

BEGINNING OF UNDERSTANDING KINESIOLOGY And Aromatherapy

-Introductory mini workshop -



Date: as advertised on webpage
time: 9am - 4pm

Venue: Thornlie - Live and Learn clinic
Investment: \$150.00



Kinesiology & Indicator Muscle Testing -
what is it?

Aroma therapy - which oils to use best in
certain circumstances and how much?

Can I distinguish the "bad" Oil from the "good"?

How and where best to apply it?

Part 1:

Learn to understand how our Life Energy travels through the body and how it can be monitored by testing our body's muscular system.

You will learn more about "Meridians", Acupuncture points, Chinese Medicine Principles...and much more! **Kinesiology work has developed into a very successful and respected area of the health and healing field.** Learn muscle testing and identify the stresses and imbalances beneath health and performance problems. It truly is a remarkable tool!

Everybody can benefit enormously from Kinesiology techniques for their own personal and professional life.

Part 2:

Essential oils are extracted from aromatic plant sources via steam distillation, and are highly concentrated **and far more potent** than dry herbs. The distinctive components in essential oils defend plants against insects, environmental conditions, and disease.

Learn which essential oils to have in your home every day for the protection against germs, bacteria, viruses and for mental, emotional and spiritual support. Learn about the culinary oils and sample foods!

Experience the oils, their beautiful fragrances and effects on your own body. Become empowered by learning Kinesiology techniques for your own use.

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