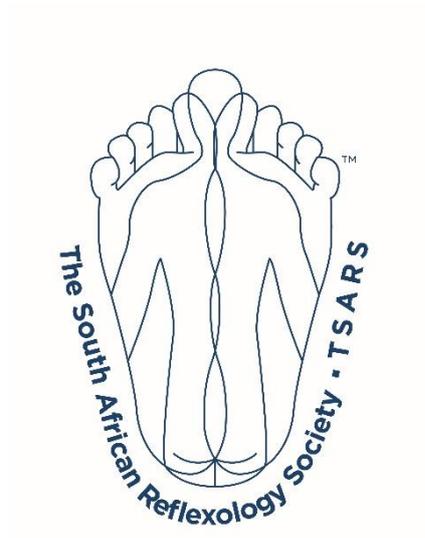


THE SOUTH AFRICAN REFLEXOLOGY SOCIETY [TSARS]



ONLINE CPD EVENT

TSARS 2021 CONGRESS

31 JULY 2021

KIDNEY HEALTH

✚ **BOOKING AND PAYMENTS GO TO:** <https://www.sareflexology.org.za/events/>

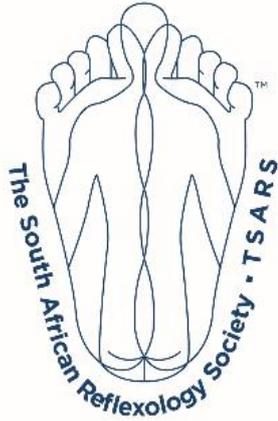
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Website: www.sareflexology.org.za



THE S.A. REFLEXOLOGY SOCIETY [TSARS]

ONLINE AGM & CONGRESS 31 JULY 2021 8 CEUs

PROGRAMME

- 08:30 TSARS NATIONAL AGM 2 CEUs
- 10:15 TEA BREAK
- KIDNEY HEALTH**
- 10:30 CONSERVING ENERGY AND PREVENTING BURNOUT 2 CEUs
DR ELA MANGA is at the forefront of spreading the art and science of breathwork in Africa. She is the founder of Breathwork Africa, an organisation that offers training and support to breathwork practitioners across the African Continent
- 12:30 LUNCH
- 13:30 TOUCHPOINT – CONNECTING THE KIDNEYS 2 CEUs
DORTHE KROGSGAARD and **PETER LUND FRANDSEN**, Danish Reflexologists
Dorthe and Peter have presented workshops and lectures in various countries including South Africa in March 2002
- 15:30 TEA BREAK
- 15:45 PRACTICE MANAGEMENT MADE EASY 2 CEUs
HANLI BOUWER, Therapeutic Reflexologist, has extensive experience in practice management, billing statements and claims, as well as ICD-10 Code selection, and updates
- 17:45 CLOSURE

For more information contact
LYN DE VISSER - TSARS ADMIN OFFICER
CELL PHONE: 0659117492
Email: info@sareflexology.org.za
Website: www.sareflexology.org.za

Maggie Roux
NATIONAL CHAIRPERSON
Date: 28 JUNE 2021

SPEAKERS



DR ELA MANGA

Dr Ela Manga is an integrated medical doctor, author, speaker, facilitator and a leading voice in the field of mind-body medicine and wellness in Southern Africa and abroad. Ela challenges her audience and is not afraid to bring a disruptive element to the conversation. She does this from a place of deep compassion and insight gained through interactions with her clients, continuous scientific research, and a deep

knowledge of ancient wisdom.

Ela is a sought-after speaker, both locally and internationally, and has a revolutionary way of facilitating groups for profound transformation. She has worked with organisations such as Unilever, Deloitte, Avis, Absa, GiBs, RMB, Nedbank, Bain, Primedia, Hogan Lovell, KLM Empowered, L'Oreal, Xavant, Glucose, CIO Anywhere, Sumbandila Scholarship Trust, and Caleo Capital.

Ela is at the forefront of spreading the art and science of breathwork in Africa. She is the founder of Breathwork Africa, an organisation that offers training and support to breathwork practitioners across the African Continent and is committed to empowering individuals and communities with a simple tool for self-awareness and healing.

She is an expert in the field of energy management and burnout. Her first book *BREATHE: Strategising Energy in the Age of Burnout*, is fast becoming the go to guide for managing energy and optimising physical and mental health.

Website: www.drelamanga.com

Email: ela@drelamanga.com

TOUCHPOINT

Dorthe Krogsgaard and Peter Lund Frandsen started their professional cooperation in 1998 as coordinators of the RiEN 2000 reflexology conference in Odense, Denmark. A few years later they established Touchpoint offering complementary post graduate training to therapists world-wide.

Dorthe and Peter also co-founded the Institute of Integrative Therapies in Copenhagen, where they have their clinical practice, teach, and develop new reflexology techniques. Touchpoint is well-known around the world for their "Round about..." series of advanced reflexology seminars, integrating energy medicine with a range of reflexology traditions.

Website: www.touchpoint.dk

Email: info@touchpoint.dk



DORTHE KROGSGAARD

Dorthe Krogsgaard is one of the reflexology veterans in Denmark with 40 years of experience working full time in her Copenhagen based practice.

Throughout her career, she has always been actively involved with raising the profession's standards and documenting its effects. She has served as chairperson for the Danish Reflexologists Association, FDZ and was instrumental in establishing FDZ's Research Committee. Dorthe has lectured at numerous international conferences and served as a board member and vice president of the International Council of Reflexologists.



PETER LUND FRANDBSEN

Five years study of medicine at University of Copenhagen, Denmark, one year of physics and philosophy at West Georgia University, USA. 30 years of closely following the development of energy medicine.

Peter is a complementary therapist specialising in bio-holographic modalities such as Reflexology and Nerve Reflexology.

International presenter and educator.

CONNECTING WITH THE KIDNEYS

Explore the kidneys from a reflexologist's point of view.

The kidneys often live an inconspicuous life, quietly keeping our bodies clean and properly hydrated. But since these organs are connected to so many important functions, they deserve a great deal of attention in most reflexology sessions.

- Kidney anatomy revisited
- The kidneys in energy medicine
- Touchpoint kidney reflexes and a variety of techniques to work them.
- Nervous supply of the kidneys
- Nerve reflex points for autonomic and sensory nerves
- Manual mobilisation techniques



HANLI BOUWER (THERAPEUTIC REFLEXOLOGIST)

After completing her school career, Hanli completed a Computer Secretarial Diploma. She went on to complete and gain extensive knowledge in various medical computer programmes and was practice manager for many years where, among other things she gained extensive experience in all aspects of medical and related practices including accounting, medical aid scheme liaison and staff management. For seven years she was responsible for practice management, billing statements and claims, including ICD-10 code selection. She practiced part-time as a therapeutic reflexologist from 2006 until 2013 and has been practicing full time since then.