

# WE DO FEET SEMINARS

## COURSE GUIDE

Discover the We Do Feet Difference



*"Our goal as instructors is to help each student become the very best  
Foot Zone Practitioner they can be."*

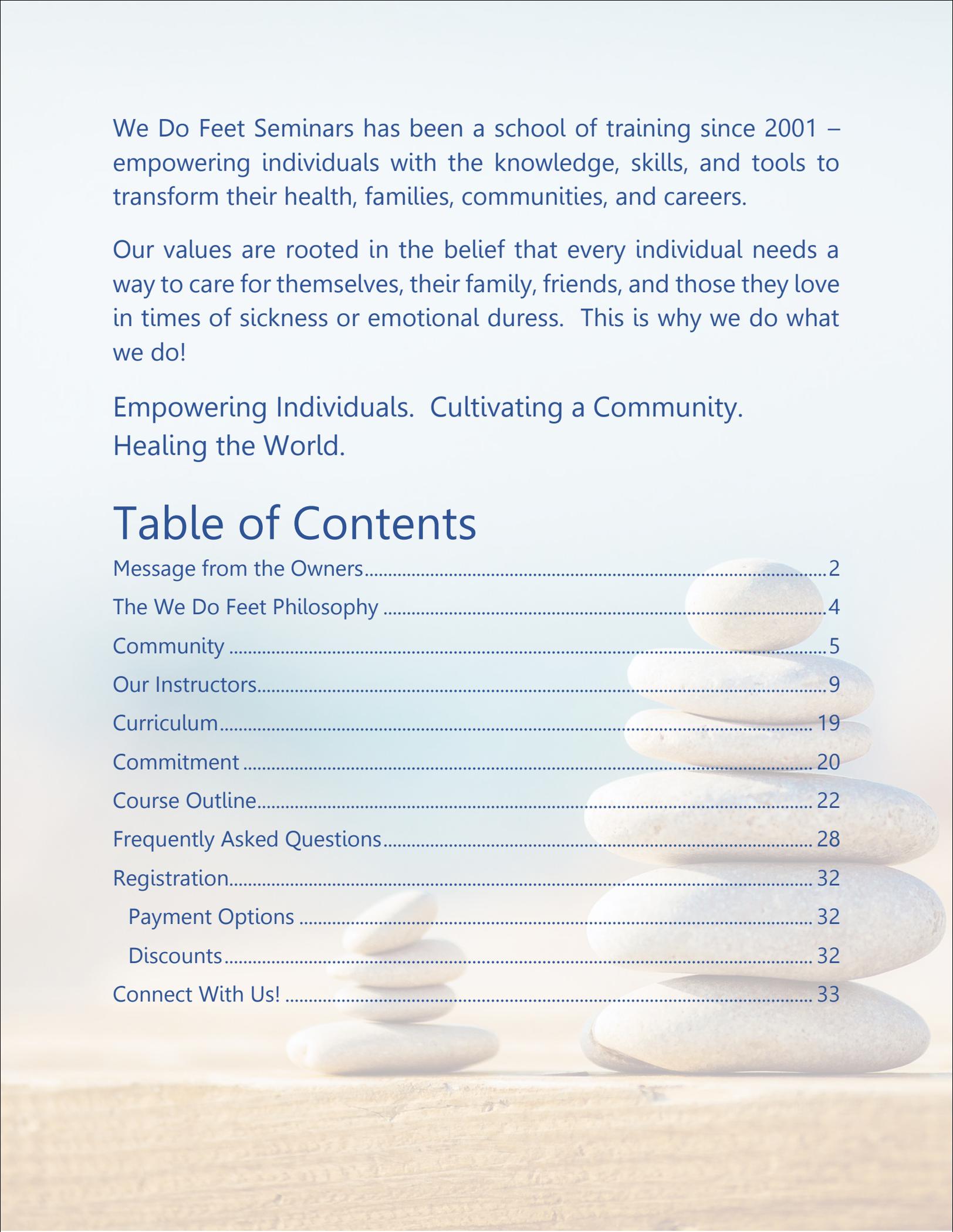
Brad Noall, Owner, We Do Feet Seminars

We Do Feet Seminars has been a school of training since 2001 – empowering individuals with the knowledge, skills, and tools to transform their health, families, communities, and careers.

Our values are rooted in the belief that every individual needs a way to care for themselves, their family, friends, and those they love in times of sickness or emotional duress. This is why we do what we do!

Empowering Individuals. Cultivating a Community.  
Healing the World.

# Table of Contents



Message from the Owners.....	2
The We Do Feet Philosophy .....	4
Community .....	5
Our Instructors.....	9
Curriculum.....	19
Commitment .....	20
Course Outline.....	22
Frequently Asked Questions.....	28
Registration.....	32
Payment Options .....	32
Discounts.....	32
Connect With Us! .....	33

# Message from the Owners

---



Welcome!

We believe that every family needs a way to help themselves, their families, and their friends in times of need and distress. A way to help bring balance back into their lives. This is our passion and why we do what we do.

Sue and I have been zoning since 1999 and it has changed our lives. In 2001 we opened our doors for our elite training program. Since that time we have been personally involved in the training of more than 1500 students. We now have 26 instructors that teach all across the Western States.

Our intent with our Foot Zone Training Program is to help students become the best Foot Zone Practitioner they can possibly be, by building self-esteem and confidence. We offer the most complete and progressive training in the Foot Zone Technique with ongoing continuing education. We facilitate personal mentoring between our students and instructors, allowing us to refine the training to each of our student's needs.

We know that every student has their own reason for learning the Foot Zone Technique: personal growth, family preparedness, health and wellness of our families, financial and/or business growth, to name just a few. Our commitment is to give our full attention to the needs of our students to prepare them to fulfill their own personal aspirations. We are confident in our training, and commit our knowledge and years of experience to helping our students find their personal gifts to share.

We would like to personally express our gratitude to you, for looking into our course. We also understand that as you gather your information about our training program, you will be able to find out if this training program is for you. It is our belief that there is a reason you are looking into this modality, and only you can answer that question for yourself.

Decisions like this should not be controlled by fear or allowing fear to dictate our future. We believe in: faith, action, knowledge, and belief. We believe in preparedness and mastering control of ourselves so we can be an **instrument** in the hands of our Creator and Master, our God.

Brad Noall  
Owner, We Do Feet Seminars

Thank you for your interest in We Do Feet Seminars Foot Zone Certification Program. We Do Feet Seminars is licensed and authorized by the State of Utah as a Postsecondary proprietary school. Headquartered in Wellsville, Utah, we provide in-person training in Foot Zone Therapy and Holistic Health. Since our first Graduating class in 2002, We Do Feet Seminars has taught thousands of students around the country, changing the lives and health of countless more individuals. Graduates of our programs have gone on to open their own practices, work alongside other medical professionals, teach online and in-person classes, launch careers as nationally recognized thought leaders, publish best-selling books, and improve their overall health, and that of their families, friends, and communities.

Take a look at our curriculum or talk with one of our students and you'll discover that We Do Feet is different than other Foot Zone Training Programs. While other programs require advanced courses and additional training to learn advanced techniques, we always teach our students the most advanced treatment available so you can give your best to family and clients.

Take a moment to Discover the We Do Feet Difference. You'll be glad you did!



The We Do Feet Philosophy is based on four primary foundations:

1

**The teachings of Dr. Charles Ersdal, MD of Norway.** Following a stroke, the Father of Foot Zone Therapy was cured of paralysis after 2-years of Reflexology treatments. This led to several years of in-depth study of Reflexology and other holistic health modalities to discover the answer to one burning question, "Why does Reflexology work for some, but not for others?" Fortunately, Dr. Ersdal learned the answer and the world was given the gift of Foot Zone Therapy – an advanced form of Reflexology.

2

**With knowledge comes responsibility.** During the life of Dr. Ersdal, he intently studied anatomy & physiology as well as pathology and continued to develop and perfect the treatments on the feet based on his increased understanding of body functions. At We Do Feet Seminars we adhere to his philosophy of continued advancement of the Foot Zone Technique.

3

**A respect for Innate Intelligence and Universal Laws.** Our innate intelligence plays a major role in the health and wellness of our physical body. Rather than ignoring the body's natural energetic frequencies and the Laws of the Universe, students of We Do Feet are trained in how to recognize and feel energy and how to balance it to aid in bringing homeostasis to their clients.

4

**A desire to support our students on their individual journey.** Every student has their own reason for learning the Foot Zone Technique. Our goal is to help each student become the best Foot Zone Practitioner they can be. We don't believe in being controlled by fear or allowing it to dictate our future. We are confident in our training and have seen lives change as our students grow in knowledge, technique, self-esteem, and confidence.

# Community

---

There's something special about the We Do Feet Community! Students, instructors, and owners all passionate about health and happiness and doing all we can to help you succeed! You'll look forward to each and every class – both for the new information and tools that you'll learn and for the opportunity to reconnect with the other students who have become friends!

"I felt very drawn to We Do Feet but I had no idea why. Then I began class. Every month I swore that individual class was worth my entire tuition. I learned so much from school but I got so much more out of it than I can express in words. Brad & Sue Noall are two amazing individuals & have created an environment that supports learning and friendship—and inspires you to live the life you are created to. Those in my class are brothers and sisters for life.



If you are considering foot zone school, I promise that you will not be disappointed by joining the We Do Feet Family!

I'll look forward to meeting you!"

*Carolyn Pennington, WDFZP  
Raw Food Chef and Certified Trainer  
M.S. in Family Wellness  
Provo, Utah*





"I had no idea how going through We Do Feet would change the course of my life.

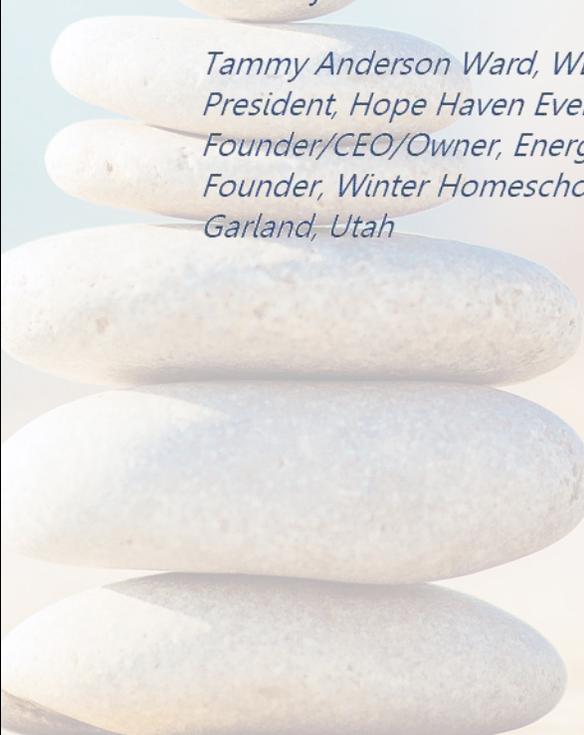
I am so deeply grateful for the philosophy of We Do Feet and the sacrifice and efforts of all the Instructors and the Owners. They have changed my life!

Because of what they have put together, thousands of people get to experience more balance, relief from pain, and mental clarity.

These are just a few of the things I have personally experienced from Foot Zone Therapy.

I love how you instantly become part of the family when you are in class. They take you hand in hand and you are able to learn at your own pace. I LOVE how passionate everyone is and it has changed every facet of my life. I got so much more than what I paid for. I will never forget them. Thank you Brad and Sue Noall AND the many friends I have made!!!"

*Tammy Anderson Ward, WDFZP  
President, Hope Haven Events  
Founder/CEO/Owner, Energy Healing Conference  
Founder, Winter Homeschool Conference  
Garland, Utah*



"Taking classes through We Do Feet was LIFE changing for me. It helped me blossom into the person I was meant to be. They have a wonderful balance between technique and teaching energy work which is really beneficial."

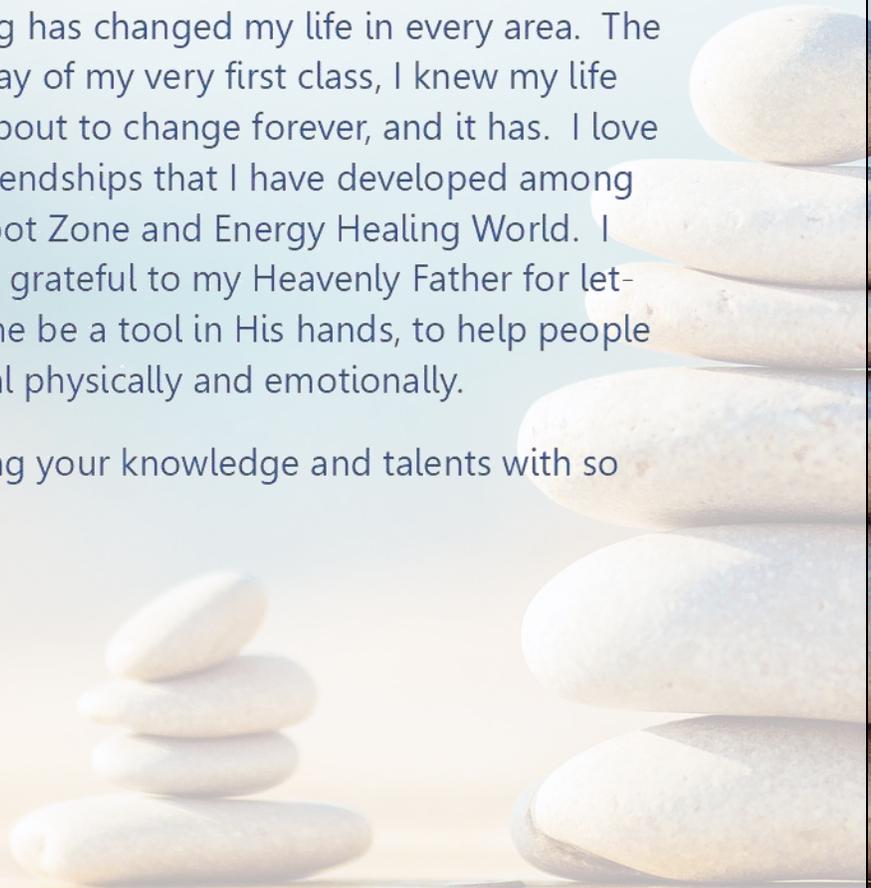
*Lori-Kay Coleman, WDFZP  
Gilbert, Arizona*



"I am so grateful for my experience with Brad and Sue Noall and We Do Feet Seminars. Foot Zoning has changed my life in every area. The first day of my very first class, I knew my life was about to change forever, and it has. I love the friendships that I have developed among the Foot Zone and Energy Healing World. I am so grateful to my Heavenly Father for letting me be a tool in His hands, to help people to heal physically and emotionally.

Thank you Brad and Sue for sharing your knowledge and talents with so many people."

*Rhonda Floyd, WDFZP  
Idaho Falls, Idaho*





"I attended We Do Feet Seminars in 2010. Little did I know when I registered the sheer magnitude and depth of their teachings. The techniques taught and their methods of teaching insured an engaging and invaluable learning experience. Having a holistic approach to the human body, their curriculum covered healing the physical, spiritual, emotional, and mental bodies - bringing healing from the core outward. Their curriculum was

further supplemented with training on business and personal self-care which is invaluable when working with others.

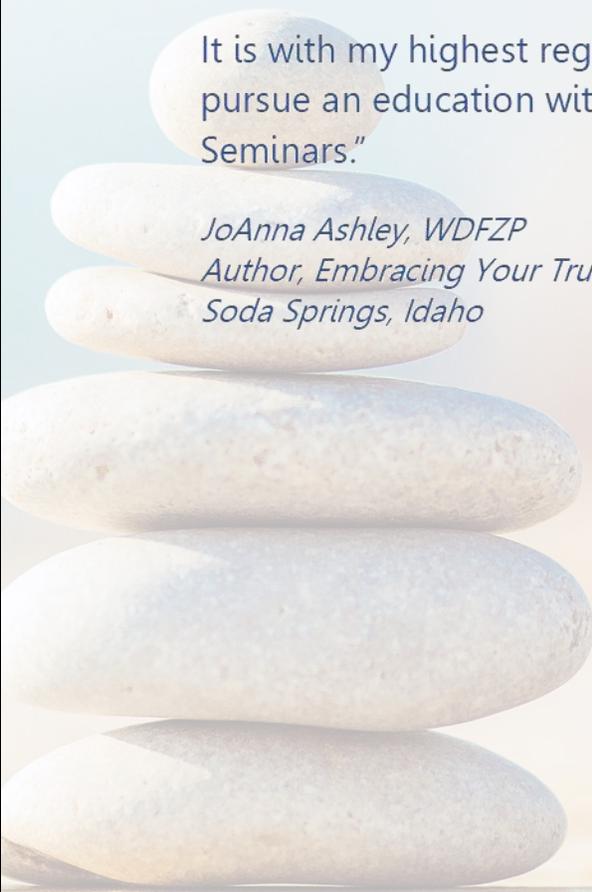
I am forever grateful for their priceless teachings and how they have healed my life and altered my course forever.

It is with my highest regard and recommendation that I encourage all to pursue an education with any of the Certified Instructors at We Do Feet Seminars."

*JoAnna Ashley, WDFZP*

*Author, Embracing Your Truth; Asking the questions that set you free*

*Soda Springs, Idaho*



# Our Instructors

---

We Do Feet Instructors have completed extensive teacher training and have several years of Foot Zoning experience. Each Instructor teaches the same Foot Zone curriculum, but brings their own unique perspective, personality, and area of expertise to their class, and We Do Feet Instructors are ALWAYS learning! We are very proud and honored to have such a wonderful group of Instructors working and teaching with us. Their individual knowledge, abilities, and experience adds to the overall effectiveness of our program.

You'll find We Do Feet Instructors [teaching here](#):

## Utah

- Bluffdale
- Centerville
- Erda
- Hyrum
- Logan
- Mendon
- Monroe
- Riverton
- Santa Clara
- St. George
- Tremonton
- Vernal
- Wellsville
- Willard

## Idaho

- Aberdeen
- Boise
- Idaho Falls
- Montpelier
- Paris

## Arizona

- Mesa
- Queen Creek
- Snow Flake

## Nevada

- Elko

## California

- Burbank

## Wyoming

- Star Valley

## Colorado

- Grand Junction

Brad Noall, Owner  
435-764-9532  
WeDoFeet2@gmail.com

Teaching in: Wellsville, Utah



Brad Noall is the Owner and Lead Instructor for We Do Feet Seminars. He's been a Foot Zone Practitioner since the year 2000 and began teaching Foot Zone Therapy in 2001. Brad is often described as full of life, inspiring, and deeply passionate about what he teaches. He is personally involved with each student who enrolls in the We Do Feet program and encourages them on their journey as they learn to find and master their own gifts and rise to their full potential. Brad has a detailed understanding of the human body and nutrition as well as unique insights on the Laws of the Universe and energy correction.

Brad is married to his wife Susan who works beside him. When he isn't mentoring others, he finds peace and happiness through competing in Triathlons, playing with his family, and spending time in nature - from beaches to the mountains.

Gina Angus, WDFZP  
435-790-3128  
ginaanguschs@gmail.com

Teaching in: Vernal, Utah  
Aberdeen, Idaho



Gina has been a Foot Zone Practitioner since 2012 and teaching since 2014. She had health problems for years that the medical field couldn't figure out and that is what brought her to natural healing techniques. She is profoundly grateful for that journey. Gina is certified in Cranio Sacral, Emotion Cody and Body Code, Pranic Healing, Clinical Microscopy and Nutritional Therapy as well as several other Energy Healing modalities. Foot Zone Therapy is her love and she is passionate about teaching others self-reliance in healing. Zoning has changed her live and the lives of her family. She loves to learn and share what she has learned which is why teaching is so exciting for her. Gina learns as much from her students, if not more, than she teaches them. Her desire is to help others realize their potential and share their own light and passion.

Gina learns as much from her students, if not more, than she teaches them. Her desire is to help others realize their potential and share their own light and passion.

Katherine Atkinson, WDFZP, NTP  
801-292-7574  
MindBodyandSole@comcast.net

Teaching in: Centerville, Utah



Katherine believes in doing good wherever she can! She's a wife to her amazing husband and mother to two brilliant, beautiful young adults. Katherine is the owner of Mind Body and Sole and considers learning a lifelong endeavor. She received her Certification in Foot Zone Therapy from We Do Feet Seminars in 2010 and began teaching for them in 2012. Katherine received her Certification as a Nutritional Therapy Practitioner in 2017 and later that year became a RESTART® Instructor. She's an accredited Jin Shin Jyutsu Practitioner & Self-Help Instructor and is also a Certified Emotion Code Practitioner. Katherine is trained in various other energy modalities as well as herbs, essential oils, homeopathy, and holistic health. She's also the WAPF Chapter Leader for Davis County, Utah.

Katherine finds joy in using her training to help students and clients on their journey to Regain Health, Remember Happiness, and Recognize Their Gifts. In her free time you'll find her in the garden; playing with their Brittany Spaniel; or traveling to exotic places like Malad, Mackinac Island, Dowagiac, Sioux Falls, Feste Zons, Aachen, and Brugge.

Traci Butler, WDFZP  
938-243-0152  
TraciButler07@hotmail.com

Teaching in: Snow Flake, Arizona



Traci Butler has been a Foot Zone Practitioner since 2010. She was initially led to natural health practices as the result of questions regarding her own health. Being able to improve her health has brought Traci a sense of empowerment and she enjoys sharing the tools she has learned with others to help them take charge of their own health. Traci has been a Foot Zone Instructor for We Do Feet Seminars since 2013 and considers herself a life-long student.

Buffy Carrol, WDFZP  
775-934-8683  
TrandB85@outlook.com

Teaching in: Elko, Nevada



Susan Child, WDFZP  
435-201-4565  
sjchild@gmail.com

Teaching in: Monroe, Utah



Susan Child began her journey as a Foot Zone Practitioner with Katri Nordbloom and the Nordbloom American Institute of Foot Zonology in 1997. The impact that zoning has had on her life and the lives of those around her has been deeply meaningful and has allowed countless opportunities for growth. It has assisted in bringing healing, clarity, and expansion to the Child Family and to Susan's students and clients. Susan began classes through We Do Feet Seminars in 2005 and started teaching those classes in 2011. Through the Zone, she is able to offer a holistic perspective to those she works with by sharing passionately the knowledge, experience, and truth she feels grateful to have applied to her own life. Susan knows that the Zone serves a divine purpose and that anyone who is ready to connect to that purpose can initiate healing through the feet. The body is amazing and can heal itself; the Zone is a beautiful way to begin that process. Susan feels fortunate to live with her family – husband, Dan and their four wonderful daughters – in the small community of Monroe, Utah. She loves gardening and cooking organically, and being outdoors with her family.

Kim Church, WDFZP  
775-340-1116  
Mamahen14@gmail.com

Teaching in:

Elko, Nevada



After her first experience with Foot Zone Therapy, Kim knew she had to learn more! She eventually attended class and became a Foot Zone Practitioner in 2013. She was then able to realize another dream and became an Instructor for We Do Feet Seminars in 2015. Kim takes every opportunity to learn new energy healing modalities and loves to educate her clients on holistic alternatives such as essential oils, herbs, and homeopathic remedies.

Kim has been married to her best friend, Thayne, for her entire adult life and together they are the parents of 16 children and an ever growing number of grandchildren!

Hailie Day, WDFZP  
208-390-5143  
Heavens.gait@yahoo.com

Teaching in:

Boise, Idaho



Hailie has been learning about energy healing since around 2005. She graduated from Brigham Young University- Idaho in 2009 with a Bachelor's of Health Science with an emphasis in Health Promotion and Lifetime Wellness. During this time, she was introduced to Foot Zone Therapy. It was fascinating how much she could learn about herself through the points on her feet! She also noticed how much it helped her feel better and it sparked a desire to know more. In 2011, the opportunity finally arrived and she learned the art of Foot Zone Therapy through We Do Feet Seminars.

She began to teach for We Do Feet Seminars in 2013. She has taught classes in Utah and Idaho. She loves teaching and sharing what she has learned. She has a strong background in diet/nutrition, energy work and emotional release. She currently lives in Kuna, Idaho with her husband Anthony, son Nash, and toy poodle Tootsie.

Nikki Eversull, WDFZP  
435-757-4870  
n.eversull@gmail.com

Teaching in:

Hyrum, Utah



Nikki Eversull has been an instructor for We Do Feet since 2015 and has been practicing Foot Zone Therapy since 2012. Nikki is both Emotion Code® and Body Code® Certified. She has spent 100's of hours of continuing education in the areas of mind, body and soul. Nikki is an avid reader in regards to holistic healing and self-improvement. Nikki uses nutrition, natural supplements, and essential oils with her client base.

Nikki has been married for 20 years to Aaron Eversull and is the mother of four awesome kids. In her free-time she enjoys the outdoors, gardening, bicycling, cooking and spending time with family and friends.

Marti Hawker, WDFZP  
801-349-6557  
martih@digis.net

Teaching in:

Erda, Utah



Marti lives on a small farm in the quaint town of Erda, Utah, just 25 minutes west of Salt Lake City Utah. Marti and her husband Tony have been married for 17 years and have 6 strapping boys between the ages of 3 and 16. Marti has a deep passion for music. That Passion grew as she studied Vocal performance at Ricks college in 1990-2000.

Marti has been a Foot Zone Practitioner for 6 years in Tooele county. Her dream came true when she was offered the chance to become an Instructor for We Do Feet Seminars in 2015. She has witnessed countless miracles through the zone and looks forward to sharing her experience and knowledge with those who are willing to learn.

Shanelle Hemmert, WDFZP  
208-705-9383  
Cshemmert\_11@hotmail.com

Teaching in:

Paris, Idaho



Shanelle is from the beautiful small town of Paris, Idaho. She grew up in the Break Lake Valley and graduated from Bear Lake High School in 2012. After accepting an offer to play basketball in Moses Lake, Washington, she graduated from Big Bend Community College in 2014 with an associates degree in Art & Science.

After graduating college, Shanelle moved to Cache Valley and found We Do Feet Seminars! Following nine awesome months of training, she graduated as a Foot Zone Practitioner in May of 2016.

Foot Zone Therapy has been the most amazing decision of her life! It has blessed her family in miraculous ways and allowed Shanelle to meet and help so many people! She loves teaching this amazing gift and joining together with other Practitioners to change the world for the good!

Karen Hyatt, WDFZP  
801-558-8375  
Karendee10@gmail.com

Teaching in:

Bluffdale, Utah



Karen Hyatt is a perpetual optimist. In her world everything goes according to plan...even when it isn't necessarily 'in' the plans. After being introduced to alternative healing methods Karen has learned that healing is a journey. She has a gift for being able to empathize with and motivate her clients and students to take charge of their health and follow their intuition. Karen's most rewarding moments are observing the transformation in students and clients as they step into their own power and find out just how amazing they are.

Karen has been certified in Foot Zone Therapy since 2011 and is a Professional Member of Utah Foot Zone Association. She has been an instructor since 2013 and has additional experience and training with Sue Noall's Energy Connection; Kimberly Watts 5 keystones of Health; emotional healing from M: Collaborations with the Divine Doctor by Jaclyn Taylor; and has been trained in Gemstone Therapy.

Mandy Johnson, WDFZP  
208-317-4358  
Mandysj21@yahoo.com

Teaching in: Montpelier, Idaho



Stefania Lindsey, WDFZP  
801-529-8541  
Stefanialindsey@yahoo.com

Teaching in: Santa Clara, Utah



Gaylene Merritt, WDFZP  
435-753-5773; 435-232-9566  
MarkMerritt5773@msn.com

Teaching in: Mendon, Utah



Cheree Murdock, WDFZP  
435-225-0354  
Chereefm05@gmail.com

Teaching in:

Willard, Utah



Cheree Murdock is one blessed lady as she is married to the amazing Mark Murdock and is the mother of Tyler, Madison, Jacob and Kaden Murdock. Her family is everything to her! When she is not spending time with them, she is busy saving the world one foot at a time. She loves and is passionate about helping people by using the foot zone, energy medicine, and by teaching and empowering the individual. Cheree has been zoning for 9 years and was a graduate of We Do Feet Seminars. She currently teaches with We Do Feet Seminars and also teaches and mentors a class "Drop by Drop, Lessons in Self Compassion" with Karen Cox. A few more of her favorite things are: traveling to anywhere new, reading empowering books and learning how to apply them, running and exercising with her husband and playing card games with friends and family.

Breeana Noall, WDFZP  
435-764-4593  
Bree.Noall@gmail.com

Teaching in:

Logan, Utah  
Burbank, California



Breeana Noall has been Foot Zoning since 2008 and teaching since 2014. As the daughter of the Owners, she has been involved with We Do Feet Seminars since it was founded. Bree loves teaching and is very passionate about helping others develop their gifts and abilities. She has a Bachelor's Degree from USU in Health Education and Promotion and a minor in Psychology. Bree worked in the medical field for eight years as a Medical Assistant, EMT, Medical Supervisor, and Phlebotomist. She tries to be the bridge between Western Medicine and Complimentary Medicine. There is a time and place for each and Bree loves educating others about the benefits of Foot Zone Therapy. She has offices in Idaho, Utah, Nevada, and California where she has the great opportunity of meeting new and interesting people each month. When she isn't zoning you can find her at the gym, shooting range, with her friends and family, or up in the mountains.

Kwinnae Plummer, WDFZP  
208-390-3149  
completeharmonyhealing@gmail.com

Teaching in:

Idaho Falls, Idaho



Kwinnae Plummer has been on a journey of healing for the past 10 years. Foot Zone Therapy and Energy Healing showed up in her life after a few of her own health problems arose. Watching immense improvement take place, Kwinnae was drawn to learning many holistic healing modalities. She has been a Foot Zone Practitioner since 2009 and became an Instructor for We Do Feet Seminars in 2012. Kwinnae has taken several Energy Classes including Sue Noall's Energy Connection Class, Kim Watts's Synergetic Cleansing & Health, and Courtney Bearddall's Investigating Health with Radionic Energy. She has presented at Energy Healing Conferences and Healing Retreats throughout Idaho and Utah. She teaches Healing and Nutrition classes locally and online. Her passion is to help people gain the tools necessary to empower healing in themselves and their families.

Rosa Reyes, WDFZP  
480-261-2201  
Happiness4me\_1@hotmail.com

Teaching in: Mesa, Arizona



Rosa Reyes was introduced to the Foot Zone Therapy and energy working world at the young age of 18 after making the tough decision to place her baby for adoption. Through this difficult time she sought answers on how to heal and how to thrive in life again.

After her first foot zone session she knew she had found her path of healing and also knew this was the type of healing she wanted to share with others and so began taking classes immediately.

Five years later she had the overwhelming desire to teach others how they too could change their lives and the lives around them through Foot Zone Therapy and thus began taking classes to become an instructor. Rosa has been teaching since 2014 and has a deeper passion for Foot Zone Therapy than ever before.

Alicia Runolfson, WDFZP  
801-921-0554  
Alicia@stgeorgefootzone.com

Teaching in: St. George, Utah



Alicia Runolfson finds joy and fulfillment as she practices Foot Zone Therapy. It's not just a job, it's her calling in life. She loves the opportunity to connect with and serve each individual that comes into her office. She was introduced to Foot Zone Therapy by a family member a number of years ago. After seeing the benefits experienced by her family, she became more intrigued and developed a desire to learn the modality in early 2015. She has created a thriving practice and is loved by her clients. She is passionate in educating about the Foot Zone Technique and essential oils.

Alicia currently resides in St. George, Utah. In her free time, she spends time in nature, reads personal development books, practices yoga, and spends time with close friends and family. She adores her 20 nieces and nephews and her Miniature Schnauzer pup named Daphne.

Jenni Runolfson, WDFZP  
801-558-4083  
Jenive\_r@yahoo.com

Teaching in: Riverton, Utah



Jen Runolfson is a full-time wife and mom to three great kids. Her family and friends are her favorite pastimes. She is cheerful, friendly, and loves to try new things. A few of her favorites are traveling, exercising, hiking, scuba diving and volunteering at her kids' schools.

Before she became a Foot Zone Practitioner and an Instructor for We Do Feet, she graduated with a BS from BYU, worked as a flight attendant, and started her family. She has been zoning since 2008 and teaching since 2011. She enjoys teaching and creating lasting friendships with her students. Jen loves teaching anatomy and physiology and the Foot Zone Technique, and continually learning new things to enhance her teaching skills. She was a founding board member of the Utah Foot Zone Association. She loves seeing people's lives improve because of Foot Zone Therapy!

Lisa Skinner, WDFZP  
435-257-3220  
SkinnerLisa16@gmail.com

Teaching in: Tremonton, Utah



Christy Stevens, WDFZP  
307-880-4466  
hickchick@silverstar.com

Teaching in: Star Valley, Wyoming



Like most energy healers, Christy was brought to energy to help her family. When her son continued to get extremely **high** fevers and doctors could not give her any answers she was drawn to energy work and Foot Zone Therapy. As she was blessed with answers and healing, she desired to bless others lives in the same way. She took her first energy class the fall of 2007. Since then she attended We Do Feet Seminars and received her Certification October 2011. Christy has been an instrument in helping hundreds on their way to good health and healing. She currently runs a successful business in the beautiful mountains of Star Valley, Wyoming. In 2013 she became an Instructor for We Do Feet Seminars and feels blessed to be able to help others heal themselves and their loved ones. Having had this experience in her life, one thing she has learned is the Lord is in the small details of all our lives.

Lorraine Strickland, WDFZP, LMT  
208-541-2639  
Lorraine2525@gmail.com

Teaching in: Idaho Falls, Idaho



Lorraine was introduced to the world of Foot Zone Therapy at an early age. After growing up with a mom that had a natural concoction for "everything that ails you", it came easily as the next step in her education. She has been a Foot Zone Practitioner since 2006. In furthering her education, she became a licensed and Nationally Certified Massage Therapist in 2012 along side her husband, Tommy. Together they opened their holistic health based business, Body Balance Professionals on January 1st, 2013. Because of their love of people, teaching, and serving, they became Instructors for We Do Feet Seminars in 2012. Lorraine's goal is to one day empower every person she meets to take care of their own health, teaching them to become aware of how their actions, words, thoughts, and energy affect their quality of life. "We are only here once, let's make it worth it!"

Tommy Strickland, WDFZP, NCBTMB, LMT  
208-200-6200  
Tstrick91@gmail.com

Teaching in: Idaho Falls, Idaho



Tommy has been a Foot Zone Instructor for We Do Feet since 2015, a Nationally Board Certified Massage Therapist since 2012, Idaho Licensed Massage Therapist since 2012, and has completed over 150 hours of continuing hours of education dedicated to natural healing. Upon graduating from massage therapy school he, and his wife, opened Body Balance Professionals in Idaho Falls. This opened the door for more opportunities in the natural healing profession. Tommy has a passion for teaching and loves to help others discover and nurture their ability to help themselves and others.

Kelli Wood, WDFZP  
480-216-6795  
Kelliwood88@hotmail.com

Teaching in: Queen Creek, Arizona



Kelli was born and raised in Arizona. She has been zoning since 2013. She became an Instructor for We Do Feet Seminars in 2017 and loves every minute of it! What started out as a simple desire to better her health and take care of her family has grown into a passion for helping others. She is passionate about the people she works on. They aren't just clients, they become friends and family. She has a great knowledge of essential oils and loves to incorporate them into her daily life.

Kelli is a wife to Patrick and mother to 3 beautiful children. They love to hike and camp when the Arizona weather permits it. Being with people, learning from others and teaching others is what drives her.

Vanessa Young, WDFZP  
970-260-9669  
HHSfootzone@gmail.com

Teaching in: Grand Junction, Colorado



Vanessa is from Grand Junction, Colorado. She enjoys her roles as a daughter, wife, and mother. Growing up Vanessa would rub her mother's feet to show her love. As an athlete she has always appreciated her feet for all the amazing things they do for her. When Vanessa was introduced to Foot Zone Therapy it felt like a perfect fit. Her curiosity of how things work within the body drove her to learn better ways to nourish and nurture it. Vanessa enjoys sharing what she has learned whether it be science, nutrition, or Foot Zone Therapy.

# Curriculum

---

We Do Feet Seminars offers the most comprehensive Foot Zone Certification Course in the country. In each class, our Instructors go in-depth into the Foot Zone Technique and Anatomy & Physiology as well as Pathology and other aspects of Foot Zone Therapy designed to assist you in becoming proficient as a Foot Zone Practitioner. With over 150 hours of in-class study, when you finish your training you will feel competent and confident in your skills as a Foot Zone Practitioner and your ability to help those around you.

Course requirements consist of module-based homework, a series of client-practitioner exercises, a student presentation, and a final exam (written and practical).

The 9 seminars include hands-on instruction in the Foot Zone Technique; Instruction in Anatomy & Physiology and Pathology; review of course material; Instruction in complementary modalities, business laws & ethics, and the Principles of Success; supervised practical application of the Foot Zone Technique; and examinations.

Upon completion of the Foot Zone Certification program, passing the final, and completing all homework, class presentations, and client-practitioner exercises, you will be certified as a Foot Zone Practitioner by We Do Feet Seminars. Students are provided the opportunity to provide feedback on the course during the final seminar.

Tuition: \$3,300 USD plus Materials fee

Tuition does not include costs for required texts, purchase of zoning supplies or equipment, travel to the seminars, or hotel accommodations.

Payment options are available. To learn more, speak with an Instructor.

For more information on registration, contact one of our Instructors or Program Owner, Brad Noall at (435) 764-9532

# Commitment

---

Our Commitment to our Students doesn't end with graduation! We Do Feet offers more opportunities for Continuing Education than any other training program in the country. We understand the value of continuing education and its importance in staying relevant in the market and being successful as a Practitioner.

We Do Feet graduates receive:

- Unlimited Auditing Opportunities
  - Our graduates have the opportunity to audit their Instructor for one seminar or the entire 9-month program, for FREE at any time! You'll be amazed at how much you'll learn when you return to class.
  - Our graduates are able to audit We Do Feet Owner, Brad Noall, for one seminar or the entire 9-month program, for FREE at any time! Why wouldn't you audit the Owner's class?! It's like getting two Foot Zone Certification programs for the price of ONE!
- Life-Time Continuing Education. As a We Do Feet Graduate you have the opportunity to attend class with any of our Instructors for one seminar or the entire 9-month program for a small Con Ed fee of \$100/seminar or \$600 for the full 9-month program! With over 25 Instructors teaching throughout the country, that's a LOT of Continuing Education Opportunities!

Every Instructor for We Do Feet Seminars teaches the same Foot Zone Curriculum, but each teaches it in their own way. Our Instructors bring their own perspectives, personalities, training, and areas of expertise to their class and We Do Feet Instructors are ALWAYS learning!

You'll never get the same learning experience twice even if you audit a class or enroll in the complete program every year!

- **Annual Retreat.** Each year, We Do Feet Seminars hosts a 2-day retreat. Costs are kept to a minimum to make it affordable for all our graduates. We Do Feet Retreats are a great opportunity for you to connect with other Practitioners and learn from several We Do Feet Instructors.
- **Regional Conferences.** Several We Do Feet Instructors hold annual reunions for their students. Instructor Reunions are the perfect opportunity to reconnect with classmates and learn the newest treatments and advancements in Foot Zone Therapy.
- **Instructor Publications.** Many Instructors provide periodic newsletters with information on Anatomy & Physiology, updates in the Zone Technique, and Suggestions for Self-Help that keep our students and graduates abreast of the latest information in the field of holistic health and wellness.



# Course Outline

---

The We Do Feet program is designed to help you become proficient in the Foot Zone Technique and in other aspects of Holistic Health and Wellness that make We Do Feet Graduates highly sought-after Industry leaders.

The We Do Feet curriculum focuses on the following elements:



**The Foot Zone Technique – Learn & Perfect.** In the first four seminars you'll learn the Map of the Feet. In seminars 5-8 we help you Perfect your Technique. We'll help you transition from following the map to really understanding what you feel on the feet and how to help your client achieve balance.

During each seminar you'll receive hands-on instruction in the Foot Zone Technique including demonstration of proper hand placement and how to locate and feel signals. Then you'll practice the technique yourself while your Instructor observes and provides feedback.



**Anatomy & Physiology – Understand & Apply.** Learning key body structures and functions allows students to understand the relationship between A&P and the Foot Zone Technique and communicate with other health professionals using standard terminology. Using a variety of teaching methods, we'll go beyond an inventory of body parts to discussing how our body keeps us alive and how disease affects the body. During class you'll gain a greater understanding and appreciation for the human body, how it functions, and how the Foot Zone Technique supports body functions.



3

**Business Laws & Ethics and the Principles of Success.** Learn how to be successful in business and in life! Not only will we discuss how to start and operate a business and how to effectively market and manage your business, we'll discuss the Universal Laws that help your business be successful. During each seminar we'll discuss specific principles that will show you how to be an active participant in your life and career.



4

**Health & Wellness.** Using a whole food / real food approach and Simply Divine Eating® as our foundation we'll teach the 4 Cornerstones that can help you and your clients increase energy, improve digestion, decrease allergies and food sensitivities, and experience improvements in mental health, mood, and behavior. This isn't a diet program. This is a healthy, balanced approach to food that will help you and your clients feel confident making food choices.



5

**Complementary Modalities.** Foot Zone Practitioners frequently incorporate additional modalities into their session to aid and assist in relaxation and energy balancing. During our classes we teach the most common modalities that Practitioners include in their sessions with clients. We arm you with the tools necessary to help in bringing health and homeostasis to yourself and your client.

The We Do Feet course includes 9 seminars. In addition to the following core curriculum, each Instructor will add unique components based on their training and expertise which adds to our program effectiveness and the Continuing Education experience for our Graduates.

Seminar 1	Orientation. Introduction to and history of Foot Zone Therapy. Introduction to complimentary modalities. Introduction to Anatomy of the Feet. Instruction in Area 1 of the Zone. Instruction in Principles of Success.
-----------	--

Seminar 2	Instruction in Anatomy & Physiology and Pathology of The Human Body: An Orientation, the Skin & Body Membranes, and The Skeletal System. Instruction in Area 2 of the Zone. Instruction in Kinesiology and Frequency. Instruction in Prosperity Consciousness.
-----------	--

Seminar 3	Instruction in Anatomy & Physiology and Pathology of The Muscular System and The Lymphatic System. Instruction in Area 3 of the Zone. Instruction in Essential Oils. Instruction in the Universal Law of Deliberate Creation and the Law of Allowing.
-----------	---

Seminar 4	Instruction in Area 4 of the Zone. Instruction in the Universal Law of Sufficiency and Abundance.
-----------	---

Seminar 5	Instruction in Anatomy & Physiology and Pathology of The Nervous System. Instruction in Emotional & Physical corrections in Area 1 of the Zone. Instruction in Energy Balance and Correction. Instruction in the Principles of Success.
Seminar 6	Instruction in Anatomy & Physiology and Pathology of the Digestive System. Instruction in Nutrition and pH. Instruction in Emotional & Physical corrections in Area 2 of the Zone. Instruction in Energy Balance and Correction. Instruction in the Universal Law of Vibration and Attraction.
Seminar 7	Instruction in Anatomy & Physiology and Pathology of The Endocrine System. Instruction in Emotional & Physical corrections in Area 3 of the Zone. Instruction in Energy Balance and Correction. Instruction in Chakras. Instruction in Business Laws and Ethics. Instruction in The Razor's Edge.
Seminar 8	Instruction in Anatomy & Physiology and Pathology of The Cardiovascular System, The Respiratory System, and The Urinary System. Instruction in Emotional & Physical corrections in Area 4. Instruction in Energy Balance and Correction. Instruction in The Vacuum Law of Prosperity.
Seminar 9	Instruction in Principles of Success. Instruction in Energy Balance and Corrections. Final Exam and Graduation.

**Written and Practical Exams:** Students are required to pass both written and practical final exams. The exams are designed to demonstrate that each student has the necessary skills and applied knowledge necessary to earn certification from We Do Feet Seminars.

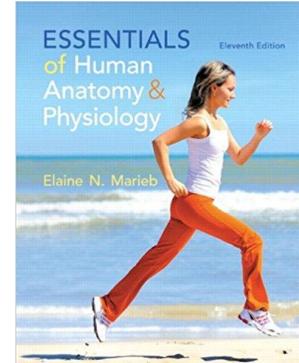
**Homework and Attendance Requirements:** Students are required to meet the attendance requirements and complete all homework, required reading, a class presentation, and client-practitioner exercises to become certified. Transcripts may be requested by calling We Do Feet Seminars.

## Required Reading List

### Essentials of Human Anatomy & Physiology

by Elaine N. Marieb, R.N., Ph.D.

The best-selling *Essentials of Human Anatomy and Physiology* sets the standard for one-semester A&P texts. With her hallmark clear and friendly writing style and meaningful analogies, Elaine Marieb emphasizes the relevance of anatomy & physiology to students' lives and future careers. The book offers just the right balance of anatomy, physiology, and clinical coverage to make the content complete, but not overwhelming. Photos in the Homeostatic Imbalance feature helps students visualize diseases and disorders. Integrated Concept Links help students make connections across topics and body systems.



Note: This book must be provided by the Student and is not included in the Class Materials Fee. Edition 7 and newer may be used by your Instructor, confirm the edition used in class before purchasing.

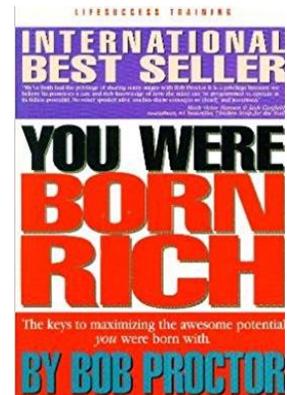
## You Were Born Rich

by Bob Proctor

When it comes to systematizing life, no one else can touch Bob Proctor. He is simply the best. Bob Proctor collects thoughts like Imelda Marcos used to collect shoes. He strings them together in exquisite arrays; one thought leading logically to the next until a whole method has been constructed.

In *You Were Born Rich*, Bob Proctor takes you step by step to the surprising discovery that success is not always reaching out for something that you don't have but rather only reaching over and rearranging the piece already there. The great value of this book is that you can instantly apply the conclusions to your own life. It will begin to impact you long before you reach the last chapter.

Note: This book is included, at a discounted rate, in the Class Materials Fee

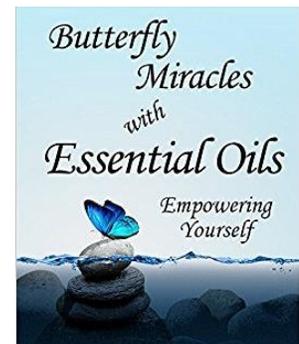


## Butterfly Miracles with Essential Oils

by LaRee Westover

*Butterfly Miracles with Essential Oils* is a book with a hands-on approach to the use of essential oils in day to day living. Its easy-to-use format gives both the beginner and the more experienced practitioner a clear picture of the efficacy of essential oils.

Note: This book is included, at a discounted rate, in the Class Materials Fee



Additional reading may be required based on the requirements of the Instructor.

# Frequently Asked Questions

---

## *Is your program accredited?*

We Do Feet Seminars is a postsecondary proprietary school, licensed and recognized by the State of Utah and Utah Department of Higher Education, providing seminars that train students in the Foot Zone Technique. Our program is not accredited by the Utah Department of Education.

## *Does your program prepare you to sit for board exams?*

The We Do Feet Seminars Foot Zone Certification Program is designed to prepare our graduates to sit for the ARCB National Board Exam.

## *Is this certification recognized by any state?*

Each state has its own law governing Foot Zone Therapy (typically under the reflexology laws). The majority of states allow Foot Zone Practitioners to establish their own practice, but some states require additional licensure. The Office of Occupational and Professional Licensing in your state should have complete information on their individual requirements. In the State of Utah, our program is recognized by the state for exemption from massage licensing requirements.

## *What kind of degree or certification will I receive when I complete one of your programs?*

Upon successful completion of the Foot Zone Certification Program, a certification of completion is awarded by We Do Feet Seminars granting permission to use the designation of Certified We Do Feet Zone Practitioner (WDFZP).

## *Will I be able to bill insurance for my services?*

Complementary and Alternative Modalities (CAMs) may be recognized as a billable service with some Insurance companies. Foot Zone Therapy

programs offer certification not licensure. Clients should check with their insurance company to determine the benefits offered.

### *How much can a Foot Zone Practitioner earn?*

Salaries for Foot Zone Practitioners typically range from \$40 to \$125 per hour, depending on location, experience, and other certifications or licenses.

### *Is there financing available?*

We Do Feet Seminars offers a payment plan for students who are not able to pay tuition in full. Students should speak with their Instructor for details.

### *Are there any scholarships available?*

We Do Feet Seminars will notify prospective students via email when scholarships become available.

### *Would it be practical to take this course while working full time?*

Many of our graduates completed the Foot Zone Certification course while working full-time jobs. However, students should budget at least 10 – 15 hours per week for studying, assignments, and practical application requirements.

### *Can I take the program even though I don't know if I want to start a business?*

Yes, students take our Foot Zone Certification course for a number of reasons, with graduates going on to apply their credentials in a number of ways. Some do indeed start their own business or private practice, while others join existing practices, augment existing licenses, write books, start successful blogs, etc. Some graduates don't apply their credential professionally, but instead use the skills they learn in our course to help improve the health of their family and community.

### *Will you train me how to open my own business?*

We discuss business basics in Seminar 7 and offer a variety of continuing education opportunities related to business, marketing, etc. Some graduates go on to complete additional training on running an efficient small business or private practice.

### *Does the Foot Zone Certification class count as continuing education credits?*

In some cases, continuing education credits can be applied to other certificates or licenses. Inquiries must be made to the institution that awarded the original license or certificate.

### *If I'm an existing practitioner needing to earn CEUs, how many CEUs does one receive per class.*

One CEU credit is awarded per one hour spent in class.

### *Do you offer online courses?*

Because Foot Zone Therapy is a hands-on modality, we find that the most effective way to instruct in the Foot Zone Technique is hands-on. We currently have Instructors teaching in Utah, Idaho, Arizona, Nevada, California, Wyoming, and Colorado. Under certain conditions, we can bring our training program to you. Speak with one of our Instructors for more information.

### *What does the Materials Fee Cover?*

The majority of the Materials Fee covers the cost of classroom materials, class handouts, and workbook material. \$25 of the Materials fee covers our cost for two required reading books – *You Were Born Rich*, by Bob Proctor and *Butterfly Miracles with Essential Oils* by LaRee Westover. If students already own these books, they may speak with their instructor about deducting a portion of the Materials fee. The Materials Fee does not include other required texts, essential oils, zoning supplies or equipment, travel to the seminars or accommodations on seminar weekends.

## *Are your Course Material and Maps in book form or in a binder?*

Both! We've been teaching the Foot Zone Technique long enough to recognize the value of students drawing their own maps – it helps students identify landmarks, learn signal location, improves their knowledge of the Foot Zone Technique, and develops muscle memory. However, we also recognize the value of consistency in mapping. So, We Do Feet has a unique 5-fold approach to teaching our Students the Foot Zone Technique.

First, we spend time in each class drawing Area Maps with our student.

Second, as part of the required homework assignments, students re-draw Area Maps and turn them in to their Instructor who makes corrections and returns them to the student with feedback.

Third, we provide beautiful, full-color, professionally drawn maps of the Zone to our students to ensure consistency in signal placement.

Fourth, during class, Instructors demonstrate the Zone technique, landmark and signal identification and location, hand placement, and proper form to the Class.

Fifth, a portion of our class time is devoted to Practical Application of the Zone Technique with observation and feedback from the Instructor. Our small class sizes ensure that Instructors have time to observe each student's technique, signal location, hand placement, and form.

Our unique, 5-fold approach is designed to provide you with the best, most comprehensive, learning experience possible.

# Registration

---

Registration for all We Do Feet Foot Zone Certification courses is on a first-come, first-served basis. Registration ends when the class maximum is met. Class sizes are capped at 12-16 students, depending on Instructor, to allow each Instructor to provide the best possible learning experience for each student. Most classes reach their maximum size well before classes begin, so please do not wait until the last minute to register.

To register, contact your preferred Instructor, submit the Registration form (available from your Instructor), and pay a \$200 Class Deposit. The deposit is non-refundable but may be transferred or applied to a future class. When your deposit is received you will be added to the class and receive information to help you prepare for Class 1. Please note that, due to the popularity of the course, we are unable to "hold" seats.

## Payment Options

- Payment Option #1 – Pay for the Course in Full

Reserve your space in the class by paying a \$200 Deposit. Pay the balance of \$3100 before the start of Class #2, with a minimum \$200 Class Fee plus Books and Materials Fees at the start of Class #1.

- Payment Option #2 – Pay Per Seminar

Reserve your space in the class by paying a \$200 Deposit. Pay the balance of \$200 plus Books and Materials Fees at the start of Class 1. For Classes 2-9, pay a \$400 Class Fee at the start of each Seminar weekend.

## Discounts

Discounts are available when you enroll with a spouse or friend. Contact your Instructor directly for information on available discounts.

# Connect With Us!

---



#WeDoFeet



[Facebook.com/WeDoFeetSeminars](https://www.facebook.com/WeDoFeetSeminars)



[Linkedin.com/in/WeDoFeetSeminars](https://www.linkedin.com/in/WeDoFeetSeminars)



@WeDoFeet



[Pinterest.com/WeDoFeetSeminars](https://www.pinterest.com/WeDoFeetSeminars)



Are you ready to  
take the next step toward  
loving your future?

Call an Instructor today for Class Dates and to  
Register!

*Let us help you on your journey to becoming a Certified  
Foot Zone Practitioner.*

Spring Semester: February – October

Fall Semester: September – May

“This is your life, not a dress rehearsal.  
Now is the time to create your future.  
Whatever you dream is possible.”

