

# KINESIOLOGY TRAINING PROGRAM 2017

## Accredited Certificate courses for people interested in Preventative health care & personal development

The Touch For Health Synthesis is taught in four levels. The courses are internationally recognized as the foundation training for Kinesiology. They provide hands-on experience of many fundamental concepts & techniques of vibrational healing and can be learnt by lay people as well as health care professionals interested in the medicine of the future.

### TOUCH FOR HEALTH 1 (TFH 1):

9 am – 6 pm 28/29 January

This workshop gives you a strong base to build your kinesiology tools on. You learn that the muscles of the body can be used as biofeedback tools to assess & balance the Chinese meridian system. You will learn 14 basic indicator muscles, associated meridians & organs and their balancing techniques. Spinal reflexes, neuron-lymphatic & neuron-vascular reflexes, vision improvement. You will discover simple energy balancing techniques to alleviate pain, improve posture and release emotional stress. Learn whether foods are strengthening or weakening your life energy.

### TOUCH FOR HEALTH 2 (TFH 2):

9 am – 6 pm 25/26 February

You will add to your basic skills and upgrade your muscle testing skills by learning a further 14 indicator muscles & their relationship to organ & meridian function & new balancing options. Effective acute and chronic pain control techniques, meridian massage and brain integration with the Cross Crawl technique add another powerful dimension. Circuit Locating speeds up the balancing process by identifying the body's priority for correction. Alarmpoints/ Chinese Law of Five elements/Meridian Wheel & the Yin/Yang concept and deepen your understanding of the energetic relationship between meridians/muscles.

### TOUCH FOR HEALTH 3 (TFH 3):

9 am – 6pm 18/19 March

This workshop will integrate your current skills. You will learn how to combine your muscle testing skills with a deeper understanding of the energetic Law of the Five Elements using colour and emotions. 14 additional muscles are taught and you will experience how the goal balances bring longer lasting results and powerful change in your life. Chronic postural problems can be helped with Reactive Muscle technique. Gait testing, chronic pain relief, balancing for past trauma to improve posture & facilitate cellular healing will keep you interested.

### TOUCH FOR HEALTH 4 (TFH 4):

9 am – 6 pm 15/16 April

This workshop will help you refine your muscle testing techniques by learning to balance for specific goals and reviewing the 42 muscle tests (standing & laying). You will learn postural analysis, Tibetan Figure 8 energy, emotional stress release for past, present & future events. Balance with sound. By the end of this level you will feel confident with the application of all skills and know how to prioritize. The TFH database will guide you through the powerful process of energy balancing with a specific goal.

## REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone:(bus) \_\_\_\_\_ (home) \_\_\_\_\_

Signature: \_\_\_\_\_

This course is accredited for 164 hours with the Australian Kinesiology Association (AKA), Australian Institute of Kinesiologists(AIK). 20 CPEs.apply. The fee includes comprehensive manual, TFH workbook (60 hours), comprehensive handouts, TFH Certificate & registration with International Kinesiology College. Deposit \$ 500 (non-refundable) due 15 December 2016,balance \$ 2.350 due 10 January 2017.

**Facilitator:** Katha Jones, Touch For Health Instructor/Trainer/Competency Assessor, Kinesiology Specialist Practitioner (AKA level 6), Accredited Clinical Mentor, Clinical Supervisor, Principal of International Institute of Kinesiology Australia, Professional Member AKA, ATMS, TFHIAA, ICPKP  
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