



Touch for Health Kinesiology 1 – 4

Chapel Hill, NC

March 4 - 12 (\$1200)

May 27 – June 4 (\$1250)

(includes 2 manuals, certificate, 60 CE hours)



Arlene Green, LMBT #854NC is one of the leading instructors in the field of Touch for Health Kinesiology. She has a B.S. in Health Education and is a licensed massage and bodywork therapist. She has been teaching TFH since 1981 and is known for her fun, informative and inspirational teaching style. She is a senior faculty member of the International Kinesiology College; one of two Trainers who can certify TFH instructors and Consultants in the U.S. Arlene is the Director of the U.S. Kinesiology Training Institute in Chapel Hill, N.C. She is the author of The Top Ten Pain Releasers, Specific Neuromuscular Energy Reset and Emotional Repatterning.

Personal benefits from taking this class include:

- Learn hands on self-help skills to reduce stress and pain
- Get in depth training in the skillful art of muscle testing
- Learn a priority system of balancing the muscles/meridians to enhance immune system function
- Learn a framework to apply many Energy Medicine techniques in a systematic, holistic approach
- Experience personal transformation with goal specific balancing to address healing on all levels: physical, mental, emotional, nutritional and spiritual.
- Have fun, get inspired and learn some truly amazing techniques in this healing retreat.

Some of the skills and techniques you will learn include:

The skillful art and subtleties of muscle testing, releasing tense muscles and how to strengthen weak ones, meridian massage, auricular exercise, 42 muscle balance, natural pain relief techniques, the Chinese Five Elements Theory and Balance, acupressure holding points, gait testing, postural stress release, balancing with color, sound and emotions, Tibetan Figure Eight energy, emotional stress release, reactive muscle correction for longstanding muscular problems, food testing, and goal specific balancing for individualized issues.

Learn practical and effective healing skills that will last you a lifetime!

Why take the TFH Intensive Retreat?

The TFH Intensive is taught in an eight out of nine day format and covers all the material in the TFH Kinesiology curriculum. Students often ask, is this too much at one time? In 35 years of teaching, my experience has been that students who take the intensive, come away much more confident and competent in their muscle testing skills and more likely to be successful outside of class, than students who take one level at a time. Daily practice in a small group environment and nurturing atmosphere supports learning and provides many opportunities for personal growth and healing. I invite you to come experience the many benefits and miracles of TFH.

Preregister Online www.USKinesiology.com and send a \$400 non-refundable deposit to the
U.S. Kinesiology Training Institute,
7121 New Light Trail, Chapel Hill, N.C. 27516 (919) 933-9299.



The U.S. Kinesiology Training Institute is an approved provider through the National Certification Board for Therapeutic Massage & Bodyworkers. Arlene is also a Florida Massage Provider #50-2057. Arlene is also approved as a CE provider through TFHKA for Nurses, Acupuncturists (NCCAOM) and Athletic Trainers.

