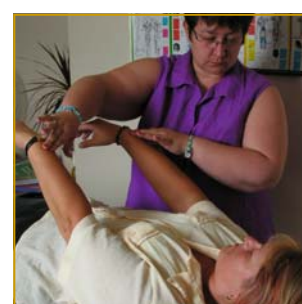


PROSPECTUS

TOUCH FOR HEALTH
KINESIOLOGY TRAINING



with Jane Phillips K.F.R.P.



Welcome to Touch for Health Kinesiology

Touch for Health is the most widely used kinesiology system in the world, taught in over 50 countries and accredited by the International Kinesiology College (IKC)

Our students include mums, dads, teachers, doctors, midwives, office workers, fitness instructors, students and complementary health practitioners. In fact absolutely anybody!

Training is suitable for anyone wanting to learn skills to help themselves and others enjoy vibrant health and achieve their potential.

You will learn simple, effective techniques to improve posture, reduce physical tension, release emotional strain and discover the effect food has on your energy.

The Touch for Health (TFH) synthesis begins with TFH Level 1.

This can be used as a starting point for progressing through to practitioner level or as a standalone workshop which provides you with enough techniques to help yourself, your family and friends.

There are four further levels and each level is taught over two days.

The workshops are very interactive with at least 75% of the time spent in demonstrations and practical work. This gives lots of time to try your new skills with the other students giving you the confidence to work with others when you get home!

No prior knowledge is required. You may choose to study this program to enhance your existing skills, for self help or just to have fun!

The Touch for Health Synthesis

At the end of **Touch for Health 1** students will be able to :-

- ♣ Understand the concept of energy in the body based on Chinese Medicine meridians
- ♣ Gain benefits in coordination, vision, sensory awareness and posture
- ♣ Prepare an individual for accurate muscle monitoring
- ♣ Demonstrate proficiency in muscle monitoring
- ♣ Evaluate energy imbalances on the 14 major meridians
- ♣ Balance an individual's energy using a range of techniques
- ♣ Relieve mental and emotional stress



At the end of **Touch for Health 2** students will be also be able to :-

- ♣ Understand principles of the Chinese 5 Elements used for energy balancing
- ♣ Use 14 new muscles and extra techniques to address energy imbalances
- ♣ Use circuit locating to find the priority balancing method
- ♣ Enhance future performance using stress release
- ♣ Use muscle monitoring to identify sensitive foods and substances
- ♣ Benefit from simple pain techniques
- ♣ Use specific integrating movements to improve coordination



At the end of **Touch for Health 3** students will be also be able to :-

- ♣ Understand the relationships between muscles and their reactive patterns
- ♣ Use 14 further muscles to enhance awareness of posture and movement
- ♣ Use circuit retaining to hold information whilst finding out more
- ♣ Understand the use of colour and food to balance the body
- ♣ Balance the muscles used in walking, running & sports
- ♣ Identify emotions related to past trauma and ways of diffusing them
- ♣ Use new techniques to help relieve different types of pain



At the end of **Touch for Health 4** students will be also be able to :-

- ♣ Understand the principles of Acupressure Holding Point Theory
- ♣ Balance all 42 muscles learned, using many methods including sound
- ♣ Relieve emotional and physical stress held in the posture
- ♣ Use the principles of Tibetan energy to balance physical stress
- ♣ Use techniques to relieve pain and symptoms of Jet Lag
- ♣ Improve poor posture by using the principles of reactivity
- ♣ Understand the natural cycle of emotions



At the end of **Touch for Health 5** students will be also be able to :-

- ♣ Integrate all aspects of the TFH synthesis to work effectively with others
- ♣ Use more in depth knowledge of posture to increase effectiveness
- ♣ Educate others about the benefits of muscle monitoring
- ♣ Demonstrate competence and prepare for optional assessment
- ♣ Fulfill the prerequisites for the Instructor Training Workshop
- ♣ Understand how to move into Professional Kinesiology Training



FREQUENTLY ASKED QUESTIONS

How soon can I start using kinesiology?

You will be able to use muscle testing and simple energy balancing techniques after the first 2-day course.

Touch for Health level 1 teaches the basics upon which the rest of the course is built with the focus on developing accurate muscle monitoring skills for identifying stresses such as dehydration, emotional stress and imbalances in the meridian system. You also learn techniques to correct those imbalances.

Can I join the Kinesiology Federation?

You can join the KF in their student category so that you can get the benefit of their support, newsletters and practice insurance.

Can I charge a fee for a Touch for Health balance?

Yes, the TFH Proficiency Assessment after level 5 enables you to get insurance through the Kinesiology Federation to charge a fee for Touch for Health. Those students who wish to be assessed to this level need to provide evidence of learning, case studies, complete a written paper and be observed in practice.

How do I become a Touch for Health instructor?

Once you have completed the proficiency assessment, you may opt to train as a Touch for Health Instructor by joining an 8-day residential Instructor Training Workshop. Upon completion you would be registered with the International Kinesiology College and would then be able to teach TFH in over 30 countries.

Can I go on to professional Kinesiology training?

Having successfully completed the TFH competence assessment, you qualify to go on to train in any of the professional kinesiologies. Depending on your particular interests and talents you may choose a kinesiology training that qualifies you to work in the field of nutrition, stress management, phobia relief, allergy, education, dyslexia, sports performance, goal setting or vibrational medicine.

Does kinesiology fit into an existing practice?

Kinesiology is frequently used alongside other healthcare practices such as massage, osteopathy, chiropractic, nutrition, reiki, to name just a few. Kinesiology can be an amazing tool with which to tailor a health programme specifically to an individual needs and give the person immediate bio-feedback.

TOUCH FOR HEALTH BOOKING FORM

I would like to join the Touch for Health kinesiology training starting from.....(date)

Name.....

Address.....

.....

.....

Postcode.....

Telephone.....

Mobile.....

Email.....

Your investment will be £215 per module.

This includes textbooks, registration with the International Kinesiology College and certificates.

To confirm your place on the first workshop, please return this form with a £50 deposit by cheque made out to '**Jane Piper**'

Payment thereafter is by cash, cheque or online bank transfer at the time of each subsequent workshop. Your deposit is deducted from your first workshop.

Make cheque payable to **Jane Piper** and return with this form to:-

The Centre of Complementary Medicine

20 Lavant Street

Petersfield

Hampshire GU32 3EW

Now, please complete the questions overleaf so I can tailor the course to suit your needs.

What do you hope to get out of the Touch for Health training? (e.g. to train as a professional kinesiologist, to add muscle testing to an existing practice, to improve my own health)

What concerns or reservations do you have (if any) regarding whether this course would suit you?

Do you have any special needs, or is there anything I should know to help you get the most from this training?:

Physical e.g. sight, hearing, mobility (please give details)

Learning e.g. dyslexia, poor previous learning experience

Allergies / Sensitivities / Dietary requirements

Describe what experience you have had of complementary healthcare
e.g. treatments received, courses/training: