



Kinesiology
Connection

Introduction to Kinesiology

1/2 Day Workshop

Sun 8th April, 2018, 9am - 1:00pm

- * Are you interested in learning basic skills with Kinesiology muscle monitoring?
- * Have you ever wondered how you could test yourself and others for various issues?
- * Are you interested in understanding and applying some practical techniques to improve your wellbeing?

This short-course workshop provides a simple practical introduction for the complete beginner interested in how kinesiology works, with the aim that at the conclusion of the workshop, you will be able to effectively and easily test yourself, and also to muscle test others. Kinesiology Connection offers anyone undertaking this introductory workshop the opportunity to learn simple kinesiology techniques in a fun, hands-on environment.

What will you Learn?

- **What Kinesiology is and basic muscle testing**
- **How to switch on the body/mind system**
- **Kinesiology Self-Testing - also with Yes/No answers!**
- **What stress is and how you can test for it**
- **How to defuse stress gently with emotional stress release**
- **How to test yourself for various issues**

Contact our office to register your interest. Cost \$88 .00 (Inc GST)