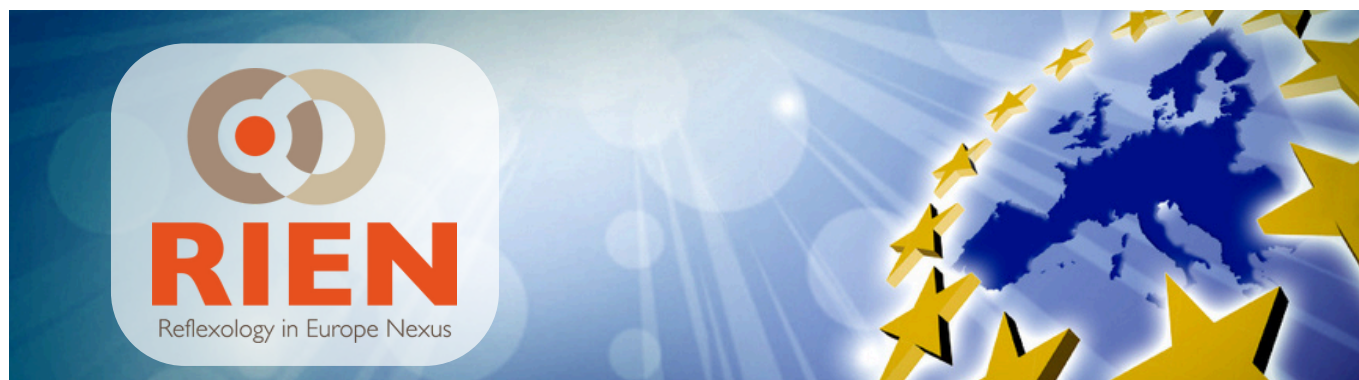


vol. 01/2024

RIEN NEWSLETTER



Dear Members,
We are thrilled to present the first edition of our newsletter under the new board's leadership. We aim to keep you informed, engaged and inspired with the latest updates and insights within our community.

We hope you enjoy this edition.

Happy reading!

Your RiEN Board



Boskant 21, 5423TP HANDEL The Netherlands

→ Email: secretary.rien@gmail.com - Website: www.reflexology-europe.org

NEW BOARD

Dear members at first, we want to thank everyone for your patience.

It took us some time to get things moving.

But patiently we are getting ready to introduce ourselves.

So please enjoy our introduction letter. We all want to introduce ourselves by telling you something about ourselves as board member and what we would love to bring to RiEN



Eduardo Luís Chair

I am happy with my re-election and the trust you have in me as your chair.

For those who do not know me yet, I studied Reflexology in Madeira in 2001 and continued my studies in Porto at the Institute of Integrated Reflexology in 2004 and completed this study in 2007. I studied Chinese Medicine, have 15 years' experience in the Reflexology field and in 2007 I founded the Centre for Reflexology in Madeira, of which I am the director.

I am happy to be part of RiEN and to be able to share my love and passion for reflexology.

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NEW BOARD

Ingrid Wareman Co-chair

My name is Ingrid Wareman and together with Eduardo I am taking care of the chair position.

As cochair I am honoured to give structure and guidance to the meetings. And see to it that we keep up the course we choose.

I would like to meet a lot of people and my main goal or focus is to bring people together and build bridges.

I love to empower people and I hope to be able to give strength to the reflexology network in Europe. So that more and more people will be able to enjoy the benefits of our wonderful profession.



You will find more info on the RiEN website.
<https://reflexology-europe.org/about-rien-/board-members>



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NEW BOARD



Orlando Volpe Vice Chair

I live in Italy and I am happy to have joined the Rien Board. My position is Vice Chair

Together with the other board colleagues we will work to to increase knowledge of reflexology in Europe and around the world, raise awareness of our activities and promote sharing events. Last but not least, offering you members our support for all your needs.

I love reflexology and sharing information relating to this sector and I believe that with everyone's contribution we can become a European reference and not only for ever greater public knowledge of this beautiful technique that we are lucky enough to practice

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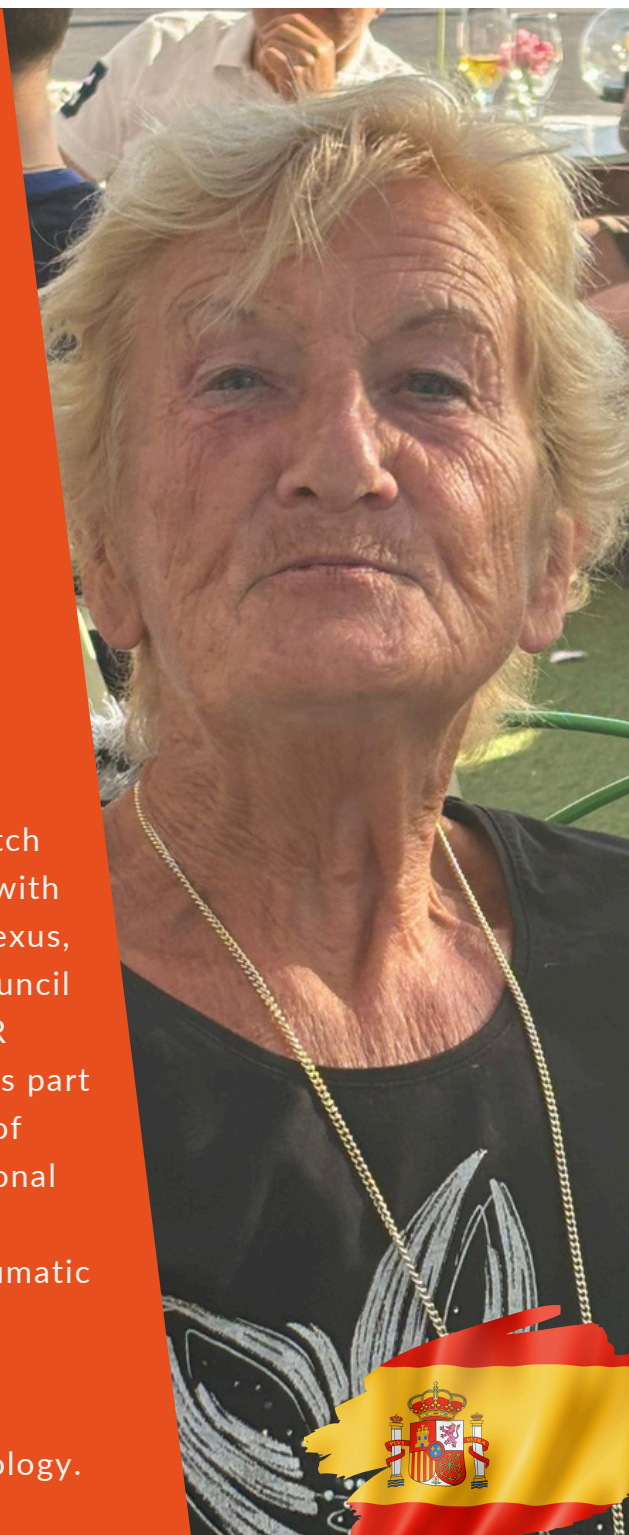
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NEW BOARD

Anneke Van 't Wout Treasurer

In 1974, I was introduced to reflexology because of my rheumatic problems. I soon studied reflexology and started my own school , to which I have invited many international reflexology instructors. I developed my own combination of reflexology with kinesiology and have taught this system extensively in the Netherlands, Great Britain, Germany, China, Greece, Denmark & Slovenia.

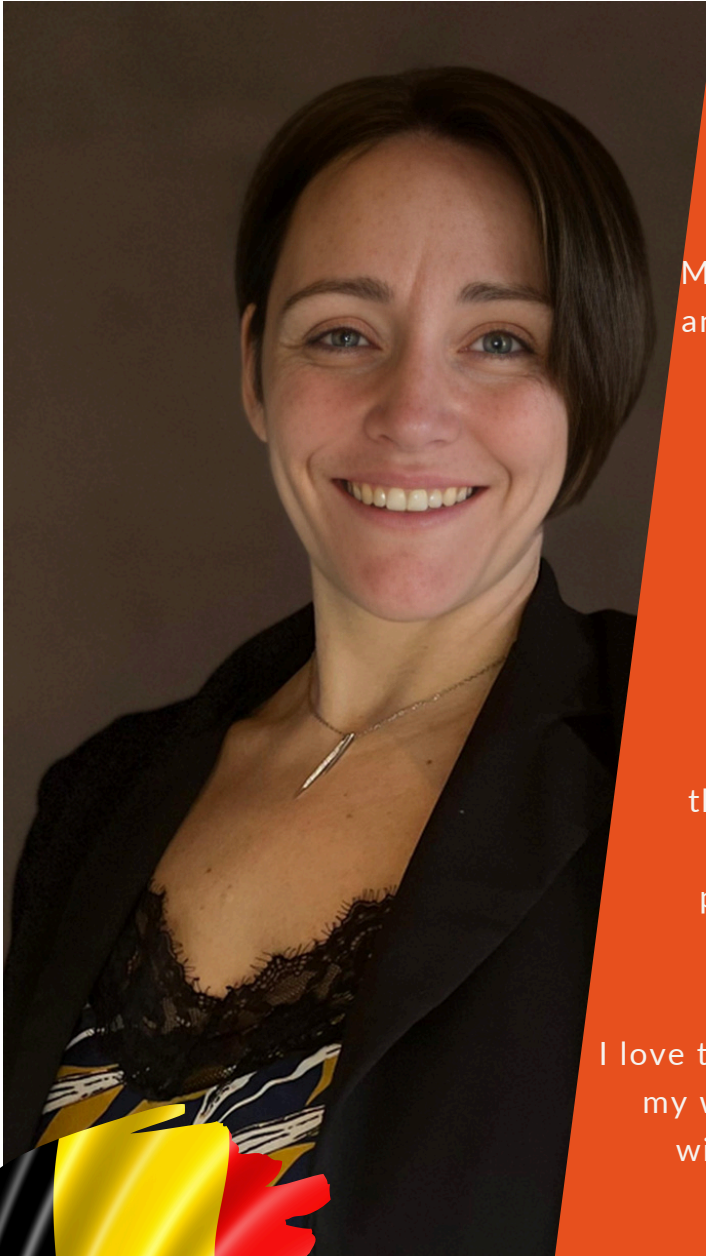
I was one of the founders and board members of the VNRT, founder of Dutch Reflexology associations, co-founder with Mo Usher of Reflexology in Europe Nexus, was a member of the International Council of Reflexologists (ICR), was on the ICR board and served as treasurer, and was part of the BeNeLux reflexology Network of RiEN. I also help to organize international reflexology conferences and am the treasurer of RiEN. Because of my rheumatic issues, I moved to Spain for the dry weather. Having been involved with reflexology for more than 50 years, I continue to be an advocate for reflexology.



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NEW BOARD



Tamara Cobos-Rodriguez Secretary

My name is Tamara Cobos-Rodriguez, and I am honored to introduce myself as the new secretary of RiEN.

I am dedicated to upholding the standards set by my predecessor, Esther, and I am committed to bringing a fresh and dynamic perspective to our administration. Together with Elise, I am excited to revitalize our website and ensure that our administrative processes are more efficient and modern. My personal goal is to create a seamless experience for all members and reflexology lovers.

I love to bring creativity and enthusiasm to my work. I look forward to collaborating with all of you and contributing to the continued success of RiEN.

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NEW BOARD

Elise Manzoni Vice-secretary

My name is Elise Manzoni, and I joined the RIEN Board of Directors at our General Meeting in Uppsala, Sweden, as vice-Secretary to assist Tamara, our Secretary.

I'm also President of the French Federation of Reflexologists and Deputy General Secretary of SyndiCare (FRANCE).

My involvement in the world of reflexology began as soon as I set up my own business 14 years ago, and it seems more than essential to work together to advance knowledge and recognition of our fine profession. Alone in our respective countries, we face similar difficulties, so it's vital to pursue our efforts at an European level and share our advances, whether in research, basic training, continuing education or professional posture. To unite around strong values to defend our profession.



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NEW BOARD



Helga Dittman Board Assistant

As a reflexologist, alternative practitioner and certified pedagogue, I have been practising and teaching reflexology on feet, hands and ears for 40 years.

For about 30 years I have been involved in various reflexology organisations and I enjoy meeting reflexologists from different parts of the world, learning from them and networking with them.

RiEN offers the opportunity to share this wonderful experience with many colleagues and to take active steps towards a new understanding of health for body and soul.

I am happy to be able to support this process as a board member of RiEN.

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CALL FOR YOU



RIEN
Reflexology in Europe Nexus

VNRT

BEVO

**WE ARE
LOOKING
FOR YOU**

RiEN Conference

Positive health
by reflexology

an empowering art

Stay Tuned

We are looking for speakers for the conference of RiEN - may 2025 in the Netherlands.
Do you have an inspiring workshop or conference to tell around the theme 'Positive Health'?
Please contact secretary.rien@gmail.com

 **Mei 2025** |  The Netherlands

What falls under "Positive Health" you ask? Holistic wellness, preventative care, stress reduction, energy flow,...

Reflexology is a proactive, comprehensive and balanced approach to health that goes beyond the treatment of illnesses, aiming instead for overall physical, mental, and emotional harmony. Do you have an idea for workshop or lecture? Do you want to be a keynote speaker? Then contact us now!

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FOCUS

We are happy to share the latest updates on the initiatives we are working on to enhance our Association's impact and support the reflexology community.

Backstage we have already worked hard to set up some priorities and focus and we would like to share them with you in this newsletter. As we still have to align on some last details, we give the high level focus and the complete, detailed version will follow soon as we will send you as well an invite for a call to go in discussion with you all and inform you in person.

But here is already a snapshot of our focus and priorities:

Encouraging Exchange of Experiences and Ideas:

- Short Term: Increase curiosity and social media presence, expand newsletters.
- Long Term: Organize in-person events.

Increasing Publicity and Acceptance of Reflexology:

- Short Term: Redesign website, boost social media activity.
- Long Term: Maximize global visibility, create video presentations and tutorials.

Representing the Needs of Reflexologists and Organizations:

- Ongoing: Manage tasks with a priority list, hold regular meetings.
- Short Term: Reach out to associations to understand their needs.
- Long Term: Develop a policy plan, reconnect with associations and schools.

Please note that this list is evolving as we continue to refine and adjust our goals.

We are committed to advancing the field of reflexology and look forward to your engagement and feedback.



UPDATE DATA

We are at the end of this first newsletter and just want to give some last updates.

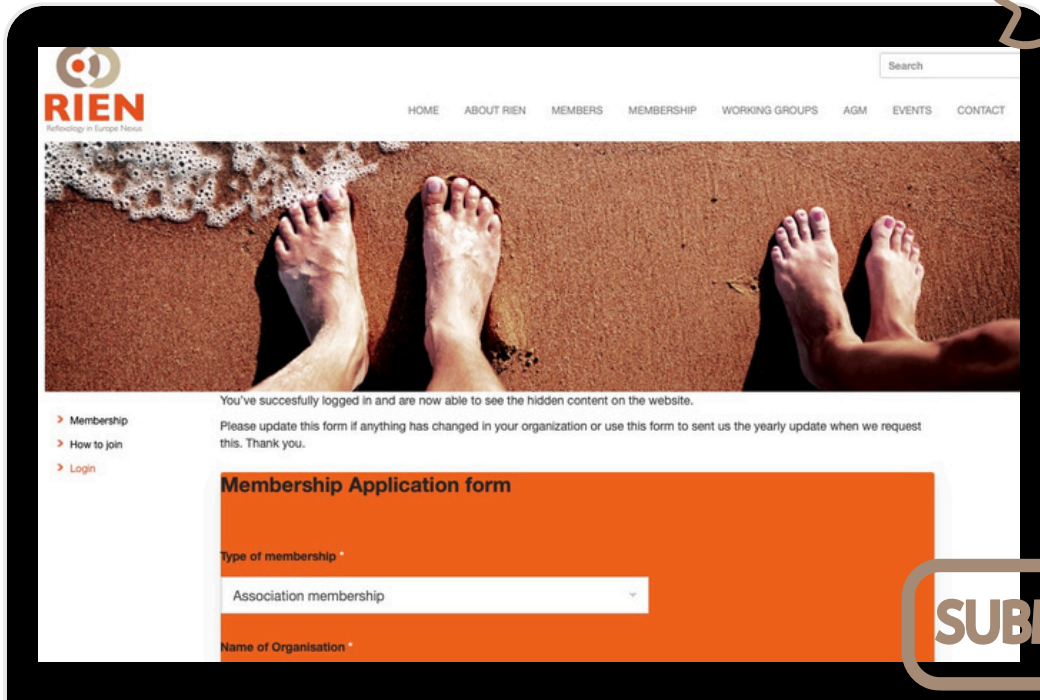
We are pleased to inform you that our website updates for the member page are now complete. If you have paid your membership, you will be on our [members page](#). Take a look and sent a mail to secretary.rien@gmail.com if you want some changes.

Stay tuned for a fresh new look and updates on your board members and our mission statement soon.

As we want our future communication to be to correct and to the correct stakeholder, your board requests that you update your data.

To do this, please fill in the form [at this link](#) using your password for this year: 2Dr@02@K4.
(please do not share with non-members)

Wishing you a warm and wonderful summer!



The screenshot shows the RIE N website interface. At the top, there is a navigation bar with links: HOME, ABOUT RIEN, MEMBERS, MEMBERSHIP, WORKING GROUPS, AGM, EVENTS, and CONTACT. A search bar is located on the right. The main content area features a large image of two pairs of feet on a sandy beach. Below the image, a message states: "You've successfully logged in and are now able to see the hidden content on the website. Please update this form if anything has changed in your organization or use this form to send us the yearly update when we request this. Thank you." Below this message is a "Membership Application form" with a red header. The form includes a "Type of membership" dropdown menu with "Association membership" selected, and a "Name of Organisation" field. A red "SUBMIT" button is visible at the bottom right of the form.

Call to
Action

SUBMIT

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