



Holistic Wellness Centre

Wellness Workshops

Touch For Health Kinesiology

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.

Kinesiology for Kids

This is an introductory workshop that gives parents, carers and natural healthcare practitioners an understanding of kinesiology and the amazing positive changes it can bring about in children of all ages. Kinesiology for Kids is an interactive workshop with you practicing the kinesiology techniques.

You will learn:

- Simple exercises to improve coordination and help the learning process.
- The art of muscle testing to monitor change and anchor the corrections.
- To have an awareness of when your child is feeling "out of balance" and be able to apply simple techniques to help balance your child's energy.

Perceptive Vision

This is a workshop that offers simple exercises for the mind and body that have been shown to improve vision and eye health. Your visual perception of what happens around you forms the experiences in your life.

You will:

- Develop awareness that seeing clearly in life is more than a physiological experience and what it means to have good perceptive vision.
- Learn the art of muscle testing to monitor change and anchor the corrections.
- Learn various methods that have been successful in helping many people see more clearly at the physical, mental and emotional level.
- Understand how stress, emotional experiences, belief systems, nutrition and environmental support can affect your perception.

Eat Right Live Right

This workshop uses kinesiology to gauge individual stress responses to food, supplements and substances. It gives you very effective and powerful skills in your efforts to maintain good physical, mental and emotional health.

You will:

- Learn about food families and food combinations that raise your energy levels.
- Learn the art of muscle testing to monitor change and anchor the corrections.
- Develop skills that help you choose the right food to eat for your body that maintains optimal wellness.

Accreditation

As each of these workshops are part of an international community program that is taught by a Registered Touch for Health School Instructor, a certificate of competency may be awarded to participants following a knowledge assessment.

The Australian Kinesiology Association and the Australian Institute of Kinesiologists approve and give each workshop the following accreditation:

Touch For Health Synthesis (all 4 modules)	64 hours Category A
Touch for Health Level 1-4 (individual module)	16 hours category A
Kinesiology for Kids	3 hours Category C
Perceptive Vision	3 hours Category C
Eat Right Live Right	3 hours Category C

Natural healthcare practitioners who are members of ATMS may also be able to use these hours as part of their Continuing Professional Education (CPE) requirements.

For more information on the workshops:

Website
Email
Contact

www.holisticwellnesscentre.com.au
info@holisticwellnesscentre.com.au
0403 125 088