



# *Touch for Health Kinesiology 1 – 4*

**Chapel Hill, NC**  
**July 25 - August 2, 2026**

**\$1600**

(includes 2 manuals, certificate, handouts, 60 CE hours NCBTMB and Nurses)

Taught by International TFH Faculty Arlene Green with 45 years teaching experience.

### **Personal benefits from taking this class include:**

- Learn a wide variety of hands-on skills to reduce stress and pain
  - Get in depth training in the skillful art of muscle testing
- Learn a priority system of balancing 14 meridians/ 42 muscles to enhance immune system function
- Apply many Energy Medicine techniques in a systematic, holistic approach
- Experience personal transformation with goal specific balancing to address healing on all levels: physical, mental, emotional, nutritional and spiritual
- Have fun, get inspired and learn some truly amazing techniques in this healing retreat. Receive a daily muscle / meridian balance for 8 days.

### **Some of the skills and techniques you will learn include:**

The skillful art and subtleties of muscle testing, releasing tense muscles and how to strengthen weak ones, meridian massage, auricular exercise, 42 muscle balance, natural pain relief techniques, the Chinese Five Elements Theory and Balance, acupressure holding points, gait testing, postural stress release, balancing with color, sound and emotions, Tibetan Figure Eight energy, emotional stress release, reactive muscle correction for longstanding muscular problems, food testing, and goal specific balancing for individualized issues.

*Students who take the intensive, come away much more confident and competent in their muscle testing skills and more likely to be successful outside of class, than students who take one level at a time. Daily practice in a small group environment and nurturing atmosphere supports learning and provides many opportunities for personal growth and healing. ~Arlene*

**Learn practical and effective healing skills that will last you a lifetime!**

**Preregister Online and make a \$400 non-refundable deposit to hold your space.**

**[www.USKinesiology.com](http://www.USKinesiology.com) (919) 933-9299**