



Touch For Health One



Improve your life energy and your family's. Reduce medical bills. Increase learning ability. Enhance relationships. Relieve pain. How to access information in the body's state through muscle checking. Anyone can learn touch for health.

Instructor: Patricia Leahy- Shrewsbury
(Brain Gym International Faculty
Australia)

Patti is an International Faculty member of the Educational Kinesiology Foundation USA, an Advanced Touch For Health instructor and Proficiency Assessor. She is a professional member of Australian Traditional Medicine Society (ATMS) & Australian Kinesiology Association (AKA) and AIK.

Patti has taught Kinesiology and her Cellular Memory Integration course in Singapore, Hong Kong, Canada, Malaysia & around Australia.

In 1999 Patti received an award from the Edu-K Foundation for outstanding service & achievement. In 2001 the AKA awarded her for outstanding contribution to the growth and awareness of Kinesiology within the community.

Date : 13 April -14th April 2011
Time : 9.00am - 6.00pm
Cost : \$540.00 (Inclusive of TFH Complete Manual.
Manual for use throughout TFH Certification)

Review : \$250
Venue : Brain Gym Playhouse
Blk 744, Bedok Reservoir Road #01-3041
Singapore 470744

To register, kindly send in your registration form together with your deposit \$200.00 by 13th Feb 2011 and the balance payment by 13th March 2011

You will be using a well illustrated workshop manual for each part of the course. The greater part of workshop time is used in hands-on activities.

Touch For Health One (16 hours) provides the techniques to balance the 14 muscle/meridian/organ relationship to improve postural balance, health and performance. This course provides everyday applications for increased well being on all levels.

Course Content:

- *Goal Balancing
- *14 meridian indicator muscles
- * Neuro- Vasculars
- * Neuro- Lymphatics
- Acupuncture meridians
- * Spinal Reflexes
- * Origin / Insertion technique
- * Positive food testing
- * Postural Balancing
- * General Pain Relief Techniques
- * Auricular Exercise
- * Vision Balancing

TOUCH FOR HEALTH

A New Approach to Wholeness and Wellness



More and more people are discovering a simple way of dealing with aches and pains, emotional stress, dietary problems and restricted lives generally through a system called Touch For Health.

It is used not only by people in their homes but by doctors, physiotherapists, psychologists, and athletic trainers as well. Not surprisingly then, many naturopaths and Osteopaths also make use of Touch for Health in their clinics, and finds a place in the curricula of a number of naturopathic colleges.

Helping The Body To Heal Itself

A fundamental premise of Touch For Health is that the body is at all times doing its best to heal and care for itself, but that sometimes it needs to be helped into a better position to achieve that healing care.

Evaluating Energy Flows

It is also recognised that there are flows of energy within the body that relate not only to the muscles but to every tissue and organ that go to make the body a living, feeling being. These energy flows can be evaluated by teasing the function of the muscles, which in turn reflects the body's overall state of structural, chemical or emotional balance. In this way Touch For Health taps into energies that the more conventional modalities overlook. Where, as the result of injury, emotional trauma, nutritional or other unresolved stress, the energy flow is interrupted, the whole body is affected.

Muscle Testing

The exact area of blockage in the energy flow can be more closely identified by muscle testing. This simple technique is learned at the very beginning of Touch For Health instruction and with it are taught the correction skills of both acupressure massage and light touch that are used to restore muscle "balance"

Balancing

The basic process that is used in Touch for Health is therefore called "muscle balancing"- helping the body into a better position to heal itself by balancing its energies. This energy balancing that is used in Touch For Health may involve dealing with one or more stress factors already mentioned identifying a nutritional lack or excess, clearing a negative emotional component, relieving pain, stimulating the integration of muscle groups, or improving muscle and body function generally.

It is during this first workshop that most people discover a wonderful new awareness of themselves-their body and their energy and often a new hope about living. Because every TFH workshop is very much 'hands-on' oriented, students soon discover they have the same magic touch they previously mentally reserved only for 'experts'.

TOUCH FOR HEALTH is for EVERYBODY





REGISTRATION FORM FOR TOUCH FOR HEALTH ONE

Name : _____

Address : _____

Postcode : _____

Email : _____

Contact Numbers: _____ (R) _____ (O) _____ (HP)

Name to appear on certificate: _____

Payment: Deposit: \$ _____ Date: _____ Balance: \$ _____

Full payment: \$ _____ **Date:** _____ **Receipt:** _____

Cheques payable to: Brain Waves Educational Kinesiology Consultancy LLP
744, Bedok Reservoir Road, #01-3041. Singapore
470744
Tel: 6246 6068.
[Website: www.braingymplayhouse.com](http://www.braingymplayhouse.com)

NB: The course fee includes the Complete Touch For Health Manual to be used throughout TFH 1- TFH 4, Five Element Metaphor and Touch For Health Instructors.

Payment by Bank Transfer: Brain Waves Educational Kinesiology Consultancy LLP

Account No: OCBC – Current Acct – 662 – 831254-001