



**student
prospectus**

Kinesiology Training

flourishkinesiology.com.au

Contents

Welcome!	1
What is Kinesiology	2
Training Aims & Objectives	3
Workshop dates, times and fees	4
Enrolment	5
Workshop topics	
Neuro Linguistic Kinesiology	6
Touch for Health	7
Learning Outcomes	8

Contact

Flourish Kinesiology

Kaylee Maitland

Level 1, 43 The Parade
Norwood, SA 5067

p: 0408 818 436

e: kaylee@flourishkinesiology.com.au

w: flourishkinesiology.com.au



Welcome!

Thank you for your interest about our Kinesiology Practitioner training workshops. Flourish Kinesiology offers a face-to-face kinesiology workshop program teaching courses that are accredited with the Australian Kinesiology Association (AKA) and the International Institute for Complementary Therapists (IICT).

Kinesiology can be used successfully as a therapy on its own or in addition to other natural healing therapies.

The training is designed for a person who is working full-time so that they can gradually change their career if that is their intention.

There are no pre-requisites for the training, however, you will need to have access to the Internet and own a massage table. Massage tables can be purchased online for around \$200-\$500.

Once you have completed your face-to-face Kinesiology training, Students are also required to complete Anatomy & Physiology and Practice management studies. Further requirements of student clinic and mentoring are recommended.

What is Kinesiology

Kinesiology has become the general term used to describe the various branches of this complementary therapy, which was originally developed by chiropractor George Goodheart in the early 1960's. A technique used by all kinesiologists is called "muscle testing". Muscle testing has been described as a method of evaluating nerve function. Many of the testing techniques were developed to evaluate disability from poliomyelitis to evaluate motor loss. From this background, kinesiologists developed muscle testing as an indicator of the nervous system's functions. A muscle test is designed to isolate a single muscle in its most contracted state to test whether it will "lock" or "unlock" when a manually applied force is applied. Muscle testing can be used to establish whether a substance, situation or activity is acting as a stressor to the person being tested and also to "choose" which combination of kinesiology techniques will best facilitate healing.

Mental and physical health is composed of structural, chemical and mental/emotional factors that should be balanced forming an equilateral triangle. When a person experiences poor performance or health one of the three factors of the triangle is always involved. The brain and body are connected in a cybernetic loop and every thought has a direct affect on the system, as does every substance ingested, placed on the skin or inhaled. Positive thoughts, attention to healthy living and a regular exercise program will have an affect on learning, performance and health.

In kinesiology there is a strong emphasis on testing all three sides of the triangle for negative stress. Corrective techniques using acupressure; meridian therapies;

muscle release; stress release; nutrition and counselling; are all used by a kinesiologist to bring about balance in the triangle. Goodheart introduced meridian therapy into kinesiology in 1966 and there have been many innovative applications of its use since then. A primary aspect of meridian therapy is the concept that energy travels through twelve bilateral meridians to the muscles, organs and glands of the body and their function is essential for the health and wellbeing of the individual. Each meridian contains a fast vibrating non-cellular energy field, which enters the body via the energy vortexes known as chakras found in the auric field. Martial arts, yoga and acupuncture have been manipulating this energy force for centuries.

Toward the end of the sixties another young chiropractor, John Thie, began using kinesiology very successfully with his patients. Thie decided that there would be tremendous benefit in developing some of the techniques into a program, which could be used by the general population to generate their own good health. In 1970 he wrote the book **Touch For Health** and a series of workshops evolved to instruct people in the procedures. Many natural health practitioners were attracted to the work and over the past twenty years kinesiology has evolved into the dynamic healing modality it is today.

From its early beginnings innovative therapists have experimented with various approaches and techniques to improve and add to the Touch For Health Program. There are possibly over twenty variations of Thie's original program. Notable among these has been Dr. Paul Dennison (EduK), Gordon Stokes (3 in One), Frank Mahoney (HypertonX), Dr. Bruce Dewe (Professional Kinesiology Practitioner Kinesiology) and Dr. Charles Krebs (LEAP).

Training Aims and Objectives

1. The aims and objectives of our Kinesiology training are twofold. Firstly to introduce you to Kinesiology as a tool for your own personal development and health building. Secondly to provide training for people who intend to set up in business as Kinesiology practitioners or who wish to use kinesiology as an adjunct to other healing modalities.
2. At the completion of the training you will be competent to set up your own business as a kinesiology practitioner. You can join a practice with other natural therapists, act in a consultant capacity in sporting clubs and schools and maintain your own wellness and the wellness of your family and friends.
3. At the completion of the training you will be competent to work with any person on issues such as learning and performance improvement, vision improvement general and specific health issues, stress and pain management and personal development.



Course hours & fees



TFH - Touch For Health

NLK - Neuro-Linguistic Kinesiology

TIMES

Weekends: Sat/Sun

Workshop dates and IICT & AKA accredited hours

KINESIOLOGY PRACTITIONER TRAINING

TOUCH FOR HEALTH

	HOURS	FEE
TFH 1	16	\$550
TFH 2	16	\$550
TFH 3	16	\$550
TFH 4	16	\$550
TFH PROFICIENCY	16 + 60 workbook	\$550

NEURO LINGUISTIC KINESIOLOGY

NLK 1	30	\$550
NLK 2	30	\$550
NLK 3 PART 1	25	\$550
NLK 3 PART 2	25	\$550
NLK 4	50	\$550
NLK 5 PART 1	25	\$550
NLK 5 PART 2	25	\$550
NLK 6	50	\$550

NEW ! - SOUL AWAKING / LIGHT BALANCE TECHNIQUE - TBC

MODULE 1	30	\$675
MODULE 2	30	\$675
MODULE 3	30	\$675
MODULE 4	30	\$675
MODULE 5	30	\$675
MODULE 6	30	\$675
MODULE 7	30	\$675
MODULE 8	30	\$675

ADVANCED MODULES - TBC

Enrolment



ENROLMENT PROCEDURE AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

If you have decided to embark on this journey here is an overview of the steps to take:

1. Call Kaylee on 0408 818 436 or email kaylee@flourishkinesiology.com.au to discuss your training plan.
2. Manuals, workbooks and handouts are provided as part of the training.
3. You will need to purchase a massage table at some time during the training. Buying a table online is recommended. Tables can usually be found for around \$200-\$500.
4. You will be required to do homework between classes. This will comprise of the following:
Answer questions in your workbook (approx. 2 hrs)
Practise the skills you have learned in class and record in workbook (4-6 hours minimum per month)



Neuro Linguistic Kinesiology

Workshop topics



NLK 1 Links to Learning and Performance

Links to Physiology and Neurology of the Brain
Split Brain Model
Brain Integration Exercises
Testing Hemispheric Function
VAKR Repatterning Technique for Performance
NLP Submodalities
Emotional Stress Release

NLK 2 Links to Communication

Aspects of Neurological Function
NLP Meta Model Language
Past Emotional Stress Release
Balancing
Finger Modes
Affirmations
Diet, Food and Supplements
Goal Setting and Balancing

NLK 3 Links to Personal Development

Emotional Sabotages
Chakra Balancing
Phobia Balancing
Allergies and Sensitivities
Overgrowths
Miasms
Bodywork
NLP Six Step Reframe

NLK 4 Links to Clearing Addictions

Rapport Building
Co-dependency
Survival Roles
Aura Balancing
Mantras
Future Pacing
Inner Child

NLK 5 Links to Vision Improvement

Vision Awareness
Structure of Vision
Vision Testing
Vision Exercises
Vision Acupressure
Colour Balancing
Mandalas

NLK 6 Links to Spiritual Healing

Past-Life Balancing
Immune System Clearing
Generation Tracking
Free Radical Clearing
Spiritual Assistance
Forgiveness Technique
Body System Balancing

Touch for Health

Workshop topics



Touch For Health 1

Muscle Testing
Neurolymphatic System
Neurovasculars System
Acupuncture Meridian System
Muscle Balancing
Food Testing
Emotional Stress Release
Pain Relief Techniques

Touch For Health 2

Acupressure Holding Points
Cerebrospinal technique
Acu-Alarm points
Tibetan Energy
Food Sensitivity Balancing
Yin Yang Theory
Five Element Theory

Touch For Health 3

Acupressure Theory
Posture Analysis
Reactive Muscles
Postural Stress Release
Gait Reflexes
Nutritional Corrections
Meridian Massage
Gait Reflexes

Touch For Health 4

Reactive Meridians
42 Muscle Standing Positions
Postural Analysis
Sound Balancing
Luo Points
Colour Balancing
TFH Synthesis Balancing

Learning outcomes

Neuro Linguistic Kinesiology and Touch for Health will provide you with the following skills:

- To use a combination of techniques which cover nutrition, lifestyle, environment and other ecological issues.
- To monitor a muscle and teach someone to be testable.
- To use a combination of techniques which balance the electrical/meridian system.
- To demonstrate specific skills in rapport building.
- To have an awareness of co-dependent and addictive behaviours to more effectively assist clients.
- To work with the concept of the inner child.
- To use the NLP concept of future pacing outcomes.
- To use a combination of in-depth techniques which facilitate the diffusing of past/present/future emotional stress.
- To have awareness of vision and its implications on behaviour.
- To use specific testing procedures related to vision imbalances.
- To access spiritual assistance for healing.
- To use specific testing procedures related to the immune system.
- To use kinesiology corrective procedures to balance the 12 body systems.
- To understand the concept of the brain and body as an inter-active and connected unit which affect one another.
- To understand the overall philosophy of kinesiology.
- To understand muscle testing as a multi-faceted tool which can communicate with the body/brain system.
- To test activities and do corrections which facilitate a change in energy, muscle tension and neurological function.
- To personally experience the fact that improving brain integration can improve performance.
- To gain an awareness of the meridian energy system, the use of acupressure.
- To use NLP Meta Model language for asking specific questions that assist a client to discover their desired outcomes.
- To use finger modes as a fast and accurate method of establishing the correction to be used.
- To use emotional stress release past balancing techniques.
- To develop a strong sense of personal worth using the techniques and procedures taught and practised in this workshop.
- To understand the concept of unconscious and subconscious emotional/mental attitudes which can block us.
- **To learn the techniques that make amazing change in your and others lives.**

