



Touch for Health 3 & 4 Kinesiology Courses

VENUE: L & L Clinic Thornlie WA

All courses are certificated and accredited Prices include manuals and certificates

***** Pre-pay for TFH 3 & TFH 4 only \$660 a saving of \$30 *****

TFH 3 (16 Hours) 9am – 5pm \$360

Touch for Health 3 focuses on how to implement TFH 42 muscles to complete 5 Element integration and Reactive Muscle Release for enhanced performance.

Course content:

- | | |
|---------------------------------|-------------------------------|
| * Goal Balancing With Emotions | * Pulse Checks |
| * 42 meridian indicator muscles | * Pain Tapping |
| * Five Element Colour Balancing | * Circuit Retaining Mode |
| * 5 Element Balancing with Food | * Facilitation and Inhibition |
| * E.S.R. For Past Trauma | * Reactive Muscles |
| * Past Balancing | * Gaits |

TFH 4 (16 Hours) 9am – 5pm \$360

Touch for Health 4 completes the **TFH Synthesis** program with additional postural and energetic balancing techniques, bringing all aspects together as a total holistic health care modality.

Course content:

- | | |
|--|---------------------------|
| * 5 Element Emotions | * Time of Day Balance |
| * 5 Element Sound Balance | * Figure 8 Energy |
| * 42 Muscle balance standing and/or lying down | * Neuro-lymphatic Release |
| * Acupressure Holding Point Theory | * Reactive Muscle Review |
| * Luo Points | * Postural Analysis |
| * Postural Stress Release | |

Please enroll me for: **TFH 3:** \$360 _____ **TFH 4:** \$360 _____ **TFH 3 & 4:** \$630 _____

TFH 3 repeat: \$150 _____ **TFH 4 repeat:** \$150 _____ **\$100 Deposit:** _____ non-refundable deposit

Date: please fill in the relevant actual date!.....

Name: _____

Email: _____

Address: _____

Postcode: _____ Tel:(H) _____ Mobile: _____

Direct Payment into: **ING Direct # 38497984 - BSB 923100**

Dorothea Bassett LIVE AND LEARN

Please state **family name & TFH** in for section, then email me

to inform me of direct payment & amount.

Fill in enrolments and: mail to dorothea.bassett@gmail.com www.liveandlearn.net.au

What is Touch for Health?

Touch for Health® Kinesiology (TFHK) is a system of balancing posture, attitude and life energy for greater comfort, vitality and enjoyment of your life.

Touch for Health falls under the branch of alternative and complementary therapy known as kinesiology - systems of healing that use manual muscle bio-feedback to determine which stimuli stress the body and how that stress can be decreased.

The Touch for Health model does not treat or diagnose symptoms, but works with the energy, lifestyle and aspirations of the client, offering a safe and effective way to maintain health, enhance well-being and upgrade performance.

Touch for Health is the most widely used system of kinesiology in the world.

It is recognised and respected as a fundamental training for other kinesiology systems as well as a healing modality in it's own right.

Benefits

The Touch for Health Synthesis

The Synthesis is taught over 5 two-day workshops, or equivalent hours to suit students and Instructors:

TFH is an easy, simple, safe system of Energy Kinesiology (muscle-testing and energy-balancing) with goal-setting and creative visualization. The Touch for Health hands-on, practical workshops will train you to:

- **Develop** personal awareness and clarify your personal goals & motivation.
- **Clear** mental / emotional / physical and energetic blocks.
- **Increase** energy & vitality and counteract fatigue.
- **Relieve** pain & release tension - headaches, backaches, stomach aches, arm, shoulder, leg & knee pain.
- **Release** mental & emotional stress
- **Enhance** health & wellness and help prevent disease and injury.
- **Accelerate** recovery from illness & injuries
- **Improve** performance at work, school and at home; in sports and in relationships.
- **Identify** foods which enhance your energy and ones that don't!
- **Balance** your energy flow to enhance your personal bests, achieve more consistent and frequent peak performance, reach your life goals, and enjoy life to the fullest.
-

Touch For Health is NOT a Panacea:

The Touch for Health model does not diagnose or treat named diseases, or focus on treating symptoms. Touch for Health was designed to be complementary to appropriate professional health care. TFH does not help any and every human situation all by itself. A person might also benefit from drugs, surgery, vitamins, minerals, psychological counseling, chiropractic, etc., in addition to Touch for Health balancing. Balancing the energy of the body encourages and supports the intrinsic healing process, allowing the body to heal itself more effectively & more rapidly.

Self-Responsibility

Touch for Health has been safely used since 1973 in over 100 countries and the Touch for Health manuals have been translated into many languages. TFH encourages proactive and timely consultations with qualified healthcare professionals to determine if you have a medical condition, and whether balancing the posture, emotions & energy is appropriate for your condition. We rely on the individual being healthy enough to determine for themselves if TFH is beneficial and whether they need to seek expert care. For serious illness, injury, or continuing, worsening or severe symptoms, always seek the services of a health care professional.

Features

Touch for Health is the most widely used system of kinesiology in the world. Millions of people have experienced and benefited from TFH. It is recognized and

respected as a fundamental training for other kinesiology systems as well as a healing modality in its own right – and a key source for the emergence of Specialized Kinesiology, Energy Kinesiology and even Energy Psychology.

Touch For Health Kinesiology can be can be easily learned by anyone (with a little practice!), without any prior knowledge of muscles, physiology, vital energy, meridians, etc. The practical, hands-on Touch for Health workshops are facilitated in over 60 countries by certified Touch for Health Instructors, trained by the Faculty of the International Kinesiology College (IKC).

In Touch For Health we use muscle testing as a method of biofeedback to identify imbalances in the body's energy system. Using a holistic approach we rebalance the body's energies and activate the body's intrinsic healing process so that the body can better heal itself, creating that sense of effortless effort, and being in the flow of life.

History

Touch for Health is a synthesis of ancient knowledge of the Chinese acupuncture meridians and techniques derived from chiropractic, naturopathy, osteopathy, and even person-centered counseling, including acupressure, a variety of touch reflexes, meridian tracing, nutrition and a variety of mind-body techniques for balancing the subtle energies while focusing on meaningful, personal goals.

Touch For Health Kinesiology has its roots in the work of Detroit chiropractor, George Goodheart. Dr Goodheart began using muscle testing to evaluate muscle strength or injury in relation to postural imbalances, but soon found that muscles dramatically improve function in response to a variety of touch reflexes, including acupuncture points and meridians. Goodheart developed a system called Applied Kinesiology which he shared with physicians who are licensed to diagnose (medical doctors, chiropractors, osteopaths, dentists, etc.) and assistants under their supervision. **John Thie, D.C.**, one of the early promoters of Goodheart's work and the founding chairman of Goodheart's International College of Applied Kinesiology (ICAK) had the vision of sharing this information with the wider population so they could learn to help themselves. Dr.Thie released the book Touch for Health in 1973, and developed the Touch for Health training program which has been administered by the IKC since 1990. TFH was designed to empower every person to become active in the creation, maintenance and restoring of their own health and well-being, and to allow families to enhance their self-care.

Purposes of Touch for Health:

(From John Thie's, Touch for Health, the Complete Edition (2005))

1. **Increase Vitality- Energy, Balance and Resiliency.**
2. **Discover Your Telos-** A sense of meaning and purpose in your daily life.
3. **Increase Optimum Performance and Personal best-** enhance your experience of life and recognize & celebrate your peak performances.
4. **Enhance Healing & Accelerate Recovery-** Optimize the function of the natural, innate healing system of the human body.
5. **Discover & Develop your Natural Healing Ability-** We can ALL help each other feel better through human touch (for health!). Some of us have a natural healing gift that will become a joyous life path of service and fulfillment
6. **Augment your Self-Care** - Increase awareness & effectiveness of how you take care of yourself.
7. **A New Level of Health Control-** There is always SOME HOPE. When facing disease, stress, pain, challenges or limitations of any kind, we can experience subtle and dramatic improvements immediately and spontaneously through balancing.