



Touch for Health Kinesiology

Chapel Hill, NC

TFH 1 – 4 Intensives

June 2 – 10 or October 6 - 14

\$1250

(includes 2 manuals, charts, certificate/CEs for Nurses,
Massage Therapists and Acupuncturists)

Hands-on Techniques to Support Your Health

Touch for Health 1 & 2

*Balancing the Body using Gentle
Touch Techniques and:*

- Intention – Balance for goals
- Easy, step-by-step process
- 8 Muscle and Energetic corrections to balance muscles
- Relax tight muscles quickly
- Improve Muscle strength
- Identify Foods that support or stress your body
- Emotional Stress Release
- Learn theory and application of Wheel & Five Elements Theory
- Meridian walking for recent pain – natural alternative to pain medication

Touch for Health 3 & 4

*Focus on long standing issues and
balancing the emotions*

- Identify Emotions causing stress
- Five Elements Sound balance
- Color balance for emotional clearing
- Balancing Past Emotional stress and trauma
- Reactive muscle patterns for chronic muscle issues
- Postural stress release
- Pain Tapping for chronic pain
- Figure Eight Energy balancing
- Gaits for coordination/balance
- In-depth 42 muscle balance
- Priority system for efficiency



Arlene Green, B.S. LMBT #854 NC has been teaching *Touch for Health Kinesiology* since 1981 and is one of the leading experts in the field. She is one of two international IKC Faculty in the U.S. who can certify instructors in TFH. Her expertise is making difficult concepts easy to understand and presenting in a fun, informative and inspirational way. Arlene has authored 4 workshops/books: *Top Ten Pain Releasers 1 & 2, Specific Neuromuscular Reset Technique and Emotional Repatterning*. Arlene founded the U.S. Kinesiology Training Institute and lives in Chapel Hill, NC with her husband Larry.



All classes at the U.S. Kinesiology Training Institute in Chapel Hill

www.USKinesiology.com

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