

FLAME YOGA STUDIO

Mission Statement

We work to empower each student to find their own limits and the style of practice that will fit their individual needs and lifestyle.

Our classes emphasize the present-moment experience of each student, this style of teaching allows the student to progress at their own pace based on their experience level and physical abilities.

Rather than "pushing" students to achieve, we allow students to find the edge of their abilities, and then to dwell there for a while (sometimes longer than they might like), noting all the inner experiences that are present. In this way, our classes are never the same experience.

Through attention to precision and alignment and effective teaching with compassion, light-heartedness, and respect. We offer the highest quality classes for persons of all ages and walks of life.

Terms and Conditions

Courses

Course payment is due one week before the start of the course. Hereafter drop-in rate apply. As a goodwill gesture, attendees can make up any missed classes ONLY within the time frame of the course they are attending and ONLY subject to availability. This concession cannot be extended to any other event or beyond the time frame of the course they are attending. This is non-negotiable.

A course payment is a binding contract. In all circumstances course payments are non-refundable and non transferrable. Financial concessions cannot be made for any missed classes for any reason including acts of nature as this is beyond the control of either Flame Yoga or the venue. Course participation offers a cost effective means of attending Flame Yoga classes if not more than two classes are missed in the course. Flame Yoga suggests a drop-in rate if more than two classes are going to be missed in a course and cannot be made up. It is the student's responsibility to work out the best possible rate before committing to a course.

Once your yoga practice becomes a regular part of your life, we also recommend that you purchase a yoga mat for the class. The best quality colourful yoga mats can be purchased in class for £16 or for extra thick mats £21.50. Blocks can be purchased for the trade price of £4 each (4 are recommended). For reaching feet in forward bends a yoga belt for £7. We also advise the use of a lavender eye mask to enhance meditation and relaxation at the end of the class; these can be purchased for £6. Prices may vary.

Cancellation policy

24 hours notice or you lose that class.

Yoga workshops

All payments are non-refundable in all cases including acts of nature where cancellation is beyond the control of Flame Yoga. Cancellations must be made strictly before 11am on Thursday morning if you would like to transfer your payment to another Flame Yoga event. This policy applies even if your payment is pending.

Private yoga tuition

All privately booked classes are charged at £50 per hour per person and rise incrementally by £5 for each person who attends. Cancellation of a class must be made 36 hours prior to the booking and another time scheduled for that week that fits in with Flame Yoga otherwise 50% of the fee is incurred. In the case of any acts of nature where circumstances are beyond the control of Flame Yoga or the

private client Flame Yoga will endeavour to reschedule a time for the week in question. If this cannot be achieved then a 50% fee will be incurred. If you wish to cancel then please ensure that you contact me via all methods of communication and presume that if you have not had a response then I do not know of the cancellation. I shall respond as soon as I am aware. This will ensure that I get the message and can make alternative arrangements in place of the cancelled booking. Please note that in order for me to deliver high quality teaching I schedule myself to teach no more than 10 classes per week to maintain quality, so it is important that I am given as much as notice as possible.

Legal Disclaimer

Flame Yoga Studio (hereinafter as "The Website") is a website owned by Siobhan Rosenberg. The Website provides information related to Yoga in the form of yoga poses, articles etc. (collectively known hereinafter as "Yoga Resources"). The Website also provides other information (hereinafter as "Information") related to the field of yoga and lifestyle.

The Yoga Resources on The Website are intended for informational, educational and entertainment purposes only. These Yoga Resources can by no means replace medical diagnoses or advice.

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Not all exercise programs are suitable for everyone. Yoga and any other exercise programs may result in an injury. Consult your physician or other health care professional before beginning a yoga practice or any other fitness program.

To reduce risk of injury, never force or strain yourself. If at any time you feel pain, discomfort, or dizziness, stop and seek medical attention if necessary.

This site does not offer medical advice and it should not be considered as such. You should not rely on this information as a substitute for nor a replacement for professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on The Website. The use of any information provided on The Website is solely at your own risk.

Special Note for Women

Pregnant women should not practice any twists or abdominal tightening poses, and should consult with their physician before beginning any exerciser or yoga program. During menstruation women should not practice inverted poses, back bends or exercises involving vigorous movements.

The act of using this website implies that the user has read, understood and accepted the above Disclaimer.

Frequently Asked Questions

DO I NEED TO BOOK MY YOGA CLASS IN ADVANCE?

Yes classes are BOOKED IN BLOCKS OF 6 and if you wish to book your place in the next block of 6 it must be paid for in advance on week 6 as there is a waiting list and class numbers are restricted to a maximum of 10. If you cannot make your class we would appreciate if you send a text so that

someone who may have missed 1 of their 6 can catch up. You can catch up on a missed class within the 6 week block if there is availability. Missed classes cannot be carried forward to next block so arrive at the studio at least 5 minutes before the start of class (10 minutes if you are new to the studio) and SIGN IN.

WHAT HAPPENS IF I AM LATE FOR CLASS?

Try to arrive at the studio at least 5 minutes before the start of class. If you do arrive late, wait until after the class has finished their relaxation to enter. If you are more than 10 minutes late, you will not be permitted to enter class.

DO I NEED TO BRING MY OWN MAT?

We have mats available for use, free of charge, along with all the other equipment you will need for class such as blocks and straps. All of our mats are cleaned on a regular basis. However we recommend that you do eventually purchase your own mat, which you can do at the studio. Along with any other yoga equipment you would wish to purchase for use for home practice

WHAT DO I WEAR FOR YOGA?

We recommend you wear something light, comfortable, close - fitted clothing that allows for free range of movement . A jumper for the cool down portion of the class would be appropriate. .

IS THERE AN AGE LIMIT FOR YOGA?

Yoga is for everyone From 16 to seniors, these practices are for all stages in life. If you are under 16, we recommend you look up yoga for kids or teen classes. Children are not permitted in an adult class.

HOW DO I CHOOSE THE RIGHT CLASS FOR ME?

We recommend you attend a 'Yoga for You' session with one to one attention if you are new to yoga and we will discuss your goals and how to achieve them.

ARE THERE CHANGING ROOMS AND SHOWERS?

There are facilities to change but unfortunately no showers.

DO YOU HAVE LOCKERS?

No

HOW DO I BOOK A TREATMENT?

Treatments are booked by calling flame studio at 07920093947 to make an appointment. Please click here to find out more about treatments and availability.

WHAT IS THE CANCELLATION POLICY ON TREATMENTS?

We understand that things come up, but we do maintain a 24 hour non-refundable cancellation policy. Please make any changes or cancellations to your appointment by calling Flame Yoga Studio at 07920093947.

HOW DO I GET TO FLAME YOGA STUDIO?

Directions from Forestside shopping centre

Head southwest on Upper Knockbreda Rd/A55 toward Saintfield Rd/A24

Continue to follow A55

1.6 miles

Belvoir Rd/A55

Head southwest on Belvoir Rd/A55 toward Dunseverick Ave

0.8 mile

Turn left onto Milltown Rd/B205

0.1mile

Turn right onto Hospital Rd/B205

0.4 mile

Turn left at Purdysburn Hill

1.0 mile

Studio (number 115) on the right at the junction of Moorcroft Rd and Upper Mealough Road

I HAVE NEVER BEEN TO A YOGA CLASS BEFORE. WHERE DO I BEGIN?

We have created many options for people just starting out or who have not practised in a while. All our classes have a maximum of 10 clients therefore each individual receives close attention to details and precise individual instructions, therefore reducing risk of injury and increasing benefits of each pose. I have been accused of having eyes in the back of my head and x-ray vision.

We offer one-on-one private instruction so you can work individually with a teacher to learn the basics and address any difficulties you might have. We suggest you attend one of our Yoga for You sessions which will help give you confidence and we will discuss your personal goals and how to achieve them at flame studio

HOW MUCH DO CLASSES COST?

See details on main site

YOGA for YOU

We are particularly proud of our unique Yoga for You programme. We offer personal yoga assessments by qualified yoga instructors to help customize your practise. Our yoga instructor will speak with you one-on-one about your goals and will help you create a tailor- made programme that is appropriate to your age, body and lifestyle.

WHAT IS YOGA FOR YOU?

Yoga of You is a private one hour personal yoga assessment with a yoga instructor.

NEW TO FLAME YOGA CENTRE?

Our yoga instructor can discuss your yoga experience, health conditions, and lifestyle to help you find the postures and styles of yoga that is right for you here at FLAME.

NEW TO YOGA?

Being new to yoga can be quite intimidating, but don't worry, we have all been there. Our Yoga for You program can help bridge that gap to make you feel as comfortable as possible. Our yoga instructor can answer questions such as: What is yoga? How I can benefit? What are the different classes and styles available at FLAME that are right for me? They will also answer any questions you have on postures or basic yoga fundamentals.

ARE YOU AN EXPERIENCED YOGA PRACTITIONER?

For more experienced practitioners, the leap from attending classes to starting a self-practice at home in between classes is often daunting. Our yoga instructor can offer advice on how to begin this process. Some people experience a plateau in their practice. In your Yoga for You session, you have the opportunity to discuss how to refine your practise, bring up questions you may have, and get suggestions about literature to further your understanding and bring your practice to another level.

Benefits of Yoga

Yoga transcend the body, mind and spirit. The benefits of regular yoga practice are for everyone, regardless of age, weight, or physical condition. Yoga benefits have been studied and documented all around the world and more studies are underway to scientifically prove what many yogis already know - yoga does the body and mind good. There is no question of the power yoga possesses and its wide reaching benefits.

Mind and Body

Yoga unifies body, mind, and spirit, bringing together breath and the movement, focus and flow, mind and body. Simply going along with the physical movement or postures of yoga and ignoring the mind is beneficial to some degree, yes, but nowhere near as powerful as results of unifying your mind and body.

Stress Relief

Most of us in today's world feel varying degrees of stress in our lives. We face pressures from work, family, health, etc. and at times it can be overwhelming. Yoga calms the mind and lowers stress. Even after the very first yoga class, students feel more relaxed and less stressed out. There is what can be described as a sense of euphoria walking out of the class. Yoga calms the body and the mind.

Flexibility

Yoga offers increased flexibility to all, no matter how stiff or how flexible you might be. Within a few yoga classes, and especially after a couple months of regular yoga, you will notice that your body feels more flexible and fluid than it did in the beginning. Not only does yoga gently stretch your muscles, tendons and ligaments, but even your joints get more mobility and range of motion. You may especially notice this on your shoulders and hip joints.

Strength

Yoga can improve your muscle tone and strengthen your muscles.

Improved Posture

Building strength and flexibility with yoga will make you notice your newly improved posture. In yoga your body is being realigned and balanced. Poses take you to the right and to the left, up and down, straight and back. Working all corners of your body also build up a solid core. A strong core allows us to stand tall and sit up straight. Regular yoga practice makes you more aware of your body, if you are slumping, you are more likely to notice it quickly and correct it.

Breath

Yoga is like a breath of fresh air. Many of us breathe very shallow breaths, breath in and out. It's as if we are always out of breath, huffing and puffing. How many of us even notice our breaths? You step into your first yoga class and you will take a note of your breathing. Inhaling and exhaling. Even just a few minutes a day of deep, concentrated breathing can calm your mind and make you more relaxed. Deep, longer breaths increase your lung capacity. Some yoga classes can make you breathe as if you were running a race, but typically the breathing is slow and deep.

Learning, Memory, Concentration

Students that regularly practice yoga will tell how their ability to concentrate is improved. How does it work? Yoga practice increases oxygen supply to the brain allowing for clearer mind and focus. Concentration and ability to focus go hand in hand with learning and memory. Couple those with the relaxed and calm feelings you get with yoga practice and you have a proven path to unlocking power of your brain.

Mood and Energy

You will not fail to notice how upbeat, energized and happy people are both walking into a yoga studio and out. Even a one hour yoga practice does wonders to your mood and it carries over to your life. Currently researchers are studying how yoga helps with depression.

Digestion

Certain yoga postures give your internal organs a good massage improving their function. Combination of the deep abdominal breathing and the internal massage improves digestion.

Heart Health

Effects of yoga have been extensively studied in relationship with Heart disease. Yoga can lower blood pressure and regular yoga practice slows down your heart rate. Slower heart rate can benefit people with high blood pressure/hypertension, stroke and heart disease. Yoga is also said to reduce cholesterol and triglyceride levels as well as boost our immune systems, all good news for the health of our hearts.

Relieve Symptoms of Medical Conditions

Yoga can be used in conjunction with traditional medicine to alleviate symptoms of variety of medical conditions. This type of yoga is called Therapeutic Yoga. More and more research is done to scientifically prove the benefits of yoga in treating multiple conditions such as depression, insomnia and arthritis, yet most yoga practitioners would say the proof is how you feel, both physically and mentally without seeing scientific proof.

Medical conditions benefiting from yoga

Alzheimer's

Arthritis

Asthma

Bronchitis and Emphysema

Back pain
Cancer
Depression
Diabetes
Insomnia
Heart Disease
Multiple Sclerosis
Obsessive-Compulsive Disorders
Pain Management
Parkinson's Disease

Please consult your physician before beginning any new exercise program such as yoga. Disclaimer

Yoga Etiquette

When practicing yoga at a yoga studio or in a classroom, a degree of consideration and kindness is expected from students and teachers alike. There is good yoga etiquette and then there is some pretty bad yoga etiquette. Whether it is your first yoga class or the 1000th, following common sense, basic rules, and respecting others goes a long way in making everyone's yoga experience an enjoyable, relaxed and stress free.

Early Arrival

Arrive to your class early, not right when the class is about to start or even worse late. Arriving about 5 or 10 minutes early gives you time to get signed in, start settling in, start letting go of your day and your thoughts, do a few warm up stretches, practice a few poses, or just lay down in a resting pose. Let's face it; we can't all be early all the time. Sometimes you just can't make it on time. If and when that happens, be prepared to have everything ready at the door, before you step into the classroom. Have your mat, towel and water bottle ready. Remove your shoes and have your keys, phone etc. put away. Step into the yoga room prepared and settle into your space quietly without disturbing others.

Remove Shoes

Yoga is done bare foot. No shoes allowed. Remove your shoes before you step into the class room, and always before you step on your yoga mat.

Leave Phones Out

Leave your phones outside! Outside the studio or at least outside the classroom. One of the most annoying and disturbing things that happen in a yoga class is when somebody's phone rattling, shaking or ringing. Followed by that somebody actually attending to the phone! Argh! Nobody wants to hear your phone in a movie theatre and nobody wants to hear it in a yoga class.

Got to Go

Need a bathroom break? Trying going before the class starts, or wait until after the class. Avoid interrupting the class by going to the bathroom or leaving the room for any other reason, if at all possible. Not only does leaving the class room disturb others, but you and your body will feel the shock too. If you suddenly during the class are not feeling good, relax in one of the resting poses and breathe. Child's pose is excellent in returning the calm and comfort to your body. If you have to leave the room do so quietly with minimum distraction.

Follow the Leader

In this case the teacher. For a reason you are taking a "guided" yoga class. The class has a teacher and students. Unless you are doing modified poses, due to physical condition, fatigue or pregnancy, follow the teachers' guidance. It can be confusing to the other teachers and students if you are doing your own thing and not following along. If you need to take a break during the class, staying in one of the resting poses until you are ready to return to the flow of the class.

Wait, wait...

Anxious to skip the final Savasana? Wait! That's the best part. The final relaxation and meditation. Resist the urge to leave early by skipping the final few minutes of the class. If you have to leave early, move to Savasana/Corpse Pose a few moments before you have to leave, so you can reap the

benefits of this closing of the yoga practice. Stay near the exit door if you know you have to leave early to avoid disturbing others with your exit.

Wipe it off!

Sweating is good, but not when you find somebody has been sweating profusely right where you want to put down your mat! Before leaving the room, after a class, quietly wipe off any sweat around your area. Yes, your sweat. You don't want to encounter sweat from others - neither do others from you.

Got a cold - Stay home

Feeling under the weather? Stay off the mat, or at least stay home. In a yoga studio you are in very close proximity and closed in with lots of other people who would rather not get sick. Be considerate of others, take care of yourself and feel better before returning to a yoga classroom.

Come to a yoga class with an open mind and heart. Accept that some things don't go as planned, whether they are distractions from others or from you. Adjust to those situations and find more compassion, understanding and love in your heart. Let it go and be present on your mat for your yoga.

Following good yoga etiquette is often common sense and allows everyone to enjoy the yoga class to the fullest.

Yoga for beginners

This section is to help you feel comfortable from the start and allow you to ease right into your yoga practice as one of the hardest things about starting a new program is to start. Once you have completed a couple of classes and become familiar with your surroundings, what to do and where to go, you find yourself much more relaxed and comfortable.

When you are about to start something new, whether it is yoga or any other type of fitness program you may be feeling some apprehension and have a lot of questions. Where do I go? What should I wear? Do I need to bring anything with me?

Check with your doctor

Yoga is for everyone. However if you have any medical conditions, are pregnant, or have any concerns check with your doctor before starting a yoga practice.

Where to do yoga?

Where you practice yoga is completely up to you and what works best for you. You may decide to find a yoga studio, take private classes or do it at home by yourself. However, having somebody - a yoga teacher - guide you in the beginning is extremely valuable in learning proper techniques, alignment, breathing and in preventing potential injuries.

What to wear? A few yoga clothing tips

Wear comfortable clothing. If you wear a loose t-shirt be prepared to find it covering your face when you are in any kind of head down.

When you sweat it shows on cotton clothing

Combination of spandex/suplex around 90% and 10% +/- lycra does not show sweat.

Wearing long pants for a heated class can help when doing yoga poses that require you to hold your ankles etc. - less slipping

Heated yoga classes - lighter clothing is better than thick sweat pants and top

Avoid any restrictive clothing e.g. if your shirt is tight at the shoulders it may become a distraction and even painful when doing many poses that require movement of the shoulders

Yoga clothing for men

T shirt/tank top - not too loose fitting (see above)

Shorts

Long "light" yoga pants or pants you would wear exercising

Yoga clothing for women

Yoga top/sports bra or a tank top - many tops have bra built in

Shorts, Capris, Yoga pants

Head bands - made from cotton, rubber bands etc. ties that keep some of your hair out of your face

What NOT to have in a yoga class

Your phone

A gym bag

Good to have after the class

Dry clothing

Extra dry towel

Water

Snack

When to do yoga?

What time of the day is the best time to do yoga? Whatever works for you. Many prefer to practice yoga in the morning. If you know the day seems to get away from you, especially after lunch time, finding yoga time in the morning is a good idea. Some people find that hitting a yoga class right after work is just what the doctor ordered. Choose what works for you.

Birthlight Prenatal Classes

We strive to enable women to give birth with minimal intervention but we acknowledge that this may not be possible for all women. What we value most is the physical and emotional nurturing of pregnant women so that they can approach labour and birth with calm confidence, energised from a vibrant core strength and with full use of their breathing capacity. 'Mothering the mother' is an essential foundation for a woman's ability to nurture her baby. In the Postnatal classes we will practice yoga moves to help women to return safely and efficiently to fitness after childbirth. Practices are suited to individual abilities as well as to personal experiences of birth and early mothering. Birthlight has pioneered postnatal yoga training since the 1990s with a special expertise in this area. Birthlight postnatal yoga ideally complements maternity care. The yoga taught ranges from gentle and restorative practices to dynamic flow sequences and can benefit women new to yoga as well as advanced yoga practitioners. It also includes simple therapeutic practices to alleviate common ailments that do not warrant medical treatment yet compromise day-to-day quality of life for many mothers. The classes impart unique Birthlight adaptations of classic yoga practices as flow sequences, dynamic or relaxing walks and interactive fun stretches involving babies. In the postnatal classes we will incorporate Baby Yoga as pioneered by Birthlight and it is not just the adaptation of yoga poses to babies! from the start we have integrated Positive Touch, Dry Massage, Sound and Singing, walks and Dances as well as 'Kitchen Yoga', moves that new mums can do through their days at home or outside. I think Birthlight classes help us together, as parents & me, as a teacher, teaching us to grow in a loving and positive way. Which will help all our futures. What better way to bring the next generation into a yoga lifestyle (before they're even born) where you look after and nurture yourself and others.

Iyengar Yoga

Iyengar yoga is named for its 92 year-old creator, the yogi B.K.S. Iyengar, who began teaching in Pune when he was only 18 and went on to write the iconic yoga treatise *Light on Yoga*, first published in 1966. Iyengar is a form of hatha yoga that incorporates props like belts, ropes, sandbags, benches, and blocks in its asanas. Like Ashtanga, Iyengar is rooted in Patanjali's Yoga Sutras, and focuses on uniting mind, breath, and body through poses that emphasize physical alignment.

While Iyengar includes sitting, forward-bending, back-bending, twisting, inversion, and supine poses, standing poses, which help beginners build the strong foundation they will need to tackle the more advanced poses, predominate. Iyengar classes, unlike ashtanga, are never self-led, and teachers apply both verbal and physical corrections to students' alignments throughout the class.

A beginner Iyengar class will most likely consist of basic standing, sitting, and inverted poses that stretch away stiffness, strengthen weak areas, and offer deep relaxation.

Ideal for the elderly, Iyengar also serves as physical therapy and treatment for injuries and illnesses including osteoarthritis, high blood pressure, depression, and chronic pain.

Indian Head Massage

Indian Head Massage relieves tension and headaches, neck and back pain Alleviates stress, promotes relaxation. Stimulates lymphatic drainage, helping to remove toxins and boost the immune system Restores joint mobility, improving circulation which lifts energy improving concentration Indian Head Massage reaches all energy centres where tension accumulates. A gentle & highly effective treatment, this relaxing massage has been practised in Ancient India and other Asian countries over 5000 years. Did you know that having an Indian head massage you will receive similar benefits to having reflexology? This is because all the organs are not only linked to nerves into your feet but also to the head so when you have a head massage you are giving the whole body an MOT. All the organs of the body are then able to release harmful toxins to help the body avoid many illnesses. It is a sad fact that we tend to look after our cars better than we take care of ourselves. Some people look at having a massage as a treat or wait until their muscles are so tight before booking a session. Having just one session may not give them the benefits they require. However, if we looked after our bodies the same way we look after our cars and give it the right fuel in the way of healthy foods and have a massage on a regular basis as a preventative measure our bodies would thank us for it and work in a more efficient way and suffer less aches and pains.

Massage therapy and Soft Tissue Release massage

This type Massage therapy calms nervous system alleviates physical, emotional and mental stress, reduces muscular pain, is mind-body balancing and has high quality holistic therapies that soothe your mind, body and spirit. Each treatment is tailor-made to meet your specific needs for well-being and health incorporating a range of bodywork approaches-Swedish, deep tissue, remedial, acupuncture, aromatherapy, - in a therapeutic, integrated and mindful manner. At first glance, it's simple: Soft Tissue Release combines simultaneous pressure "massage" and stretching to get the maximum release effect. By using just the right amount pressure and friction on your muscle or tendon and just the right amount of tension - through the stretch - we can rapidly free up the restrictions caused by your Scar Tissue.

I have found that you bluff the muscle into thinking it's going to snap. By applying pressure to a trigger point, which sends the message to the brain that the muscle is about to snap the brain sends a reciprocal relaxation response to soften the spasmed muscle.

As the therapist, I can often feel the lump of Scar Tissue or otherwise thickened, restricted area getting thinner and freer with each "release" amazingly.

Your muscles feel freer and looser - You get an immediate sense of increased flexibility

You often get some immediate relief from the pain - Especially from problems like Tennis Elbow, Tendonitis, and Rotator Cuff injuries

Reflexology

What are the benefits of reflexology?

The lists below summarise and separate out the physical and emotional benefits that reflexology is believed to provide:

- Physical effects
- Reduces muscular tension
- Relieves fatigue
- Increases energy or reduces tension
- Promotes refreshing sleep
- Strengthens natural self-healing mechanisms
- Emotional and mental effects
- Promotes calmness and a sense of well-being
- Relaxes the body and mind
- Relieves stress
- Soothes emotional distress

Reflexology is thought by some to complement the natural functionality of body systems.

The list below summarises some of the enhancing effects that reflexology is believed to have on the following body systems:

- Skeletal - Supplies nutrients for repair, new cells and growth
- Muscular - Supplies oxygen and nutrients
- Takes away waste

- Relaxes muscle tension
- Nervous - Increases oxygen and nutrient supply
- Stimulates nerve cells
- Helps repair and create new cells
- Pain control
- Respiratory - Stimulates movement of mucus in lungs and airways
- Stimulates removal of waste products
- Increases supply of oxygen to the rest of the body
- Reproductive - Stimulates reproductive glands to help with hormonal problems
- Clears blockages of the pelvic area in females
- Urinary - Stimulates the kidneys to function more effectively by filtering and retaining substances
- Regulates the salt: water content of blood
- Circulatory - Stimulates repair and creation of new cells throughout the body
- Lymph - Stimulates movement of lymph
- Helps with removal of waste products
- Helps fight infection
- Digestive - Stimulates muscle action and peristalsis and aids smooth passage of food as it is digested - helps with digestive disorders
- Encourages liver to pass unwanted substances to kidneys for excretion
- Endocrine - Stimulates all glands, and especially brings relaxation, which supports the healing process in all other systems
- Skin- Stimulates healing of wounds
- Supplies nutrients and oxygen for repair and creating new cells