Touch for Health Kinesiology 1
ONLINE
U.S. Kinesiology Training Institute
February 2 - 4, 2024
Friday: 5:30 pm- 9 pm ET; Sat/Sun. 10 am- 5:30 pm ET E

$385
**(Includes class manual, certificate and 15 CEs for
Massage Therapists, Nurses , Acupuncturists**

Instructor Arlene Green, LMBT #854 NC from Chapel Hill, NC is an International Kinesiology College Faculty with 40 years TFH teaching experience.

•TFH Kinesiology was one of the first Western holistic systems that integrated acupuncture meridian principles and was specifically designed for both health professionals AND the average person to use for their families.

• TFH will teach you a wide variety of user-friendly skills and a systematic procedure that can tailor corrections to meet each person's individualized needs.

In Touch for Health 1 You will learn:

The Art of Quality Muscle Testing

Muscle/Meridian Balancing Process

Simple Touch reflex systems including Neurolymphatics, Neurovasculars, Meridians, Origin/Insertion

Nutrition & Food Testing

Surrogate Testing for children and pets

Neurological confusion clearing reflexes

Self balancing techniques

Cross Crawl for balance

Emotional Stress Release Technique

Benefits of TFH

Relax Tight Muscles and Strengthen Under-Facilitated Muscles
(often the cause of chronic muscle problems)

Stress and Pain Reduction

Enhanced Immune Function

Improved mental focus and function

A method to identify foods that can best support your body

Bonus: Self Care Skills for yourself and your family

Goal Specific Balancing that can address issues on the physical, mental and emotional levels

For more information, free online videos, and online registration please visit:
www.USKinesiology.com
For more details: (919) 933-9299

The U.S. Kinesiology Training Institute is an approved provider for continuing education through the National Certification Board of Massage and Bodywork Therapy (NCBTMB). Arlene is also an approved provider for Florida Massage Board #50-2057 and through TFHKA for Nurses.