



Direct Eye Muscle Testing & Balancing Friday 9.30am -11.30am \$69

Introduction: Direct testing versus surrogate testing of the eyes. How to detect facilitated and under facilitated muscles without surrogating. Activating eye muscles and vision improvement exercises. Prerequisites: TFH Synthesis or equivalent

Practice: 1. Direct testing of eye muscles.
2. Learn 3 steps to activate
3. Eye exercises

Benefits: 1. Can lead to improved vision
2. Reduce eye strain and associated headaches
3. Improve appearance of drooping eyelids
4. Increased light tolerance



Bridget T Cook

Bridget T Cook BSc., started her kinesiology journey with a Natural Vision Improvement course 30 years ago. She has continued studying many kinesiology modalities alongside other methods with a fascination of improving the function of the eyes. She pioneered the method for direct testing of the eye muscles and a new client led muscle activation method.

Rapid Stress Release Friday 12pm - 1.30pm \$59

- Rather than just manage stress, reduce it rapidly when needed.
- Preventing overwhelm and getting back in charge of thoughts and emotions is empowering.
- Learn a series of new 'quick fixes' to change the body's reactions, so you can choose your responses before, during and after challenging events.
- The tools fit into a busy lifestyle, and are great to share with clients.
- Experience a practical protocol to use and master stress in the present.
- Enjoy putting things into perspective and use anytime fear and the past want to run your life.
- Medium fixes and long term strategies are also introduced.



Parijat Wismer

Parijat Wismer Parijat Wismer brings 35 years of Kinesiology, Natural Health and Personal Growth experience to her talks, sessions and trainings. She began teaching Touch for Health in 1986 and has taught Kinesiology every year since, including the Diploma in Kinesiology HLT52415. She is a course author, speaker and passionate advocate for Kinesiology through practical workshops to the public and her Kinesiology Excellence Seminars for practicing Kinesiologists.

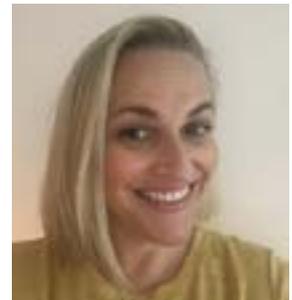
Epigenetic Healing Cycles - Turning Victims into Victors

Friday 2.15pm - 4.45 pm \$79

Epigenetics studies changes in gene activity that don't involve alterations to the genetic code but still get passed down to successive generations. Research reveals that your perceptions control your biology. Therefore changing your perceptions re-shapes and re-directs your genetic readout. The mini workshop will include five different healing cycles, with different features.

Dr Bruce Dewe says, *"We want to turn on the genes of longevity, wellness and vitality and turn off the genes of aging, disease and death. Your genetic profile is not your destiny. You can change your gene expression by the things you think, say, and do, the things you eat, avoid or listen to."*

Sarah Gilmour-Mayne is a successful practitioner and teacher harnessing over 20 years experience across a variety of modalities including Kinesiology, NLP, Coaching, Hypnosis, Nutrition, Homeopathy. She has taught at some of Sydney's biggest natural therapy colleges sharing her wealth of experience and imparting her passion of helping students find their path. Sarah now channels this enthusiasm and commitment into her thriving private practice & learning centre, The Nidana Collective, ensuring both her clients and students flourish on their own journey.



Sarah Gilmour-Mayne

NOTE: Mini workshops are an optional extra; they are NOT included in any conference fee. Only those attending the Conference (minimum single day attendance) may register. Numbers are limited for each session. 2 CPE points per session. Handouts will be provided on the day. Please arrive 10 minutes prior to commencement. Purchase refreshments and lunch at the venue or nearby cafes. Cancellation policy as per conference. Enquiries: vision2020@aka.asn.au