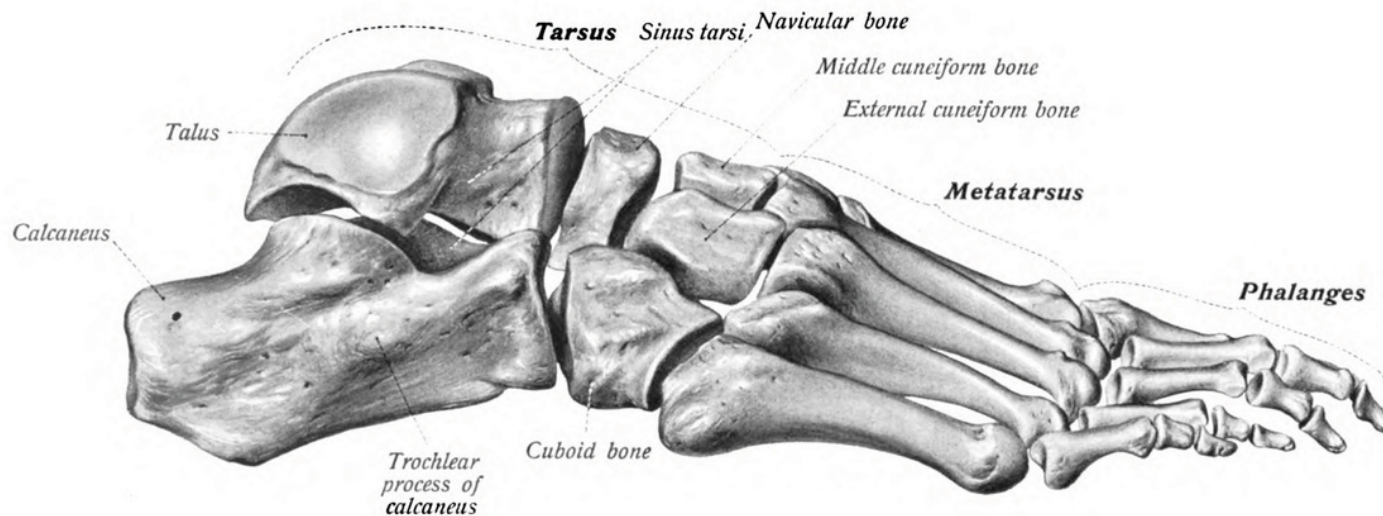


Does fascia matter in reflexology?

Do reflexologists need adapted techniques to deal with fascial restrictions?



Sobotta 1909.

*An accredited
CPD training for
reflexologists
and body
workers alike*

www.osteopathicreflexology.com

www.florencecohen.com



WHAT IS FASCIAL REFLEXOLOGY APPROACH®?



Teaching cuboid mobilization to release stress and breathing (in Buenos Aires)

Both **Osteopathic Reflexology Approach®** and **Fascial Reflexology Approach®** are registered trade marks. The laws governing osteopathy and the use of the adjective 'osteopathic' are different from one country to the other. We chose to register both names in order to avoid problems when advertising or promoting the courses. I named it 'osteopathic' in honor of Andrew Taylor Still, father of osteopathy.

Fascial/Osteopathic Reflexology® is the name given to the signature techniques created by Florence Cohen since 2010. Treatment with these techniques results in long lasting and speedy improvement of self-regulation via the **fascial system**. The techniques are applied at the extremities (feet, lower legs, hands, and arms all the way to the shoulder). In effect, F.R.A.®, allows for the release of the fascial system in the whole body **from the extremities**, while at the same time working the reflexes. The two sets of information matter and are co-dependent. The techniques work at several levels simultaneously: the purely mechanical fascial level, the reflexology reflex level in relationship to the fascial texture, and the liquid aspect level of fascia. The approach puts a lot of emphasis on deep fascia, such as periosteum and bone, as well as on the fractal characteristic of the fascial system (similar patterns appear at all scales and influence the outcome of health or sickness). The nexus between gravity, feet, propulsion, the universal laws of tensegrity, the fascial system with all its known properties, and cell health is the basis of our argument and is at the core of technique development. The techniques have been designed taking into account the laws of physics and every known aspect of the fascial system that is relevant.

The 3 day training is accredited in the UK and being accredited in the Netherlands and Switzerland.

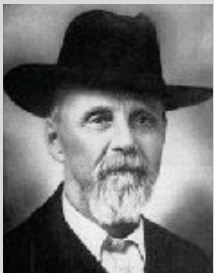
In 2016, the techniques were successfully presented in front of a panel of leading experts in fascia at the University of Medicine in Leipzig.

Fascia is the organ of health and self-regulation and this knowledge should be incorporated into reflexology to enhance treatment. In a gravity environment like ours, everything starts in the feet through the fascial system.

Florence Cohen has been developing these techniques for **15 years already** and teaching reflexologists, doctors, osteopaths, bodyworkers, and movement specialists worldwide. There are more than 80 techniques available.

OBJECTIVES OF THE TRAINING

"Thus a knowledge of the universal extent of the fascia is almost imperative, and is one of the greatest aids to the person who seeks cause of disease"



Andrew Taylor Still
Father of Osteopathy

- **PALPATION IN THE EXTREMITIES:** What does fascia tell us? Where to feel? How to feel? What to feel at different depths? And what does it mean?
- Examine all the properties and functions of the **FASCIAL SYSTEM**. What does scientific research reveal? What properties can we act upon as therapists? The laws of tensegrity, the consequences of living in a gravity environment, force transmission, force dispersion, propulsion, collagen, elasticity, pre-tension, non-newtonian fluids, electricity, and the relationship between fascia and the cytoskeleton are some of the subjects we will explore.
- Understand the **HIERARCHY** within fascia.
- Learn what fascia likes, what it reacts positively to and what this means when designing new techniques.
- **Learn 50 TO 60 TECHNIQUES to restore mechanical and biochemical balance in the body from the extremities. EVALUATE, RELEASE, CHECK.**
- Understand why the extremities are so important and what's the relationship between fascia and **REFLEXOLOGY** reflexes.
- The correct use of **ANGLES** of contact, body motion and constant repositioning, the concept of unstable equilibrium, and using body weight in the techniques for extraordinary results.
- **ADAPTING** to the fascia of the client. Each fascia has a story, a history, and a current state.
- Letting go of the **OLD PARADIGM**, embracing the new one, letting go of systems, learning how to work with oneness.



Working the periosteum at the base of the 4th toe for ear, neck, breast, and lung issues



Exploring fascia in meat cuts - Advanced course



Student performing a technique to release periosteum on the tibial bone. Induces very deep relaxation.

EXISTING FORMATS

I found Osteopathic Reflexology to be both diagnostic and therapeutic.

In order to be able to truly evaluate each case one needs to be abundantly knowledgeable and have a lot of experience. I found both in Florence Cohen along with a great capacity to teach. She draws from different disciplines making her courses fascinating.

Dr. Carlos Serra de Fortuny
Odontologist

IN-PERSON COURSES

- **The 3 day Foundation course** (8 hours of class per day)

Size of groups vary between 15 and 30 students. 4 to 5 hours are dedicated to theory. The rest of the course is about learning and perfecting the techniques. Students learn between 50 and 60 techniques. This is the most popular format.

- **The 5 day Complete course - SMALL GROUPS**

(8 hours of class per day)

Size of group: maximum 4 students per class.

5 hours of theory, 1 hour of fascia dissection (supermarket meat cuts), 70 techniques (with revision of the most difficult and subtle aspects such as angles, body movement during techniques, and force transmission), and a 20 minute practical exam per person at the end.

- **The 3 day Advanced course** (8 hours of class per day)

A course designed for those who have done either the Foundation or the Complete course who seek excellence and finetuning in execution. Size of groups vary between 15 and 20 students. We review both theory and techniques, especially the technical aspects where I know mistakes often occur, we resolve all questions and doubts students bring to class, 1 hour of fascia dissection (supermarket meat cuts), new techniques are taught, and there is an optional 15 minute practical exam at lunch or in the evening.

ONLINE COURSES

- **The LIVE Online course - 5 hours (1 day or 2 days)**

This course covers the theoretical part of the fascial system, the importance of feet in the fascial system and 3 techniques in detail. Students can access the recordings during 3 weeks.

- **The pre-recorded Online course on Teachable can be found at www.osteopathicreflexology.com**

Students who purchase the pre-recorded course have access to it for a number of weeks depending on the plan they choose. The course cannot be downloaded. You can earn money by becoming an affiliate.



Release of the periosteum of the 1st metatarsal bone for spine relief



Teaching angles, the cornerstone of perfect execution



Releasing deep fascia close to bone at the base of the big toe for immediate and palpable occipital relief

INTERNATIONAL AGENDA

Countries O.R.A./F.R.A.® is, has been, or will be taught in: UK, Argentina, Spain, Italy, Northern Ireland, Switzerland, The Netherlands, and Costa Rica

"Exceptional therapist and instructor of Osteopathic Reflexology. The training has helped me improve my diagnostic and treatment approaches. The techniques are unique and Florence has a strong research background."

Marie Maurel, D.O.
Professor of
Osteopathy

2026

IN-PERSON COURSES - OSTEOPATHIC REFLEXOLOGY®

- **MADRID, SPAIN** (in English)
5 day **Complete** course - 4 students maximum
17-22 September with one day off on the Saturday
Contact Florence Cohen directly for details and content
- **FLORENCE, ITALY** (in English and Italian)
Advanced course (only for students who have already done the Foundation course)
2-4 October in Vallombrosa. Contact Aloka Chiarelli to sign up. mc.chiarelli@gmail.com
- **LONDON, UK** (in English)
3 day **Foundation** course
6-8 November. Contact Hagar Basis via her website to sign up www.reflexologyacademylondon.com
- **REUS, SPAIN** (in Spanish)
5 day **Complete** course - 4 students maximum
20-22 November (module 1) - dates of module 2 to be agreed upon.
Contact Florence Cohen directly for details and content

ONLINE COURSES AND WEBINARS

- **FREE WEBINAR** in Spanish - 17 August - 19.30 til 20.30
What do Fascia and Reflexology have in common?
Contact Florence Cohen for the zoom link (email or whatsapp)
- **ONLINE COURSE** - 5 hours
The Importance of Feet in the Fascial System
24th of September - to sign up contact Hagar Basis
www.reflexologyacademylondon.com

FOREIGN PROFESSORS IN MADRID

- Florence will be hosting **Spiros Dimitrakoulas**, November 27-29
3-day course - **ORHTOPAEDIC REFLEXOLOGY**
Contact Florence Cohen to sign up

2027-2028 (to be completed)

IN-PERSON COURSES - OSTEOPATHIC REFLEXOLOGY® - 2027

- **COSTA RICA** (in Spanish)
3 day **Foundation** course - there will be two courses given in two locations
Exact dates to be announced soon. The courses are planned for either February or March.
- **FLORENCE, ITALY** (in English and Italian)
3 day **Foundation** course
4-6 June in Vallombrosa. Contact Aloka Chiarelli to sign up.
mc.chiarelli@gmail.com
- **ASPEREN, THE NETHERLANDS** (in English and Dutch)
3 day **Foundation** course
17-19 September. Contact Ohm Academy in Asperen to sign up.
info@ohm-academy.nl
- **MORGES, SWITZERLAND** (in French)
3 day **Foundation** course
6-8 November. Contact Ecole Réflexe Santé in Morges to sign up.
info@reflexesante.ch

IN-PERSON COURSES - OSTEOPATHIC REFLEXOLOGY® - 2028

- **MORGES, SWITZERLAND** (in French)
3 day **Foundation** course
16-18 March. Contact Ecole Réflexe Santé in Morges to sign up.
info@reflexesante.ch

FOREIGN PROFESSORS IN BILBAO, SPAIN

- Florence will be hosting **HAGAR BASIS**, May 15-16, in the city of Bilbao
2-day course - **REFLEXOLOGY FOR WOMEN'S HEALTH**
Contact Florence Cohen to sign up. (Course in English and Spanish)

WHAT STUDENTS SAY

"I loved my training with Florence Cohen. This course has completely transformed my practice!

Florence is extremely knowledgeable, engaging and passionate about all things fascia and offers insightful scientific and practical content which is not only well-structured and thought-provoking but also intellectually challenging in the best way, encouraging deep reflection and critical thinking. This course is a valuable experience for anyone looking to raise their game and expand their knowledge of reflexology and anatomy with both depth and rigor."

Manuela Gonnermann MAR 36277 CNHC

www.sanctuaryreflexology.co.uk

"I loved the 3 day fascia release course with Florence Cohen. She explained fascia in an accessible way and I am now fascinated with the world of fascia.

Some of the techniques we learnt are easy to incorporate into my standard Reflexology practice and I have a fuller fascia release routine for those clients that need it. As well as equipping us with many techniques Florence taught us not to follow routine and dogma but to feel below our fingertips, to feel the clients fascia and what it needs.

This way of working has benefited my treatments as a whole.

I would highly recommend this course."

www.bethastletherapies.com

"I recently completed a three-day training course with Florence Cohen on the Fascial Reflexology Approach, and I can confidently say it was the most exceptional course I've ever attended. Being taught by Florence felt like an absolute privilege.

The techniques we learned during the training are truly unique and groundbreaking, offering insights and methods you won't find anywhere else. This course has profoundly transformed my practice, equipping me to help clients in ways I hadn't imagined possible.

Florence is an outstanding teacher. She has a remarkable ability to demystify the complexities of fascia, making it both accessible and awe-inspiring. Her deep intellect and sharp wit create an engaging and enjoyable learning environment.

One of the standout features of this course is the comprehensive follow-up support and materials provided, ensuring you can continue to build on the knowledge gained. If you ever have the opportunity to learn from Florence, seize it. Her expertise and teaching style make this a truly invaluable experience. I wholeheartedly recommend this course."

Hayley Cleaver - Repose Reflexology

"Florence Cohen's Osteopathic Reflexology CPD course is hands down the most powerful and inspiring training I've ever done. Her knowledge is exceptional, her passion infectious, and the way she teaches makes complex concepts feel exciting and accessible. From the very first day, I was captivated.

I began using her techniques in my treatments straight away, and the results were immediate – clients felt relief, deeper relaxation, and noticeable shifts in their bodies. It's deeply satisfying work that brings a new level of effectiveness and confidence to your practice.

This course will completely transform how you understand and work with the body. It's rich, practical, and energising – the kind of course you'll want to do more than once, simply because there's so much to gain from it.

If you're a reflexologist, massage therapist, or bodyworker ready to grow, this course isn't just recommended – it's essential. Don't think twice. Book it."

Michal Kaspar MAR PRM CNHC Reg

Clinical Reflexologist

PROFESSIONAL HIGHLIGHTS:

- Bachelor's degrees in Economics, French, English, and Spanish. MBA.
- Certification in Reflexology from the International Institute of Reflexology in London (2003) by Hagar Basis
- Certification in Advanced Reflexology Techniques with Anthony Porter
- Certification in Hand Reflexology by Dwight Byers
- Hagar Basis' Reflexology Academy London represents my training in the UK and I represent hers in Spain. In Italy one of the national associations for bio-natural disciplines represents my trainings.
- Certified in all 5 levels of Tensegrity Touch (TM), Brasil's Dr. Fernando Bertolucci's neuromyofascial techniques. I was the official representative of the training for Spain for 5 years.
- I have attended numerous talks and workshops in fasciology, fascia dissection, biomechanics, palpatory evaluation, research methods, fascial release in mouth, by Robert Schleip, Carla Stecco, Hanno Steinke, Tom Myers, Gil Hedley, Werner Klinger, Tom Findley, Peter Schwind, Heike Jäger, and others.
- Trained during years one on one with D.O. Marie Maurel in osteopathic concepts
- Speaker at the Fascia Summer School in 2016 - [presentation of intraosseous fascial release](#)
- Florence is also a hypnotherapist specialized in fertility issues



Osteopath Maéva Gouget executing deep fascial release of the ankle



Teaching in Buenos Aires

CONTACT:

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www.florencecohen.com



[florencecohenreflexology](https://www.instagram.com/florencecohenreflexology)