



## Holistic Wellness Centre

### **Touch for Health Kinesiology Courses**

The Holistic Wellness Centre offers Touch for Health (TFH) courses for anyone who is interested in learning how to use kinesiology in their life to achieve a life of wellbeing and vitality. We offer the individual TFH modules as TFH 1- 4 or as a Certificate in Touch For Health Synthesis that encompasses all 4 levels.

Certificate in Touch For Health Synthesis is accredited with the International Kinesiology College (IKC) and endorsed in over 60 countries worldwide. It is the most widely recognised of all kinesiology modalities and serves as foundation and grass roots training to professional and practitioner training in kinesiology.

#### **What is Touch For Health Kinesiology?**

- It is a system of natural health care which combines muscle monitoring with the principles of Chinese medicine to assess energy and body function, applying a range of gentle, yet powerful healing techniques to improve health, wellbeing and vitality.
- It addresses the structural, nutritional and emotional stresses common in everyday life.
- Touch for Health techniques involves skills researched from modern chiropractic, naturopathy, osteopathy and ancient Chinese acupuncture.
- It uses the muscles in the body as a bio-feedback mechanism.
- It is a great tool that works at the connection between mind and body, using the electromagnetic energy system called meridians, which are the interface between the physical and subtle energy bodies. Raising energy through the acupuncture meridian system allows the person to feel positive health benefits, encouraging the natural processes of the body to enhance health and vitality.

You will receive a certificate at the completion of each TFH level or a Certificate in Touch For Health Synthesis on completion of TFH 1 – 4. These certificates are issued by the IKC and are recognised by the Australian Kinesiology Association (AKA) and the Australian Institute of Kinesiologists (AIK). You may use your completed hours towards becoming an accredited member or as professional development hours as a natural therapist.

All the Touch For Health courses are taught by a Registered TFH Instructor. The Australian Kinesiology Association and the Australian Institute of Kinesiologists approve and award each TFH level 16 hours Category A accreditation. The TFH Synthesis will be awarded 64 hours Category A accreditation.

### **Touch For Health 1**

This introductory course developed by Dr John Thie in the 1970's, introduces you to the 'grass roots' of kinesiology. Touch for Health has been taught to over 10 million people worldwide, in over 100 countries and translated in some 26 languages.

You will learn:

- Core techniques of muscle testing for the primary 14 energy meridians based on Traditional Chinese Medicine
- To perform the standard 'fix--as--you--go' techniques for balancing the whole body's energies.
- About the acupuncture meridians and powerful reflex techniques that are used to restore balance for dramatically improving posture, alleviating pain and stress, and for enhancing vitality and mental performance.

*Prerequisites: None*

### **Touch For Health 2**

This course follows on from TFH 1 as you will be introduced to additional muscle tests and more detailed kinesiology balancing techniques and theory.

You will learn:

- About Circuit Locating which helps identify the body's priority balancing process.
- How to use alarm points to detect over--energy in the body
- To use Meridian Wheel and the Chinese Law of Five Elements
- Brain Integration with Cross Crawl
- Testing for possible food sensitivities and for foods or supplements that raise your body's energy.
- Simple techniques to relieve pain and stress and, to improve physical, mental and emotional performance.

*Prerequisites: Touch For Health Level 1*

### **Touch For Health 3**

This is the third level of the Touch for Health Synthesis.

You will learn:

- Another 14 muscle tests and enhance your knowledge of the human body. Additional techniques for balancing the whole body's energy.
- Techniques for dealing past trauma
- To have a deeper understanding of the Five Elements theory.
- Pulse assessment and pain tapping for chronic pain.
- Reactivity within muscles

*Prerequisites: Touch For Health Level 2*

### **Touch For Health 4**

This level completes your training in the Touch for Health Synthesis.

You will learn:

- To balance all 42 TFH muscles in a standing or prone position and apply the Five Elements to release emotional issues in order to experience a more holistic approach to healing.
- About sound balancing, Luo Points, Postural Stress Release, Tibetan Figure Eight Energies, Acupressure Holding Point theory
- To 'put it all together' with a specific goal for optimal wellness in the whole body.

*Prerequisites: Touch For Health Level 3*

## Touch For Health Synthesis (Levels 1 – 4) Course Schedule

**Weekly Course** 9.30am – 3.00pm  
Flexible schedule tailored to suit participants

### Weekend Intensive Course

Intensive workshops are usually held over 2 consecutive days each weekend over 4 weeks for TFH Synthesis (Levels 1 - 4). Participants can choose to do one level or several levels as long as the course prerequisites are met for each level.

### Touch For Health Proficiency (16 hours Category B accreditation)

This workshop can be undertaken after the completion of TFH Synthesis and the TFH Workbook. You will revise the content of TFH 1-4, sit for a 45min open book assessment and complete a practical assessment.

**Dates – Available under Wellness Workshops on [www.holisticwellnesscentre.com.au](http://www.holisticwellnesscentre.com.au)**

### Fees

Touch For Health individual modules	TFH 1 - \$560 (includes manual) TFH 2,3,4 - \$480 each module
Touch For Health Synthesis (TFH 1 – 4)	\$1880 (Prepay to Save \$120 & includes manual)
TFH Proficiency	\$495

Fees include GST, TFH manual, International Kinesiology College registration and certificates.

TFH workbook (\$120) is purchased at the discretion of the participant and is highly recommended. The TFH workbook is compulsory if you wish to complete the TFH Proficiency. TFH Workbook completion (includes being marked by an assessor) will be awarded 60 hours Category A accreditation.

***Special Offer: Save a further 10% on fees above if you and a friend enrol and attend the Touch For Health Synthesis course at the same time.***

### Enrolment

To enrol, please complete the enrolment form and email it to [info@holisticwellnesscentre.com.au](mailto:info@holisticwellnesscentre.com.au)

Touch For Health Synthesis - deposit of \$500 must be paid at the time of enrolment with the balance of \$1380 to be paid on the first day of the course.  
Touch For Health individual modules and proficiency workshop must be paid in full at the time of enrolment. Payments can be made by cash, EFT, Visa, Mastercard or eftpos at the time of enrolment by arrangement.

Please visit our website [www.holisticwellnesscentre.com.au](http://www.holisticwellnesscentre.com.au), email us at [info@holisticwellnesscentre.com.au](mailto:info@holisticwellnesscentre.com.au) or contact Sandra on 0403 125 088 if you have any questions.

## **Terms and conditions of enrolment**

Please note that the Holistic Wellness Centre reserves the right to cancel any course or workshop when the number of enrolments does not reach the minimum requirement. The Holistic Wellness Centre also has the right to change the dates, times, fees and content of the courses or workshops at any time. When a course or workshop has been cancelled by the Holistic Wellness Centre, your deposit and any fees paid in advance for the cancelled course or workshop will be refunded in full.

Please note that deposits and payments for individual modules are not refundable but a credit to the value of the payment received (less an administration fee of \$50 for each course or workshop discontinued) may be applied to other workshops or services provided by the Holistic Wellness Centre.

Upon enrolment of the Touch For Health Synthesis, it is expected that you are able to complete TFH Levels 1 – 4 following the schedule at the time of enrolment or as agreed with the TFH instructor. If you are not able to complete the course, you may apply the credit of any unused portion of the monies paid to the next available TFH course at the Holistic Wellness Centre. If you choose to discontinue your participation in the TFH Synthesis, you may choose to use the unused portion towards other courses, workshops or services offered by the Holistic Wellness Centre or receive a refund of the unused portion less an administration fee of \$50 for each discontinued module.



## HOLISTIC WELLNESS CENTRE

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Mobile: 0403 125 088 Email: [info@holisticwellnesscentre.com.au](mailto:info@holisticwellnesscentre.com.au)

### ENROLMENT FORM

<b>Last name:</b>	
<b>First name:</b>	
<b>Address:</b>	
<b>Phone:</b>	<b>Mobile:</b>
<b>Email:</b>	

Name of Course	√	Fee	Total
Touch For Health Synthesis (TFH 1 – 4)		\$1880	
Touch for Health individual module - TFH 1		\$560	
Touch for Health individual module – TFH 2,3,4		\$480 each	
Touch for Health Proficiency		\$495	
Kinesiology for Kids workshop		\$180	
Eat Right Live Right workshop		\$180	
Crystal Sound workshop		\$280	
Heal & Transform Energy workshop		\$280 each	
Combined Energy Transformation workshop		\$480	
Total fees			

Payment can be made by cash, EFT, Visa, Mastercard or eftpos at time of enrolment. Touch for Health Synthesis deposit (\$500) must be paid at time of enrolment with the balance (\$1380) to be paid on the first day of the course or workshop. Please refer to course outline for terms and conditions.

All TFH individual modules and workshops must be paid in full at time of enrolment. Please note that deposits and payments for individual workshops or modules are not refundable. A credit (less an administration fee of \$50/workshop) may be applied to other workshops or services provided by the Holistic Wellness Centre.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
Name: