

Reflexology

Certified Reflexology Practitioner (CRP)

Harmonika Institute USA
harmonika-institute.com

Program at a glance

- " Tuition: \$3,200
- " In-person training: 12 days (96h)
- " Live cohort calls: 1 day (4h)
- " Supervised practice: 80h
- " Immersion stage: 4 days (32h)
- " Portfolio + jury: 50h
- " Total: 262h (~33 day-equivalents)
- " Cohort size: 10 students

About the program

What you'll learn

- " Foot, hand, and ear reflexology maps
- " Thumb-walking, finger-walking, and pressure modulation
- " Full one-hour foot reflexology session protocols
- " Hand and ear protocols for clients with foot contraindications
- " Reading state-by-state regulation in the U.S.
- " Building a reflexology practice: pricing, kit, marketing

Curriculum modules

Module 1 Foundations

History, maps, scope of practice, contraindications.

Module 2 The foot session

Full one-hour foot reflexology, thumb-walking, sequencing.

Module 3 Hands & ears

Hand and ear maps and full session protocols.

Module 4 Specific populations

Pregnancy, older adults, oncology-adjacent (with referral).

Module 5 Regulation

U.S. state-by-state requirements and pathways like ARCB.

Module 6 Practice & business

Pricing, kit, ongoing supervision.

Next step

Book a free 30-minute info session at:
harmonika-institute.com/admissions/info-session

This curriculum overview is provided for informational purposes only.
Specific cohort schedules and faculty assignments are confirmed at enrollment.