

In This Issue: **First Quarterly Kinesiology Practice and Polish Session held in Binghamton**

February 21st 2010

ICOHA has started a new quarterly program of regularly scheduled Open Practice & Polish sessions for kinesiology.

These weekend long sessions will happen every February, May, August and November, and they will be held the weekend of First Friday to allow out-of-towners a chance to enjoy the festivities that First Friday has to offer.



The first of the regularly scheduled sessions was held February 20-21 in Binghamton and was well attended by students and alumni from the Binghamton programs as well as students of the NYC program.

Starting in May future sessions will include focused review of prior Touch for Health and PKP learning and mini-seminars to both revise and expand prior learning and to introduce new concepts of the art.

Kinesiology is an art and science that requires both hands on application of technical skills and the ability to understand when and how to apply these skills. These are skills you can't learn out of a book and can only be learned by doing them.

Additionally Kinesiology is a hands on skill that requires a high level of confidence and competence to practice effectively.



Unfortunately many people take classes but

never get a chance to practice their skills often enough to maintain a comfort level with them to allow them to effectively work on others.



These practice sessions now offer Touch For Health, K-Power, PKP, ICPKP and other kinesiology students and practitioners a chance to practice those skills in a relaxed open-practice setting with other students and practitioners, and to have ICPKP faculty available to help you dust off and polish up your skills.