



# Touch for Health® Kinesiology

for health professionals and nonprofessionals.



**Touch For Health® Kinesiology** is a system of natural health care which combines muscle monitoring with the principles of Chinese medicine to assess energy and body function, applying a range of gentle, yet powerful healing techniques to improve health, well-being and vitality.

**Touch For Health®** is taught in four workshops.

**Touch for Health 1** introduces the art of muscle testing and the basic procedure for balancing the body's muscles and meridians as presented by Dr. John Thie in Touch for Health. Learn the basic 14 muscle/meridian balance, plus the skills needed to increase energy level, reduce stress and pain, and improve body/mind coordination. Learn food and sensitivity testing, surrogate testing, emotional stress release, balancing for goals, and more. [2 days - 15 CE hours\*] Prerequisites: None.

**Touch for Health 2** reviews and builds on the basic 14 muscle/meridian balance from TFH I and introduces new balancing approaches including the Chinese Law of 5 Elements, 14 additional muscles, acupressure holding points, alarm points, new pain control techniques, meridian massage, and a self balancing technique. [2 days - 15 CE hours\*] Prerequisites: TFH1.

**Touch for Health 3** reviews and expands the Chinese Law of 5 Elements applications and related balancing models. Additional techniques include how to balance with color and emotions, how to balance gaits, pulse check, pain tapping, sedation and a powerful technique to release reactive patterns associated with chronic muscle problems. Learn to test 14 additional muscles. [2 days - 15 CE hours\*] Prerequisites: TFH2.

**Touch for Health 4** reviews and expands on TFH 1-3. New skills include Luo points, nutrition balancing, postural stress release, Tibetan figure 8 energy, and balancing with sound. Practice with the 42 muscle balance in the standing up and laying down positions. [2 days - 15 CE hours\*] Prerequisites: TFH3.

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## Other workshops

**Introduction to Kinesiology** includes

**Top Ten Pain Releasers: Self-Help Techniques for Reducing Stress & Pain** is a introductory workshop. Learn simple skills to reduce stress and pain from Touch for Health® Kinesiology, acupressure, polarity, music and massage. [1 day - 8 CE hours\*] Prerequisites: None.

**Kinesiology for Kids** offers simple exercises that have been shown to improve coordination and help the learning process. No prior knowledge of kinesiology is assumed and no materials are required. Participants are taught the art of muscle testing in order to monitor change and anchor corrections. The techniques use in this manual are easy to apply and do not rely on muscle testing for their positive outcome. This is a parent/child workshop. [3 hours - no CE hours] Prerequisites: None.

**K-Power®** workshops for manual therapists, for energy therapists, and stress relief.

For workshop schedule and to register go to: [MassageWorksTN.com](http://MassageWorksTN.com)

Or call: (865) 694-3144

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Certified Instructor: Touch for Health® Kinesiology & K-Power®

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MassageWorks is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider. #450843-08

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