



Epigenetic Energy Cycles for Health and Healing

Integrating Intention, Emotions and Energy Touch Techniques

Starting Thursdays 7 – 9 pm in March and April at

Health Touch in Durham

3500 Westgate Dr., Suite 504 Durham, NC

Learn cutting-edge hands-on techniques and the latest science based research on how to improve your innate health and longevity potential. Educate yourself on what you can do to stay healthy and lead a happier, more productive life.

Healthy Living/Lifestyle Guidelines

Thursday, March 2

Discover the 12 essential science based lifestyle guidelines that promote optimal health and longevity. Learn practical daily practices and dietary choices to live healthy and age gracefully.

Cost: \$10 pre-registered \$15/door

Intro to Touch for Health part 1

Thursday, March 9

Explore the background and theory of this holistic system designed for the average person to use for wellness care within their families. Get hands-on training in the basics and subtleties of muscle testing. Also learn 3 reflex techniques to enhance mental clarity and improve communication between the brain and body and 2 techniques to increase energy.

Cost: \$20 in advance \$25/door

Intro to Touch for Health part 2

Thursday, March 16

Learn techniques to release tight neck muscles, relax back muscles, increase energy, improve coordination and balance and reduce emotional stress.

Cost: \$25 –*includes manual and 4 CEs if pre-registered for both (nurses, massage therapists, acupuncturists)*

Epigenetic Healing Cycles

Thursday, March 23, 30, April 6, 13

Your DNA is not your destiny. Learn how you can ‘turn on or off’ the epigenetic markers that regulate your genetic expression. Learn techniques to identify and defuse the emotional stress around your universal fears, 8 major job stresses and 25 common relationship issues. Integrating intention, emotions and touch reflexes from 5 Circadian Energetic systems discover how you can proactively enhance your health, well-being and longevity. Learn self-muscle testing for ongoing support.

Cost: \$125 /series - includes manual (\$25 value)



Arlene and Larry Green are certified Touch for Health Instructors who have been teaching TFH Kinesiology and wellness courses in the Triangle for a combined 55 years.

To Register: www.USKinesiology.com or call (919) 933-9299