



BALANCED HEALTH FOUNDATION COURSE LEVELS 1 TO 4 (over 4 weekends one a month)

The First & Longest running Systematic Kinesiology UK School
Holistic - Healing - Hands On - Drug Free - Health Care!
Based on Tried and Tested Kinesiological Research

VENUE : Exeter Natural Health Practice, 2a Spicer Road

DATE: 22/23 Jan Level 1; 12/13 Feb Level 2; 12/13 March Level 3; 9/10 April Level 4

TUTOR: T.A.S.K. Tutors Jane van Spyk & Karen Thrush

COST: £100 DEPOSIT & £125 EACH LEVEL (£600 FOR 1-4 LEVELS)

THIS COURSE IS IDEAL IF YOU ARE YOU INTERESTED IN HEALTH AND WELL BEING
WANT PRACTICAL TOOLS TO IMPROVE YOUR OWN AND YOUR FAMILY'S HEALTH
WOULD LIKE TO START A NEW CAREER IN HEALTH CARE
WANT TO ENHANCE & ADD TO YOUR EXISTING THERAPIES

Whatever your reason The Academy of Systematic Kinesiology (T.A.SK.) Foundation Balanced Health Course is a practical and exciting training that can be done by anyone. It is based on Brian Butler's Course Text Book which each student is given. Everyone can start safely using the techniques on family and friends with great benefit straight away. For students who wish to use them in their existing practices The Academy issues Foundation Balanced Health Certificates upon satisfactory completion of the coursework

JUST SOME OF THE TECHNIQUES YOU WILL LEARN

- Accurately muscle test and energy balance
 - Find Sensitivities to Food & Drink
 - Locate Unrealised Muscle Weaknesses
 - Clear emotional stress, fear and traumas
- Help Children's dyslexic tendencies & learning difficulties
 - How to improve your energy levels and Drive
 - How to relieve different pains

FURTHER INFORMATION and detailed outline of levels contact JANE

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**LEVELS 1 TO 4 INTRODUCTION
A THOROUGH, HOLISTIC SERIES OF
CLASSES IN BASIC KINESIOLOGY
(MUSCLE TESTING & ENERGY BALANCING)**

The four weekends based on the "Balanced Health" Textbook, are designed to give the student, whether they are non professional or a professional practitioner, a very sound, practical training in muscle testing and an holistic approach to reproducible, authentic Systematic Kinesiology.

Everything covered in each of the four weekends is designed to be of practical application and value from day one. Everyone in the class can go home and use these practical and exciting techniques safely on their family, children and friends with great effect straight away.

The course gives you a wonderful variety of techniques in all the realms to work with the root causes whether they are Emotional, Chemical, Physical or Energetically based. Kinesiology works with the whole person, is non-intrusive and very effective quickly.

If you are already qualified in another modality you will be able to add Kinesiology onto your practitioners insurance and integrate all that you learn on the Foundation Course to further benefit your clients. Kinesiology is compatible and enhances all other therapies.

Upon completion of the four weekends, homework and case studies your certificate of completion of the Academy's Foundation Course in Kinesiology will be issued. Students may then apply for the Practitioners Training Course and qualify as a Registered Kinesiologist, approved and backed by the Association for Systematic Kinesiology. All T.A.S.K. courses are Government Approved.

KINESIOLOGY CLASSES OPEN TO ALL!

Balanced Health Classes are suitable and open to all. They are designed to give you a progressive introduction to Kinesiology whether you have no prior knowledge /experience in health care or for professionals qualified in another field to enhance their own modality. We are all beginning with a new subject therefore whether you are a homekeeper, student, reflexologist or doctor, we learn Kinesiology from the very beginning together.

Balanced Health Classes provide safe and powerful techniques that you will be able to incorporate in your life/practice the next day, without the need for extended periods of training.

The classes combine explanation, demonstration with practical work shopping, so however

you particularly learn is catered for. Included is the straight forward yet profusely illustrated manual which clearly shows the basics of muscle testing and many simple yet powerful techniques.

There are many ways of learning Kinesiology, not all will give the student the correct emphasis T.A.S.K. teaches pure, reproducible Kinesiology and trainers will emphasise that we deal with each person as “A Whole Being’ not just dealing with the symptoms we can find the root of problems therefore preventing them from returning.

Level 1 includes good sound muscle testing tuition, food sensitivity/nutritional testing, finding and correcting energy drains. All the information is introduced in bite size pieces with each of the four levels built on each other. Plenty of time is allocated for hands on practice of each technique under expert supervision, the tutors will help you personally and make sure you get the very most out of the classes. Below you will see some of the techniques & the benefits you will enjoy

Level 1

Learn to accurately muscle test - Help for physical/ Mental Fatigue and alertness

Muscle Testing is a language - The amazing assessment tool

Emotional Stress Release - Emotional turmoil evaporates

Muscle Testing of eight muscles - Learn to test the digestive tract first

Preview of food testing - Learn to find what is best for you

Find energy drains – Learn how to fix them

The “Whole Person” approach - Truly Holistic Health care

X-Crawl for co-ordination - Improve brain power and memory

Lazy Eights & Writing - Improves creativity and writing

.Dehydration Test - Pure water is vital to health

Psoas/Backache - Water can help backache too

Preview of supplementary tests - Find out about your deficiencies

Diaphragmatic Breathing - Helps give you more energy

Meridian Energies - Tunes up your energies

Ears as ariels for hearing energy - Retain more of what you hear

Visual Inhibition - See better, easier and clearer

Reading Issues/blocks - Resolve them and read better

Level 2

Food Sensitivity Testing - Find foods best eaten or avoided

Nutritional Testing. - Find vitamin and mineral needs

Pulse Synchronisation - Helps to remove compensations

Seven Factors of the I.V.F. - Greater understanding of the body

Sartorius for Stress - Adrenal support and deal much better with stress

More Responsible Muscle Testing - Accurate and reliable results

Eight new Muscle Tests - To access and help other areas

Surrogate Testing - Helps babies, wounded, disabled ,aged, etc...

Neuro-vascular points - Enhances blood flow/circulation to organs

Neuro-lymphatic points - Enhance lymph flow to specific muscles
Meridian Wheel Flow - Restores energy balance
Breast Congestion - Relieves breast lumps and pain
Fears and Phobias - Dispel most fears/phobias in minutes
Complete Body/Energy Balancing - You will now have the 15 muscle balance (full treatment)

Level 3

Kinesiology for Prevention - How to use Kinesiology preventively
Six new Muscle Tests - Use muscles for specific problems (ie neck pain)
Electrical Switching - Unscrambles confused energies
Wrist pulses to read excess energy - Understanding over energy (pain is over energy)
"Self-Talk and Self-Esteem" - How to work on and raise self-esteem
Balanced Affirmations - Make affirmations work better and quickly
Pain Dispersal with E.S.R - Relieve pain naturally
Emotional Tissue Memory Scanning - Relieve old emotional "scars"
Protein Test - Check for protein deficiency/assimilation
Mineral Test – Check for correct mineral levels
General Stress Syndrome - Healing power of Baroque music
.Walking Gait Energy Balancing - Walk easily with improved co-ordination
How long do "corrections" last? - 6 relevant factors/answers to the question
Priority finger mode – For lasting corrections
(The body goes wrong in a certain order and likes to be put back together in a certain order

Level 4

Holistic Balancing Overview - How to "Balance" in wholeness
Consolidation of the Foundations - Putting all the information together
Balancing workshops "in the mode" - Makes Balancing more effective
"Figure of Eight" energies - Balance part of the "aura" energies
Bi-lateral Piriformis weakness - How to help sciatic back pain, hips and the jaw
Bi-lateral Hamstring weakness/Sacral Rock - Help relieve lumbar pain
"Anything can correct anything" - Making the hologram work for us
Fix it in motion - Powerful additional balancing skills
Bi-lateral Psoas weakness - Can correct neck problems
Meridian "Flushing" - Revitalises meridian energy flow
Left/Right Brain integration - Enjoy being more alert and flexible
Relieving Muscle Cramps - Quick way to relieve cramp pain
A glimpse of the Practitioner Course. - NEW horizons for Balanced Health

Balanced Health Certificates

PLEASE NOTE: The Academy of Systematic Kinesiology will issue a certificate of completion when all homework has been completed and sent in. Students need to make sure homework is named to avoid any delay in certificates being issued.