



TOUCH FOR HEALTH

HEALING THE WORLD, ONE BALANCE AT A TIME!

## Mini-Courses

The Kinesiology classes and workshops listed below are “approved” by the International Kinesiology College (IKC) and facilitated by Touch for Health Instructors who have received additional training and certification to teach the class.

### Introduction to Touch for Health

**Prerequisites:** No Prerequisites    **Time Commitment:** 2/4 Hours

#### Course Description:

- Learn simple energizers for everyday vitality, centering and flexibility
- Discover the power of Emotional Stress Release
- See a demonstration of a Touch for Health 14-Muscle/Meridian balance

### Top Ten Pain Relasers

Self Help Techniques for Relieving Stress and Pain

**Prerequisites:** No Prerequisites    **Time Commitment:** 3 Hours

#### Course Description:

- An introduction to a variety of simple and highly effective techniques for relieving stress and pain.
- Learn muscle testing & skills from Touch for Health Kinesiology, polarity, acupressure reflexes, and energy healing.
- Techniques include auricular massage, meridian tracing, neurovascular emotional balancing, specific neuromuscular reset technique, neurolymphatic massage and the Brazilian Toe Massage.

# Kinesiology for Kids

A Do-It-Yourself Stress Management Guide for Parents and Children

**Prerequisites:** No Prerequisites **Time Commitment:** 3 Hours

## Course Description:

- An introductory workshop for parents to learn how Kinesiology can be tool for helping their children enjoy a healthy, well-balanced life.
- Discover simple exercises that have been shown to improve co-ordination and help the learning process.
- Teach your kids how to recognize when they are feeling “out of balance.” Then notice the positive changes that quickly shift with simple Kinesiology balancing exercises.
- Gain a better understanding of how stress affects health, learn simple exercises to do with your kids, increase awareness about food sensitivities, mood swings, and low energy issues, get tips for enhancing emotional health with ESR.
- Use Kinesiology for Kids to help with homework, competitions, exams, music, self-talk, problems at school, nutrition, and more...

# Eat Right, Live Right

An Introduction to Using Kinesiology and Muscle Testing as a Guide  
to Identify Your Best Biochemical and Physical Environment for a Healthy Life

**Prerequisites:** No Prerequisites **Time Commitment:** 3 Hours

## Course Description:

- Learn how to use Kinesiology to gauge your individual stress response to foods, supplements, and substances.
- Get an introduction to muscle testing and begin developing your skills for accurate muscle monitoring
- Learn about food combining, food families and digestion, and immunity boosting foods.

# Perceptive Vision

A System of Simple Exercises to Change the Way We Perceive Life

**Prerequisites:** No Prerequisites **Time Commitment:** 3 Hours

## Course Description:

- Discover simple exercises for mind and body that have been shown to improve vision and eye health.
- Learn more about Nutrition and Environmental support for eye health.
- Gain insights for how stress, light, and color affect perceptive vision.
- Explore belief systems and the benefits of emotional stress release and identify eye problems that may be “I” problems.
- Use this introduction to Kinesiology to discover how you can use muscle monitoring to access information from the body’s “biocomputer” to improve vision. *(Commitment to the exercises is the key to success.)*

# Healthy Pets

A Kinesiological Approach to Healthy Pets: Enhancing the Wellbeing of our Beloved Animal Companions

**Prerequisites:** No Prerequisites **Time Commitment:** 6-7 Hours

## Course Description:

- Designed for pet owners who want to learn how to use simple strategies, and incorporate Kinesiology for energy balancing, to enhance the well-being of their dogs, cats, and other “furry” family members.
- Kinesiology can be a valuable tool in helping you best support the physical, emotional, and energetic well-being of your beloved companion animals.
- Learn skills to help assess your pet’s energy.
- Tips to enhance nutritional support, understand emotions, how to use surrogate testing, comparative anatomy of dogs, cats, and humans, and discussion of additional modalities that can support healthy pets, and more.