

# **EMOTIONS AND METAPHYSICAL KINESIOLOGY**

## **~ BY THE BAY KINESIOLOGY ~**

### **KINEASY INTRO COURSE**

Join us for an eye-opening, inspiring weekend of learning either near the beach or in nature and be immersed in a beautiful healing space with like-minded souls. Find your best self and potentially change your life and how you view your body. Come and be inspired to see life through new lenses and learn more about the mind, body and soul connection through tapping into the subconscious mind where you can shift old patterns, stress and emotional blocks and come away feeling energised, loved, nurtured and at peace within yourself.

Be part of one of Melbourne's leading Kinesiology course and workshop training providers, By The Bay Kinesiology, to learn this Kinesiology Introductory Course 'Kineasy' which includes the art, science and magic plus fundamental basics of Kinesiology and muscle reflex testing to use on yourself, friends, family, clients or to perhaps one day become a Kinesiologist!

This unique course is conducted in a hands-on practical and friendly group environment with a simple and easy to understand kinesiology setup and muscle reflex testing process for beginners. By the end of this course you will be thrilled that you are able to confidently, comfortably and accurately muscle test on another person while enjoying the process and understand the beauty and science of kinesiology. You will also facilitate your first mini kinesiology balance with lots of fun natural healing remedies such as crystals, essential oils, flower essences, sound and colour.

Did you know you can muscle test yourself for stress imbalances, emotions, food and remedies and so much more? As part of this nurturing course you will have the opportunity to also learn 'self-testing' in a few fun and easy ways which will allow you to tap into your body and your bodies needs.

This powerful two day accredited Kinesiology introductory course is taught by its developer, Denise Robinson, who is a successful business owner, Kinesiologist, Kinesiology Trainer, Instructor & Assessor, Course Author, Emotion Chart Developer, Mentor and passionate health warrior.

She created this empowering Kinesiology introductory course to enable anyone in the community or for health practitioners (Naturopaths, Acupuncturists, Shiatsu Therapists, Myotherapists, Massage Therapists, Homeopaths, Nurses, etc.) to learn this amazing healing tool. Since its conception in 2015, the first of its kind, this course has proved very popular with us having already taught this dynamic, fun and inspiring course to more than 170 beautiful souls!!

A detailed, comprehensive and easy to use 70+ page colour manual accompanies this course. Kineasy Intro Course provides a strong foundation of muscle testing skills and is a fantastic beginner course into the wonderful and amazing world of kinesiology.

You will see how powerful and accurate the subconscious mind and the body are during this uplifting, fun and fulfilling course. Come and be inspired, energised and have your heart fulfilled during this life-changing weekend with us!

(Pre-requisite for Chakra Healing Kinesiology, Mastery of the Five Elements Core Essence and Character, Emotional Meridian Harmony Kinesiology, Transpersonal Chakra Kinesiology and Aura Balancing Kinesiology courses)

### **Course Outline and Content**

- What is Kinesiology and muscle monitoring?
- What Kinesiology may assist you with and the benefits of Kinesiology
- Accurate indicator muscle monitoring – standing & lying (ie. how to muscle test!)
- Circuit locating and challenging
- Neuro-lymphatic reflex points
- Neuro-vascular reflex points
- Muscle monitoring pre-checks (Hydration, Central Meridian Energy, Brain Switching Points, Body Polarity, Ionisation, Thymus Energy)
- Inhibited (over-facilitated) muscles, plus how to correct these
- Indicator change of an indicator muscle
- Skills and techniques to communicate and connect openly and genuinely with your client to build trust, open up their heart and allow them to feel (which is all part of the healing as ‘feeling is healing’)
- How to turn physical symptoms and emotional stressors into setting an empowering goal or intention and how to use a context in a balance
- Circuit retaining mode and jaw stacking for holding depth in a balance
- Emotional stress release (ESR)
- Willingness statements
- Connection Points – Spirit / Body (Heart) / Mind / Earth
- Age recession to age of cause or age of best understanding
- Muscle reflex testing for involvement of self, others, circumstance, spirit
- What Finger Modes are and how to use the most common basic finger modes including more, priority, time, suppression, plus all correction remedy finger modes
- All about and how to use natural healing remedies in kinesiology balances including essential oils, crystals, colour, affirmations, sound, flower essences, emotional stress release, oracle healing cards and so much more.
- Kinesiology self-testing with “yes” or “no” answers and how to use a pendulum for self-testing
- Full setup balancing protocol including a step-by-step easy to follow template to use on clients
- Plenty of practice time on massage tables to feel comfortable and confident attending other advanced kinesiology courses

**Prerequisites:** Nil – anyone can attend!

**Investment:** \$550 inc. GST

**Duration:** 2 days - 16 class hours + 4 home study hours

**Accreditation:** Accredited with AKA as a Category A course for 20 hours.

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