

# Touch for Health™ Kinesiology Class

Kinesiology is a simple and highly effective way of assessing the flow of energy (*Chi*) in your body by using muscle testing as a biofeedback system to get answers *directly* from the body.

After attending this 8 day class, you can start effectively using Touch for Health™ with yourself and others. You will learn simple ways to correct most energy blocks to help restore a normal flow of energy and therefore better health on all levels.

The material is easy to learn, the class is fun, and there are no tests or quizzes!



Take charge of your health and well being! Learn specific hands-on touch techniques that will:

- \* Accelerate recovery from illness and injuries
- \* Reduce or eliminate many different kinds of pain: headaches, backaches, stomach aches, etc.
- \* Prevent future health problems
- \* Increase energy and counteract fatigue
- \* Show you immediately which foods are undermining your energy



Touch for Health™ Kinesiology is experienced fully clothed, sitting, standing, or lying down. Muscle testing/monitoring is a cooperative venture and requires active participation.

## Touch for Health Kinesiology Gives You Ways To Improve Overall Health & Function - Anytime, Anywhere!

Touch For Health 8 Day Intensive Levels 1 - 4 Course Outline (60 hours)

*This course is open to **anyone** interested in good health. No prerequisites!*

Introduction to the 14 acupressure meridians

Accurate muscle testing procedures and basic 14 (28 & 42) muscle assessment

Posture awareness & analysis      14 (28 & 42) muscle "fix as you go" balance      Balancing for a Goal  
Emotional Stress Release      Simple Pain Relievers      5 Element balances - color, sound, emotion

Also included in this course are specific tests, exercises and movements for - enhanced learning, improving coordination, and finding food sensitivities.

(More information available at [www.TFHKA.org](http://www.TFHKA.org))

*Touch for Health Kinesiology Assoc. is approved as a continuing education provider - CEU's available for Nurses & NCTMB Massage Therapists*

Touch for Health™ Kinesiology 1 class - All 4 levels	Tuesday - Friday August 23 <sup>rd</sup> - 26 <sup>th</sup>	9 am - 6 pm	CEU's Nurses - 76.8 Massage - 64
	Saturday August 27 <sup>th</sup> - No Class	Day off!	
	Sunday - Wednesday August 28 <sup>th</sup> - 31 <sup>st</sup>	9 am - 6 pm	
<b>Tuition - \$1125 includes all books, charts &amp; CEU's</b>			
Class size is limited - Preregistration required. <i>(Early Bird Registration - Discount offered if paid in full by 30 days prior)</i>			



Medical & Healing Arts  
To Treat Illness  
& Promote Wellness

[www.TwoRiversHealth.com](http://www.TwoRiversHealth.com)  
136 Washington St. Binghamton NY 13901  
**TwoRiversHealth@stny.rr.com**  
(607) 724-0830

Licensed/Certified Health Care Professionals with over 50 years of clinical experience