

Via Sensus®

Instruction

AREA 1

Starting point, walk in direction of arrow.

AREA 2-4

Stimulation of total organism. Put on total sole of foot and walk forward using your natural step size

AREA 5 - Way up

Stimulation of neck/respiratory. Walk top of steps by using your balls of the feet.

AREA 5 - Way down + 7

Stimulation of digestive system. Put arch of the foot on the wooden-like form parts and unroll your foot, use handrail, mind the steps

AREA 6 + 8

Strong stimulation of organism. Walk slowly and with caution, use handrail and absorb your body weight.

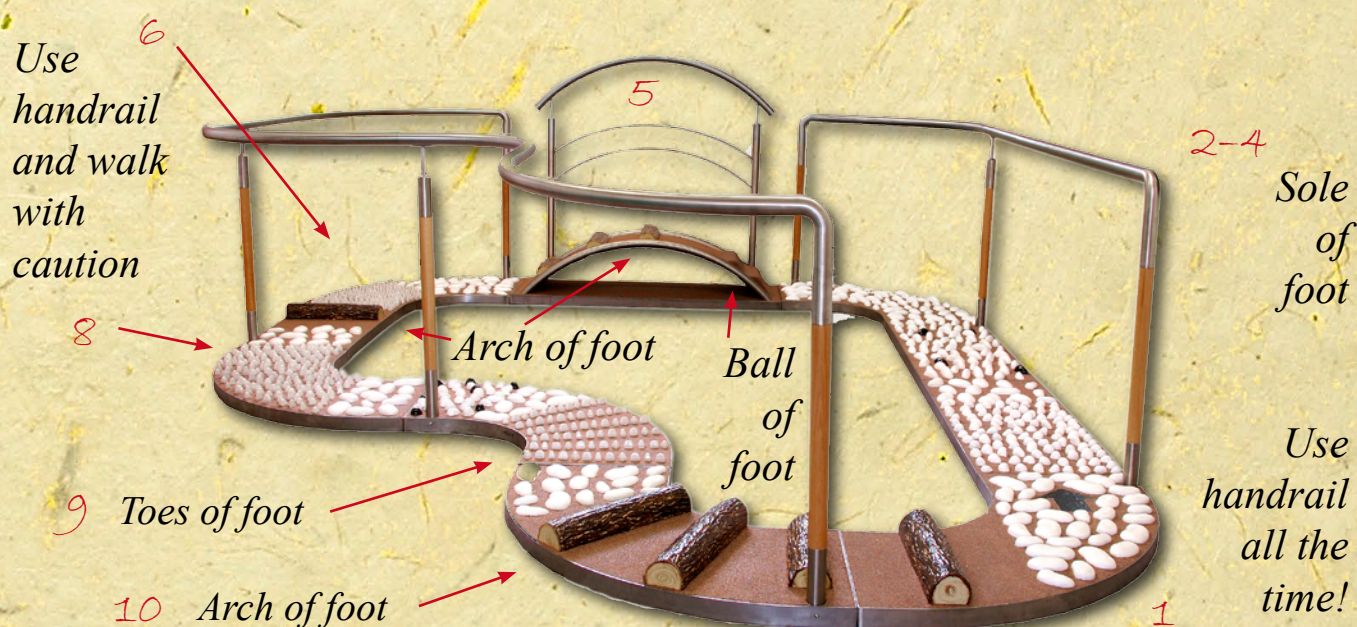
AREA 9

Stimulation of head area. „Grip“ the form parts by using your toes and lift up your heels.

AREA 10

Stimulation of digestive system. Put arch of foot on the wooden-like form parts and unroll your foot

- Walk with socks or barefootly!
- In a manner you feel comfortable with.
- Repeat the course 3 or 4 times.
- Drink water after treatment.



If you walk at **Via Sensus®** your feet and your organism will be stimulated in different ways. It would be normal if you feel a reaction of your body. Normally you will feel activated and after some minutes you will be relaxed and feel a warmth in your feet and legs. If there is too much stimulation for you, leave this special area and continue walking next area.

You shouldn't walk at **Via Sensus®** if you suffer under following diseases: infectious or aguish disease, acute inflammation of your lymphatic or veins system, abnormal circulatory disorder on feet, mycosis or pregnancy. If there is any doubt if you should walk at Via Sensus® please contact spa staff or your doctor.

About Reflexology

The science of Reflexology is based on the fact that there are reflex areas in the feet, hands and ears that correspond to all of the glands, organs and parts of the body. Feet, hands and ears are a microcosmic representation of the entire body as mirrored on them. Pressure on specific spots affect all organs and all parts of the body. The aim of Reflexology is:

- To improve blood and lymph flow
- To improve muscle tone
- To increase flexibility of tendons and ligaments
- To reduce pressure in joints
- To increase flexibility in ankle joint
- To relieve stress and tension
- To induce relaxation, comfort, pleasure and warmth
- To create a link between head, feet and body
- To change the state of awareness by including feet as part of oneself
- To help nature achieve homeostasis

Glands and organs which are underactive or overactive can be helped to return to a natural balance, the symptoms change and eventually disappear.

Reflexology is based on the Zone Therapy which divides the body longitudinally into ten zones, five on each side of median line. An organ or gland found in specific zone will have its reflex in the corresponding zone of the foot. (Dr. FitzGerald, discoverer of Zone Therapy)

The science of Reflexology and Zone Therapy describes the relationship between feet and all parts of our body.

Unfortunately an effective co-ordination of foot – movement – ground is today much too much neglected.

We forgot that the foot is designed as a sense organ.

Feet are often „unchallenged“, too much constricted and atrophied. This non-natural behaviour can determine stress and tension for each and every organ and all parts of the body.

Walking without shoes over alternating ground pushes our body, causes physical adaptation which strengthens our health and increases our wellbeing.

