



TOUCH FOR HEALTH

HEALING THE WORLD, ONE BALANCE AT A TIME!

Basic Touch for Health Training

Below are the basic levels and training courses that TFHK offers its members.

Touch for Health – Level 1 (14-Muscle Balancing)

Prerequisites: No Prerequisites **Time Commitment:** 15/16 Hours

Course Description:

- Learn how to test and correct 14 muscles/meridians, including spinal reflexes, neurolymphatic reflexes, neurovascular points, and meridians.
- Learn how to assess nutritional support for muscles.
- Learn how to effectively reduce emotional stress and pain by touch.

Touch for Health – Level 2 (28-Muscle Balancing)

Prerequisites: No Prerequisites **Time Commitment:** 15/16 Hours

Course Description:

- Learn about Circuit Locating, to help identify the body's preference for a balancing technique. And about Alarm Points, for over-energy detection.
- Learn balancing techniques using The Meridian Wheel, and Time of Day.
- Introduction of the Chinese Five Element Theory.
- Self-Balancing Techniques and Short Cuts to Improve Efficiency.

Touch for Health – Level 3 (42-Muscle Balancing)

Prerequisites: TFH – Level 1, 2 **Time Commitment:** 15/16 Hours

Course Description:

- Discover how balancing with goals and emotions brings results that are much deeper and longer lasting.
- Learn about pain tapping, gait testing, and acupuncture holding points.
- Learn how to address chronic muscle problems with a Reactive Muscle correction that clears long-standing patterns quickly and permanently in most cases.
- Self-Balancing Techniques and Short Cuts to Improve Efficiency.

Touch for Health – Level 4 (42+ Muscle Balancing)

Prerequisites: TFH – Level 1, 2, 3 **Time Commitment:** 15/16 Hours

Course Description:

Review the 42 muscles you have learned and expand on how to test all muscles both standing up and lying down. Learn the Tibetan Figure 8 Energy technique.

Learn how to effectively release traumatic muscle memory through the postural stress release method. And learn how to prioritize and utilize all the skills in the TFH system in an easy practical format.

Touch for Health – Synthesis Workshop (Levels 1-4)

Prerequisites: No Prerequisite **Time Commitment:** 60/64 Hours

Course Description:

The Touch for Health Synthesis workshop includes a total of 60/64 hours to cover all four levels of Touch for Health training, either taught over 4 weekends or a week-long intensive. This course will provide practical hands-on experience and covers all course content from level 1 through 4.

Immerse yourself in Touch for Health training to learn this life-enhancing system of postural, energetic, and mental/emotional balancing.