

# Touch for Health Kinesiology 1 & 2

Chapel Hill, NC

**TFH 1 June 13 & 14 and TFH 2 June 15 & 16**

OR

**TFH 1 Sept. 12 & 13 and TFH 2 Sept. 14 & 15**

(Sat. 9 am - 6 pm; Sun. 9 am - 5:00 pm ET) \$450/each level

(Includes class manual, certificate and 15 CE/level for NCBTMB and Fl. Massage Therapists and Nurses)



Instructor Arlene Green LMBT #854 NC from Chapel Hill, NC is an International Kinesiology College Faculty with 45 years 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 need

## In Touch for Health 1 & 2

### You will learn:

The Art of Quality Muscle Testing

Muscle/Meridian Balancing Process

Simple touch reflex corrections including:  
Neurolymphatics, Neurovasculars, Meridians,  
Origin/Insertion, Acupressure Holding Points

Five Elements Theory and Balance

Nutrition & Food Testing

Surrogate Testing for children and pets

Neurological confusion reset reflexes

Self balancing techniques

Pain relief techniques

## Benefits of TFH

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

Effective Stress and Pain Relief

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 pre-registration please visit:**

**[www.USKinesiology.com](http://www.USKinesiology.com)**

**To pre- register for classes please register online AND send in a \$200 non-refundable deposit to:  
Arlene Green, 7121 New Light Trail, Chapel Hill, NC 27516. (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.