

I enjoyed school, but was always conscious that I was 'learning'! Some teachers just couldn't bring the subject alive, so I struggled through to exams, just waiting for the end of term and freedom.

I just wish I had had Bill Flocco as my teacher – for everything! I feel so lucky to have joined his integrated Feet, Hands and Ears Reflexology course this past few months. He truly has a gift as an educator – learning with him was fun all the way.

Going into the course I thought that we'd be introduced to the body maps for feet, hands and ears, with maybe some reflexing techniques to add value to what would be a relaxing experience for my future clients. Little did I know the depth we'd go into; a strict and thorough process to ensure we really got it. A unique thumb roll so nothing was missed. A solid anatomical study of all major body systems. And, the most eye opening and rewarding was integrating hands, feet and ears with priorities for working with those in pain to be as effective as possible. Totally fascinating and absorbing.

We did quizzes, we drew pictures, we made up rhymes, we talked in groups, in pairs and as a class. We were inside, outside and sometimes a bit of both! We were on the tables, giving and receiving under Bill's careful eye. How was the thumb roll? How was our posture to get maximum impact? Interesting stories and anecdotes from Bill's years of experience as both a practitioner and teacher just made it all so interesting and genuinely enjoyable.

The only pressure was the build up to the test, but we were so well prepared that it just came and went and could even be described as part of the fun! I now not only have my new reflexology knowledge and skills, but also have become part of a wonderful group of people I count as friends – not just colleagues. We have been through an intense experience that will never leave us and just enjoy sharing time together, which I know will help as I build my business. If you get a chance to study with Bill, jump at it! He's a true educator and inspirational, gifted man.

by Sue Harrison, ORN member and attendee of Bill Flocco's 200 hour training program in Portland, completed in 2013