



The Top Ten *RESETS*

(Reflex Energy Systems and Exercise Techniques)

For

Enhancing Athletic Performance

AND

The Top Ten Techniques for Rapid Injury Recovery

Chapel Hill, NC

Sat/Sun, July 29 & 30

Sat. 9:00 – 4:00 pm Cost: \$110 (includes manual)

Sun. 9:00 am – 5:00 pm Cost: \$140 (includes manual)



Learn a wide variety of gentle, hands-on techniques and exercises that can be easily integrated into your workouts to enhance performance and address both acute and chronic injuries with immediate results.

You'll discover safe, natural and effective skills that you can use anytime, anywhere to help yourself and others.

These innovative and cutting edge techniques have been time-proven to address a wide variety of stress, pain and performance issues.

Whether you're an athlete, weekend warrior, casual sports enthusiast, starting a fitness program, coach, trainer or a parent of an athlete, you'll be able to utilize these great skills immediately and speed recuperation time from muscle soreness as well as help ongoing joint/muscle injuries.



**Transform the slogan 'No Pain, No Gain', to
'NO Pain, I'm Back in the Game'**

Instructor: Arlene Green is one of the leading trainers in the field of Touch for Health Kinesiology. She has been teaching Kinesiology for over 35 years and is the author of the *Top Ten Pain Releasers*, *Specific Neuromuscular Reset Technique*, *Emotional Repatterning*, *RESET for Enhancing Athletic Performance* and *Rapid Injury Recovery*. She is the director of the U.S. Kinesiology Training Institute in Chapel Hill NC

20 simple, yet amazing techniques that will address physical, emotional, mental, and nutritional approaches to take your game to a whole new level!

For more information and to Register:
www.USKinesiology.com