

the feet we can easily reach the organs and glands. The hand is great for upper body problems like shoulder or neck tension. If someone is in acute pain, rubbing the ears will help. It helps to relieve stress and tension and helps soothe the nerves.

Can it help people achieve a healthier lifestyle?

It can help them emotionally and spiritual because I help people focus on their goals while I'm working on them. I combine visualization and imagery with the reflexology. When you are in a relaxed state when experiencing reflexology, it's the perfect time to focus on a goal. By embracing your goal and visualizing it, it can help you to achieve it.

To learn more about reflexology, join Laura Norman at the Harmonics Institute in Boca Raton on Jan. 30 - 561.272.1220.

MARK AND LESLIE JACOBSON

Feng Shui Experts

www.geocities.com/bocafengshui

www.geocities.com/Zen_Appeal

This brother and sister team have turned their passion for Feng Shui into a business where they can help others learn this ancient art. Feng Shui translates literally to "wind-water" and is the ancient Chinese art of placement. The goal of Feng Shui is to achieve harmony, comfort and balance, first in one's environment and then in one's life.

How long have you been practicing Feng Shui? Five years.

How has it changed your life?

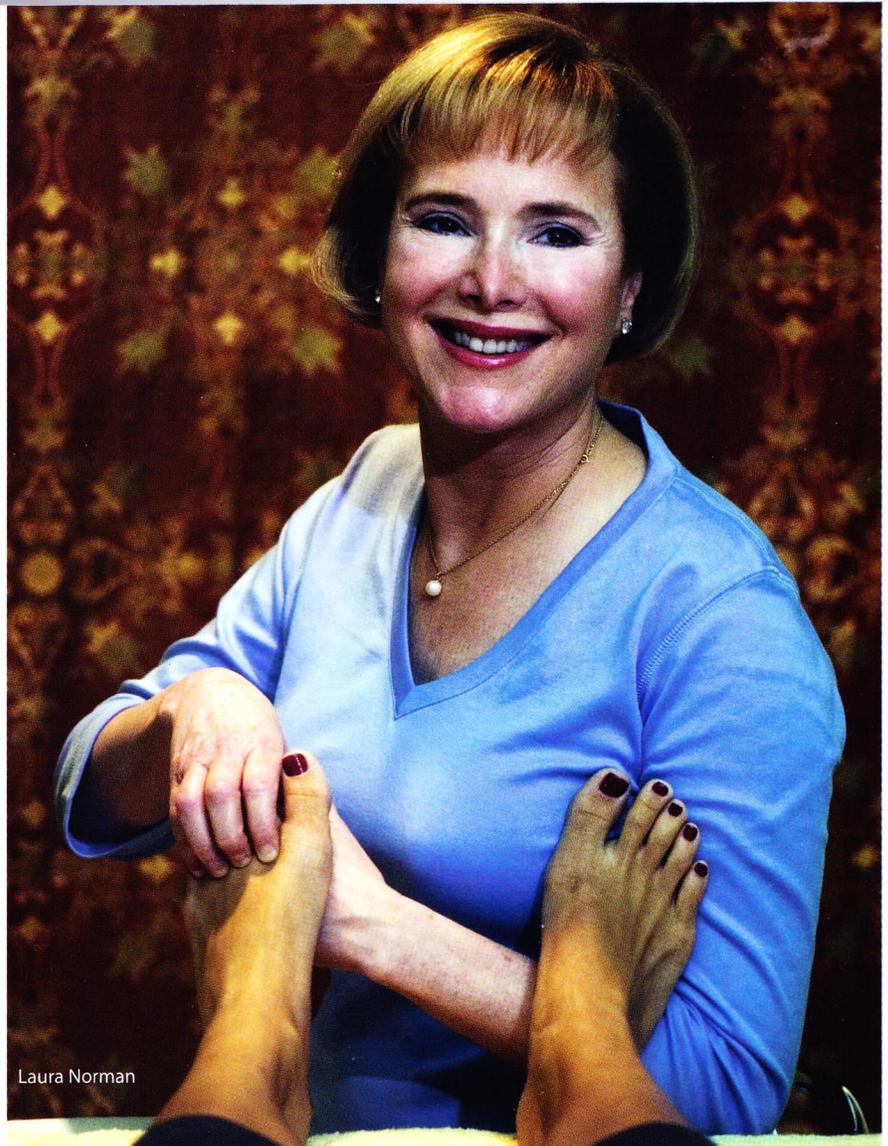
It has made us more aware of our physical surroundings and how our environments affect all aspects of our lives.

How did you turn this interest into a business?

We read many books and found that Feng Shui was closely related to our higher education training in mental health counseling. As counselors we saw that people are highly affected by their environments and we see Feng Shui as a counseling technique. We then took classes in Feng Shui and decided that it would be an ideal way to fuse our new hobby with our profession.

Please explain the basic fundamentals of Feng Shui.

Feng Shui is the ancient art of improving every aspect of your life by enhancing your environment according to principles of harmony and energy flow. Feng Shui allows us to have a better understanding of that energy, how it affects us and how we can best manipulate and control that energy to help us get what we want in our lives.



Laura Norman



How can someone benefit from Feng Shui?

Apply it to their lives and don't take it too seriously— try to have fun with it.

Starting a new year inspires people to make new goals for themselves, do you

believe Feng Shui can help people meet those goals?

We view Feng Shui as a way to recognize, focus on and achieve goals in life or business. We go to our clients' homes or businesses and talk with them about their life or business goals and help them reformulate these goals as Feng Shui goals. Some examples of Feng Shui goals include family and health, spiritual center (mental health, meditation/relaxation), children (fertility included) and creativity, wealth and prosperity, marriage and relationships and career.

LIZA CARMONA

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Liza Carmona has been doing Pilates since 1997 and teaching since 2000. She decided to take her love for this technique to a new level by opening Body Parts Pilates Studio in 2003.