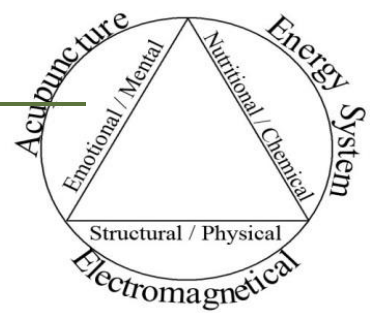




The Triad of Health



TFH 1 combined with Aromatherapy

**Date : as advertised on website -
9 am - 4 pm over 3 days. (21 hrs)**

Find the actual dates on the website!!

Look at Workshop announcements

Registration form at bottom of this document!

Touch for Health® is the introductory course to the Touch for Health system which has been developed by [Dr. John Thie](#), American Chiropractor in the early 1970s. TFH has a reputable and significant history as it is the founding source of kinesiology information for the layperson, originally being adapted specifically for laypeople from what was at the time the Applied Kinesiology system. Still today the TFH1 course contains the fundamental concepts and techniques found in all kinesiology modalities.

This class is designed especially for therapists interested in the integration of the use of essential oils and their benefits with the course content of basic Kinesiology techniques.

Whilst I will teach you the complete and authentic TFH 1 class, honoring John Thie and his teaching manual, I will also refer to and mention the essential oils and put the learning content into a meaningful context for you as users of essential oils..

This class may empower you to become more knowledgeable and informed around essential oils.

When studying other Aromatherapy classes, you will find that the acquired knowledge from TFH1 will be of immense benefit to you! You will receive an **accredited certificate** for this class - it will enable you to continue and further any other additional kinesiology studies you may wish to pursue in the future. **TFH1** is the fundamental stepping stone to all other Kinesiology modalities.

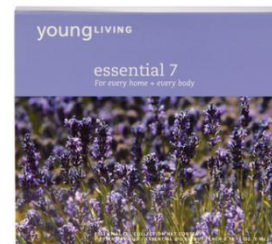
Course content of TFH I:

- Learn about proper muscle testing
- Discover the 14 meridians and the significance of the Chinese principles of medicine.
- Learn how to strengthen the meridian's flow of energy by massaging areas such as Neuro-lymphatic and Neuro-vascular reflex points.
- Food testing and stress management techniques are also part of this course, which will already enable you to give balances to yourself and friends.
- Surrogate testing and Goal balancing.





In addition to the teaching of TFH we will spend an extra day, which will be entirely dedicated to the exploration of essential oils and their applications in connection with a kinesiology balance .



We will be exploring the benefits of specific oils and how they can best be applied for each individual person.

The participants will be able to use oils provided for them, as well as being able to purchase a Kit of daily essential oils for the class. (@whs price)

Class fee: \$450.00 (includes certificate, manual, essential oils)

Min. 10 participants – Teacher: Dorothea Bassett,

Dorothea has a background in Physiotherapy, she holds a Diploma in Kinesiology. She has trained as a Kinesiologist at the Institute for Applied Kinesiology in Freiburg. She is a qualified as a TFH® teacher and BrainGym® teacher.

Dorothea is has been conducting courses for Touch for Health® and Brain Gym® since 1996. Her website is : www.liveandlearn.net.au

Copy and paste into email

I wish to register for this workshop - Fill in the relevant date!.....

Name.....

Email.....

Phone number

My payment has been deposited on.....

Please mail your registration back to dorothea.bassett@gmail.com

Payment: please transfer your class fee onto account BSB 036031 acc 153629

\$450.00 for 3 day class. A receipt will be issued directly upon payment.

Essential Oils

Essential oils, known as nature's living energy, are the natural, aromatic volatile liquids found in shrubs, flowers, trees, roots, bushes, and seeds. The distinctive components in essential oils defend plants against insects, environmental conditions, and disease. They are also vital for a plant to grow, live, evolve, and adapt to its surroundings. Essential oils are extracted from aromatic plant sources via steam distillation, and are highly concentrated and far more potent than dry herbs.

While essential oils often have a pleasant aroma, their chemical makeup is complex and their benefits vast—which makes them much more than something that simply smells good.

Historically, essential oils have played a prominent role in everyday life. With more than 200 references to aromatics, incense, and ointments throughout the Bible, essential oils are said to be used for anointing and healing the sick. Today, essential oils are used for [aromatherapy](#), [massage therapy](#), [emotional wellness](#), [personal care](#), [nutritional supplements](#), [household solutions](#), and much more.

Young Living Essential Oils, the leading provider of essential oils, offers more than 300 essential oil singles and blends. All Young Living essential oils meet the [Young Living Therapeutic Grade™ standard](#). This means that every essential oil Young Living distills or sources has the optimal naturally-occurring

blend of constituents to maximise the desired effect. Only Young Living Therapeutic Grade essential oils should be used for the primary methods of application, which include [inhalation](#) and [application](#).

Listed below are six general probabilities possessed by essential oils that you can call upon to create healthy environments in your home, car, or work place and to maintain wellness or bring about healing in your body. You can call this list a “Six-Pack of Possibilities” for essential oils.

1. Essential oils can destroy harmful fungi, viruses, and bacteria in the air we breathe as well as inside our bodies. While being deadly to pathogenic microbes, they are harmless and helpful to humans.
2. Essential oils can act like hormones to keep our organs and bodily functions in balance. They can even fill in the differences or stimulate our bodies to produce when our bodies do not manufacture the hormones we need.
3. Essential oils can elevate our bodily frequencies, helping us to stay healthy and immune to disease. Their vibrations resonate with our tissues in helpful ways according to our wishes and mental directions.
4. Essential oils are nature's most powerful antioxidants that cleanse free radicals from our systems. This helps maintain a state of wellness and can extend our life spans.
5. Essential oils work in our limbic systems to help clear negative feelings and blocked emotions, thus eliminating the root causes of many diseases and conditions.
6. Essential oils support and increase our intuitive powers and sharpen our spiritual awareness, which is why religions all over the world, from ancient times to the present, diffuse the aromas of essential oils as incense in their sanctuaries in order to facilitate effective meditation and prayer.

Essential oils work on all human levels: physical, mental, emotional, social, and spiritual. Some even say that essential oils can work on the financial level as well, which is why Young Living has a blend called “Abundance.” Remember, by the laws of quantum physics, “Essential oils amplify intent.” This is true whatever your intent may be, but is much truer when your intent is with a higher power.

NOTE: For a more thorough discussion of the scientific basis of essential oils, see *The Chemistry of Essential Oils Made Simple* by David Stewart, available at www.RaindropTraining.com and many other sources.