N.R.R.I. Third National
Ashling Hotel, DUBLIN

Main Events

Meditation
by Marie Therese Shelly

Gentle Touch Reflexology
by Sue Ricks

Geopathic Stress
by Aileen O'Connor

Beyond Classical Reflexology
by Anthony Larkin
I write to thank each and every person who made my visit to the NRRI Symposium in Dublin such wonderful time. It was an honour and also a delight to meet so many lovely and interesting people. I feel very lucky to have met and talked with so many of you. What a great audience who kindly listened and joined in with my passion of Gentle Touch Reflexology. There is so much that can be done by working with some simple and effective techniques on both hands and or feet. It was great to walk through the delegates and share the techniques with everyone.

I have now posted the videos that I promised everyone onto my website and You tube for everyone to see and sent emails to let you know. If you’d like to see anything else that we talked about, feel free to email me and I will do my best to respond asap!

I see that there is real interest in helping both the younger and older generations. When we keep an open mind towards supporting people of any age or state of health and are excited, curious and passionate, then we can have the most incredible and rewarding life in the field of reflexology.

The NRRI are very fortunate to have had some amazing guidance and foresight of some very gifted and talented people. In meeting Anthony Larkin, Gerald du Bois, Aileen O’Connor, Sister Brega Whelan, Jane White and Tomasz, I can see that a great deal of hard work has been done in the past and is also being done to create a more concrete foundation for the future of Reflexology. I have been fortunate to meet many people in the field of reflexology and I got a great feel for everyone’s passion and commitment to a greater cause. I congratulate you on being so close knit, supportive and kindly connected to each other.

I thoroughly enjoyed the meditations of Marie Therese Shelly, connected to Aileen’s deep love of all things earthy (as one who also loves Feng Shui, I was with you all the way) and so apprehended Anthony’s vast wealth of knowledge. I have passed in the details of your wonderful library of Books, charts etc to my students both here and abroad. Ireland is lucky to have this great resource!

Sharing Gentle touch Reflexology with everyone at the third National Reflexology Symposium at the Ashling Hotel was a real treat. My initial nerves at being the keynote speaker soon dissolved when I met everyone involved! Thank you so much.

Sue Ricks