom, which was most likely mirroring my own feeling of freedom at that time! We sensed the owner couldn't be far away so drove around the corner and told them we had seen the escape party, and left the drama to continue as we travelled on towards Salisbury.

The coincidence was during the previous month I had visited the south of the country and been taken to two very large livery yards, and I'd also been to the north of the country and visited a very large horse sanctuary. Again I was reminded to consider the esoteric meaning of the horse!

When we arrived at Salisbury we decided to have a look at the Cathedral. To our great surprise there was a magnificent sculpture exhibition of HUGE pieces of art created by Sophie Ryder and some of them around 16 feet high! I know by now you know EXACTLY what the subject matter was - yes - the horse and the hare!! Here are a couple of web links you may be interested to have a peek at and see some of the amazing and inspirational sculpting yourself: www.sophie-ryder.com/#!salisbury-cathedral/alyye or www.salisburycathedral.org.uk/news/monumental-sculpture-exhibition.

As soon as I arrived home I had a look at my book of "Animal Wisdom" by Susie Green. In a nutshell the Hare represents travelling lightly with discernment, and the Horse represents speaking your passions aloud with nobility, freedom and grace. Thank you, thank you, thank you.

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That however still wasn't the end of the "Hare" story, as about 4 weeks later I visited another friend who lives near Manchester and we went on our regular visit to Alderley Edge to harvest the natural mineral water. Afterwards as we were on our way to Prestbury to meet her sister for lunch, she was inspired to take me to Hare Hill (see www.nationaltrust.org.uk/hare-hill) which has an abundance of wooden carvings of - you got it in one - HARES!!!

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I look out for my signposts everyday especially when I'm travelling and often see rainbows and also take notice of the signage on lorries and vans. These messages at least make me smile and on a deeper level are a wonderful way of communicating with my higher self and honing my intuition. So keep an eye out for your own signposts and you never know what messages you may receive and where you may be led to the next piece of the jigsaw puzzle for your own journey. There is an abundance of information available on the internet if you simply ask "Google" for the esoteric meaning of whatever you've spotted. I also refer to Denise Lyn's wisdom too and have her "Signposts" and "Alters" books on my reference library. So start to get quizzical about your messages and expand your horizons. Thank you Universe for all your beautiful gifts of confirmation and keeping me awake and alert to your signposts. I promise I AM listening

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What to do with your stress by Phil Nuttridge

I have a regular monthly challenge: to get my Pampering Times article on an email over to Jane before she emails me asking where it is. I mostly fail in that challenge!

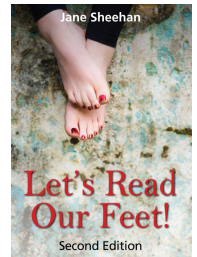
This month was no exception to that rule. Although I had grand plans to write part 2 of my epic on Methylene Blue, August has been a rather busy month culminating with car trouble at the end of the month just as I am about to embark on a road trip to Scotland. Sorting short term hire car and a longer term new car purchase, although exciting, are a huge mental distraction. The second dose of the Methylene Blue story will therefore have to wait until September.

That then got me thinking what subject could I choose for a ‘quickie’ article meeting Jane’s end of August deadline. Indecision was beginning to stress me out but then like a speeding train, the subject hit me: Stress!

We all react to stress in different ways. Whilst I love writing, I very definitely have to be in the right mood. When the words just aren’t flowing there are always 101 other things to be done that are easier and therefore more appealing than staring at a blank laptop screen wishing words would appear. The stress caused by the ever-less-distant rumbling of a fast approaching deadline can be great for focussing the mind but let the deadline get too close or the pressure of the expectation of the finished piece be unrealistically high then it can be all too destructive. Monkeys at keyboards have a better random chance of coming up with Shakespeare than I have of getting that PT article in shape if the stress bunnies are too strong.

That got me thinking about the way we deal with stress. It affects us all differently - some people internalise it yet others express it as bursts of anger lashing out at those around them, the otherwise innocent bystanders to the stress. Sometimes we can have enough inner strength to put-on a serene exterior belying the angst within whilst others can be so agitated and nervous with the stress it becomes contagious to those around. Stress can trigger a state of inertia in us, too paralysed to move or act whilst others become hyperactive and reckless. Sometimes the stress can be a positive focussing force leading

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to great results but sadly at other times it leads to carelessness and silly mistakes.

What makes us behave in different ways? I guess at one level there is never going to be an answer to this until we fully understand the workings of the human brain. There is however one insightful way of looking at this that can also deliver benefits to hands-on therapy. And for this we need to look to Chinese medicine.

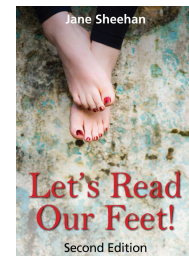
One of the greatest strengths of the Chinese philosophy of medicine is how it is based on observation. The Chinese were good at making observations and from those, deriving patterns of consistent correlations they saw. For example, they noticed that individuals who struggled with a loss or bereavement were also very likely to succumb to a respiratory condition in the months following the loss. Those same individuals were more prone to tennis elbow symptoms in the wake of the bereavement. Those who frequently suffered with stiff lower backs were observed to have a tendency for either being overly fearful and trepidatious or to the other extreme, reckless and irresponsible. The Chinese also noted that people who adopted a very structured and organised approach to aspects of their lives were rather more prone to muscular cramps (particularly in the calves) and were also likely to suffer headaches with visual disturbances.

Unlike the reductionist methodologies of modern Western-based medicine, the Chinese did not discount any of these correlations simply because they did not have causal mechanisms linking them. Instead they wove a philosophy around all of the observations, linking the themes and ideas and working it into a practical understanding of how the human body and mind work when in health and how things go wrong when in ill-health.

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The Chinese did not for example dismiss the correlation between experiencing loss and respiratory conditions simply because there was no physiological explanation of the connection. Instead they created a philosophy whereby the same influences that controlled lung function also controlled dealing with loss and letting go. This then enabled physicians to understand better the patient when the totality of their symptoms was considered.

Something that has to be accepted within this philosophy is



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that our physical body, our behaviours and our emotions are not separable. How we feel and how we act are intimately connected with our physical being and physiological function and vice versa. There is a necessary reciprocity here both in terms of understanding the symptoms and in treating those symptoms: sort the physical body and the behaviours and emotions will improve; treat the emotions and behaviours and the physical body will be on a path to better health.

Central to this is the Theory of the Five Elements (or Phases). To make studying and understanding the influences on the human condition more manageable, the Chinese philosophers grouped those influences under five headings – Wood, Fire, Earth, Metal and Water. Physical, behavioural and emotional signs and symptoms would then be grouped under each of these five headings. For example loss, respiratory conditions and tennis elbow are placed under the Metal grouping. Metal also encompasses the function of the large intestine (the organ of elimination –“letting go”), the lungs (providing the link to respiratory conditions) and the skin which they considered functioning like a third lung. The beauty of this grouping is that whenever patients present symptoms that fall within this Metal collection (a respiratory illness following a difficult loss, for instance) then physicians could understand this as an imbalance in the Metal Element of that individual. Treatment would then involve working acupoints that improve the function of the large intestine and lungs, the physical manifestation of Metal in the body. This is the core of the therapeutic use of the Five Element system.

Since the Chinese philosophy also considers the body in health (not just in ill-health) it can give us useful insights into our personalities and our day-to-day experiences. You do not have to be ill for an analysis of the Five Elements to be beneficial.

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An extension of the Five Element theory informs us that we each have one particular Element that influences us more than any other. This is often referred to as our Constitutional Factor. Whilst we are influenced by all of the Elements every day to different extents and in different phases of our lives, generally the influence of one Element tends to predominate.

So we can often use the phrase “I am a Wood type” meaning that Wood is my Constitutional Factor. This would signify that the characteristics of the Wood Element most influence me, my physical being, my behaviours and my emotions. That does not



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mean I cannot be influenced by the other Elements: As I have described above, whilst tennis elbow is strongly associated with Metal types this does not mean Wood types (or any other elemental type) cannot experience tennis elbow. They most certainly can, but for those other elemental types this is not a common or dominating condition. For Metal types however it may well be.

Each of the Five Elements has a number of key associations or to give them their more usual title, Resonances. These are listed in the table below:

	WOOD	FIRE	EARTH	METAL	WATER
YIN MERIDIAN	Liver	Heart/ Pericardium	Spleen	Lung	Kidney
YANG MERIDIAN	Gall Bladder	Small Intestine/ Sanjiao	Stomach	Large Intestine	Bladder
SEASON	Spring	Summer	Harvest	Autumn	Winter
COLOUR	Green	Red	Yellow	Black/White	Blue
EMOTION	Anger/ Frustration	Joy	Worry	Grief	Fear
SENSE ORGAN	Eyes	Tongue	Mouth	Nose	Ears
TISSUES	Tendons	Blood Vessels	Muscles	Skin	Bones
TASTE	Sour	Bitter	Sweet	Pungent	Salty
SOUND	Shouting	Laughing	Singing	Crying	Groaning
SMELL	Rancid	Scorched	Fragrant	Rotten	Putrid
CLIMATE	Wind	Heat	Dampness	Dryness	Cold

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You will notice that there are two (four in the case of Fire) meridians associated with each Element, one Yin and one



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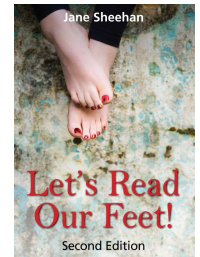
Yang. People who have a particular Element as their Constitutional Factor, will often show symptoms of these meridians and the organs associated with them being out of balance. So, a Wood type may regularly show symptoms of Liver and Gall Bladder being out of balance. These people will also show imbalances in the other Elements at times too, but the recurring theme will be imbalances in the Liver and Gall Bladder.

We should note here though that the Chinese interpretation of the organs is somewhat broader than the approach of Western medicine. Whilst the Gall Bladder in Chinese medicine does include the function of storing and releasing bile for fat digestion (the Western role of this organ) the Chinese philosophy also considers the Gall Bladder as the decision maker. Similarly the Liver is the organiser, the planner and the controller of smooth flow according to the Chinese model. So when we say that Wood types resonate with the Liver and Gall Bladder, then it can be any of these functions that we are associating with those individuals.

You will also see that each Element is associated with an emotion and by inference, that emotion will be important to you when that Element is your Constitutional Factor. For example, anger is associated with Wood types, fear with Water types and joy with Fire types though I should just explain here something about these emotional resonances. Let's consider the resonance between Wood types and anger. Anger is a valid response for all of us in situations where it is appropriate. Wood types because of their strong association with this emotion, can experience and express anger all too often and often in inappropriate situations. However the inability to express an emotion associated with a Constitutional Factor could just as strongly indicate the Element type than if you all too readily express that emotion. Therefore a Wood type may not express anger at all, being passive and calm even in situations where expressing anger would be useful or appropriate. Most Wood types can both under- and over-express anger depending on the situation and context. In either situation, the Chinese model would consider these extreme responses to anger as inappropriate and a sign that anger is an 'issue' for that individual. Non-Wood types would have a more balanced relationship with anger expressing it only when it is appropriate to do so and moving-on when it has been expressed.

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So just to recap there are Five Elements within the paradigm of Chinese medicine and for most of us there is one - our Constitutional Factor - that predominates our symptoms in



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illness and our behaviours/emotions in health. Knowing which Element is our Constitutional Factor can better inform our treatments if we are using meridians and acupoints.

At the beginning of this piece I was a little stressed. Some 1700 words later on I am rather less so. But where I was going with this was an examination how the different Element types deal with stress. Let's look at each Element in turn.

I always tend to start with Wood because I am Wood:

WOOD types tend to fight stress head-on, they use logic and make a plan for action and push forward making lots of decisions. They can be irritable during this and once decisions are made they can be difficult to steer to an alternative course. Their perfectionism often adds to the stress as they cannot let go of this even under extreme deadlines.

FIRE types dis-associate themselves from others when under stress. Like flames in a fire they can flicker and become flaky and inconsistent until they regroup themselves. They can rush things often to the mantra of 'let's just get something done' often disregarding whether it is appropriate or correct. Being loud and bombastic can be their mask hiding the stress within and when stressed they can suck the oxygen from those around them.

EARTH types collapse under stress and as natural peacekeepers it is easier for them to sacrifice themselves than it is for them to stand-up for their own needs. They are prone to anxiety and butterflies in their stomach and can sink into a heavy depressive state when the pressure of stress becomes too much. They will tend to comfort eat in the face of stress. Earth types are the home makers and so in the face of stress might prefer to plump-up some cushions or bake a cake rather than get on with the job in hand.

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METAL types shut down under stress. They push others away, cutting unnecessary ties often by being sharply critical to give themselves space to regroup. Metal types are good for 'cutting the crap' but when stressed this can become exaggerated and they become overly judgmental and self-righteous. They can also have issues with letting-go and so under stress they can either throw in the towel rather too easily (but it would be

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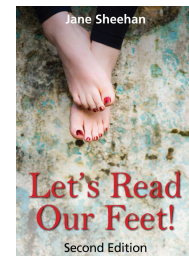
YOUR fault of course) or cling to every pedantic detail, the polar opposite of cutting the crap and thereby thwarting effective resolution.

WATER types rise-up like a tidal wave when they are under stress using fear-mongering and intimidation to get their way which they think is the only way. Recklessness particularly when under stress, is often associated with this extreme of the Water personality. At the other extreme a Water type can have the facade of calm under extreme stress even though deep within, every ounce of energy is being churned (think 'still waters run deep'). If the internalised fear becomes too strong they can be the ones paralysed into inaction.

So how do you cope with stress? Do you see yourself in any one particular form of those patterns?

True to my Wood type I faced it head-on, made a plan and here it is. Now time to load that hire car and head north!

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Diary Dates—where can you learn foot reading (or EmmTech or Foot Care for Reflexologists)?

2024

10/11 Sept—Closed for EP6 training

21/22 Sept—Brampton, Ontario, Canada

26/27 Sept — Saskatchewan, Canada (Alana Hyland RAC)

28/29 Sept — **Emmett Foot Care Workshop** Saskatchewan, Canada (Alana Hyland RAC)

4/5 Oct—Calgary, Alberta, Canada

5-13 Oct—On Holiday

2/3 Nov—**Emmett Foot Care Workshop** Southport, Merseyside

14/15 Nov—**Emmett Foot Care Workshop** Lyon, France

18/19 Nov—Lyon, France

23/24 Nov—Angers, France

2025

22/23 Feb—Lincoln

8/9 March—Lisbon, Portugal

15/16 March—Porto, Portugal

22/23 March—An Creagan near Cookstown, Northern Ireland

10/11 April—**Emmett Foot Care Workshop** Chelmsford

12/13 April—Chelmsford

10 May—Reflexology Rhythm Exchange Event, Southport £45

18 May—Jane's Big Birthday!

22/23 May—**Emmett Foot Care Workshop**, Portlaoise, Ireland

24/25 May—Portlaoise, Ireland

14/15 June—Toulouse, France

6/7 Sept—Toronto, Canada (Ginastewart50@icloud.com)

13/14 Sept—Seattle, WA, USA

Sept—North Dakota, USA

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Alternatively, you can invite Jane to teach your group. Needs to be a minimum of 8 people in a suitable venue. Email jane@footreading.com to discuss.