

# Touch For Health Kinesiology Courses 2008

**VENUE:** The WA Kinesiology Centre, 82 Balanus Way, Heathridge 6027

**All courses are certificated and AKA accredited**

**\*\*\* Pre-pay for TFH SYNTHESIS (TFH 1 – TFH 4) only \$1,100 - a saving of \$100 \*\*\***

**TFH 1** (16 Hours)      **9th & 10<sup>th</sup> February**      **9am – 6pm**      **\$300**

Touch For Health 1 provides the techniques to balance the 14 muscle/meridian/organ relationship for improved postural balance, health and performance. This course provides everyday applications for increased well being on all levels.

**Course content:**

- \* Goal Balancing
- \* 14 meridian indicator muscles
- \* Neuro-Vasculars
- \* Neuro-Lymphatics
- \* Acupuncture meridians
- \* Spinal Reflexes
- \* Origin/insertion technique
- \* Positive food testing
- \* Postural Balancing
- \* General Pain Relief Techniques
- \* Auricular Exercise
- \* Vision Balancing

**TFH 2** (16 Hours)      **5<sup>th</sup> & 6<sup>th</sup> April**      **9am – 6pm**      **\$300**

Touch for Health 2 delves more deeply into balancing our system's energetic relationships using the ancient Chinese Law of the 5 Elements.

**Course content:**

- \* Food testing with sensitivity mode for biocidic, biostatic & biogenic foods.
- \* Emotional Stress Release for future performance
- \* Extra 14 muscle groups to balance
- \* Pain relief - meridian walking
- \* Five Element theory and practice
- \* Alarm points for over energy
- \* Meridian massage
- \* Accupressure Holding Points
- \* Spindle Cells & Golgi Tendon Apparatus
- \* Cerebro-Spinal Technique

**TFH 3** (16 Hours)      **24<sup>th</sup> & 25<sup>th</sup> May**      **9am – 6pm**      **\$300**

Touch for Health 3 focuses on how to implement TFH 42 muscles to complete 5 Element integration and Reactive Muscle Release for enhanced performance.

**Course content:**

- \* Goal Balancing With Emotions
- \* 42 meridian indicator muscles
- \* Five Element Colour Balancing
- \* 5 Element Balancing with Food
- \* E.S.R. For Past Trauma
- \* Past Balancing
- \* Pulse Checks
- \* Pain Tapping
- \* Circuit Retaining Mode
- \* Facilitation and Inhibition
- \* Reactive Muscles
- \* Gaits

**TFH 4** (16 Hours)      **14<sup>th</sup> & 15<sup>th</sup> June**      **9am – 6pm**      **\$300**

Touch for Health 4 completes the **TFH Synthesis** program with additional postural and energetic balancing techniques, bringing all aspects together as a total holistic health care modality.

**Course content:**

- \* 5 Element Emotions
- \* 5 Element Sound Balance
- \* 42 Muscle balance standing and/or lying down
- \* Acupressure Holding Point Theory
- \* Luo Points
- \* Postural Stress Release
- \* Time of Day Balance
- \* Figure 8 Energy
- \* Neurolymphatic Release
- \* Reactive Muscle Review
- \* Postural Analysis

# Touch For Health Kinesiology Courses 2008

## **TFH 5 Element Metaphor Certificate Course**

Sat 19<sup>th</sup>, Sun 20<sup>th</sup> July 2008

9am – 5pm \$300

**Instructor:** Patti Leahy-Shrewsbury    **Prerequisite:** TFH 2    **16 AKA hours**

*This workshop will deepen your understanding of the metaphors of the Chinese 5 elements, muscles and meridians; giving greater awareness of the underlying attitudinal and emotional patterns and choices affecting an individual's goals. Using Dialogue and Creative Visualization, access Mental/Emotional and Sensory/Associative aspects of memory, posture & energy to make your TFH balancing more profound, effective and meaningful.*

*This awareness is evoked from the client in a very empowering way allowing deep change and integration with minimal need for standard TFH corrections.*

## **Touch For Health Proficiency Assessment**

Sat 20<sup>th</sup> & Sun 21<sup>st</sup> September

9am - 5pm \$350

**Price includes \$50 to IKC & \$10 to AKA**

**Instructor:** Patti Leahy-Shrewsbury    **Prerequisite:** TFH4 and completed TFH Workbook

*In Proficiency there is a review of the 4 stages of SYNTHESIS to prepare you for TFH Kinesiology*

*Instructor Training. Proficiency Assessment includes an open book exam, oral and practical assessment.*

## **Touch For Health Instructor Training Workshop**

23<sup>rd</sup> – 30<sup>th</sup> November

9am - 5pm \$1,650

**Instructor:** Toni Galton

**Prerequisite:** TFH Proficiency Assessment & completed TFH workbook

*Successful completion of this course qualifies you to teach TFH Synthesis which is TFH 1 – 4.*

**Venue for courses:** The WA Kinesiology Centre, 82 Balanus Way, Heathridge 6027

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### **Please enroll me for:**

TFH SYNTHESIS (TFH 1 - 4): Full Payment \$1,100 \_\_\_\_\_

OR TFH 1: \$300 \_\_\_\_\_ TFH 2: \$300 \_\_\_\_\_ TFH 3: \$300 \_\_\_\_\_ TFH 4: \$300 \_\_\_\_\_

TFH 5 Element Metaphors Workshop: Full Payment: \$300 \_\_\_\_\_

TFH Proficiency Assessment: Full Payment \$350 \_\_\_\_\_

TFH Instructor Training Workshop: contact Toni Galton [tfhdean@ikc-info.org](mailto:tfhdean@ikc-info.org)

**\$100 Deposit:** \_\_\_\_\_ non refundable deposit required to secure your place

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

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

Postcode: \_\_\_\_\_

Tel: (H) \_\_\_\_\_ (W) \_\_\_\_\_ Mob: \_\_\_\_\_

**Send enrolments and cheques to:** Patricia Leahy-Shrewsbury,  
82 Balanus Way, Heathridge 6027    Tel: (08) 93079876

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**Or Direct Payment into:** Westpac Bank    BSB: 036 231    Cheque Acc. No.: 140398

P. Leahy-Shrewsbury    T/A The Western Australian Kinesiology Centre

Please state family name and Brain Gym 101 in for section, then email me at

[pleahy-shrewsbury@bigpond.com](mailto:pleahy-shrewsbury@bigpond.com) to **inform me** of direct payment and amount.

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