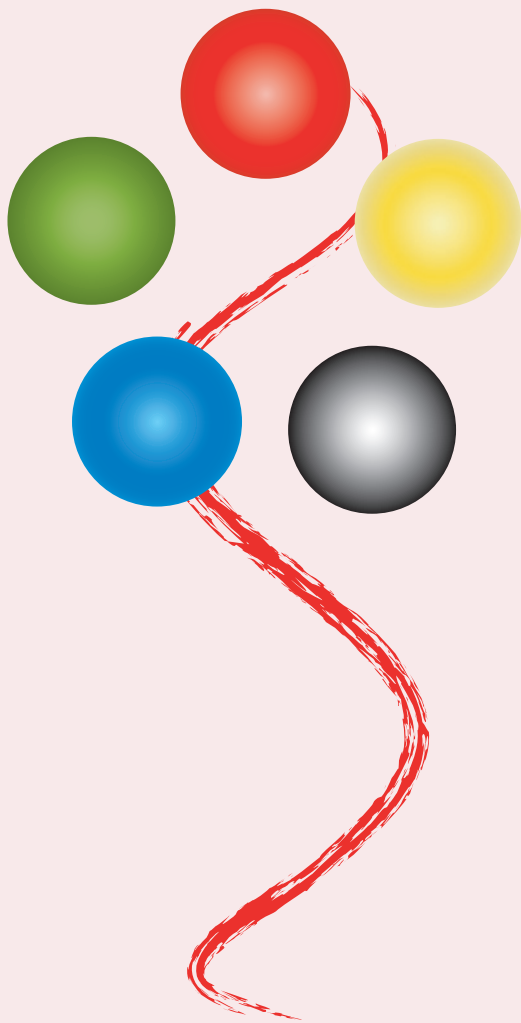


TOUCH FOR HEALTH[®]



WHAT IS TOUCH FOR HEALTH®?

Touch for Health® Kinesiology (TFHK) is a system of balancing posture, attitude and life energy for greater comfort, vitality and enjoyment of your life.

Touch for Health® falls under the branch of alternative and complementary therapy known as kinesiology - systems of healing that use manual muscle bio-feedback to determine which stimuli stress the body and how that stress can be decreased.

The Touch for Health® model does not treat or diagnose symptoms, but works with the energy, lifestyle and aspirations of the client, offering a safe and effective way to maintain health, enhance well-being and upgrade performance.

Touch for Health® is the most widely used system of kinesiology in the world.

It is recognised and respected as a fundamental training for other kinesiology system as well as a healing modality in its own right.

BENEFITS: THE TOUCH FOR HEALTH® SYNTHESIS

The Synthesis is taught over 4 two-day workshops.

TFH is an easy, simple, safe system of Energy Kinesiology (muscle-testing and energy-balancing) with goal-setting and creative visualization. The Touch for Health hands-on, practical workshops will train you to:

- **DEVELOP** personal awareness and clarify your personal goals & motivation.
- **CLEAR** mental / emotional / physical and energetic blocks.
- **INCREASE** energy & vitality and counteract fatigue.
- **RELIEVE** pain & release tension - headaches, backaches, stomach aches, arm, shoulder, leg & knee pain.
- **RELEASE** mental & emotional stress
- **ENHANCE** health & wellness and help prevent disease and injury.
- **ACCELERATE** recovery from illness & injuries
- **IMPROVE** performance at work, school and at home; in sports and in relationships.
- **IDENTIFY** foods which enhance your energy and ones that don't!
- **BALANCE** your energy flow to enhance your personal bests, achieve more consistent and frequent peak performance, reach your life goals, and enjoy life to the fullest.

COURSE DESCRIPTION

TOUCH FOR HEALTH LEVEL 1

This workshop gives you a strong base to build your kinesiology tools on. You learn that the muscles of the body can be used as biofeedback tools to assess & balance the Chinese meridian system. You will learn 14 basic indicator muscles, associated meridians & organs and their balancing techniques. Spinal reflexes, neurolymphatic & neurovascular reflexes, vision improvement. You will discover simple energy balancing techniques to alleviate pain, improve posture and release emotional stress. Learn whether foods are strengthening or weakening your life energy.

TOUCH FOR HEALTH LEVEL 2

You will add to your basic skills and learn: Chinese Law of Five elements, Yin/Yang concept. Meridian massage, acute pain relief techniques, balancing the body clock for jetlag & shiftwork.

You will upgrade your muscle testing skills by learning a further 14 indicator muscles & their relationship to organ & meridian function & new balancing options.

TOUCH FOR HEALTH LEVEL 3

This workshop will integrate your current skills. You will learn how to combine your muscle testing skills with the energetic Law of the Five elements of Chinese acupuncture. 14 new indicator muscles & reactive muscles, gait testing, chronic pain relief, balancing for past trauma to improve posture & facilitate cellular healing. Learn how to detect & correct over- & under-energies in the meridian system.

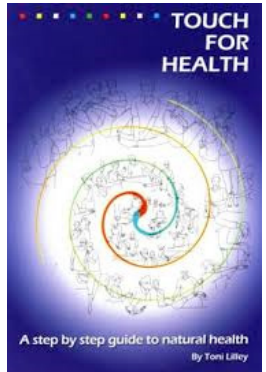
TOUCH FOR HEALTH LEVEL 4

This workshop will help you to refine your muscle testing techniques by learning to balance for specific goals. You will learn posture analysis, Tibetan energy, emotional stress release for past, present & future events. There are further 14 indicator muscle tests to learn. Balance with colour, sound & touch. By the end of this level you will know 42 indicator muscle tests to assess meridian & organ function and how to conduct a full meridian balance with a specific goal.

COURSE DETAILS



COURSE	DATE	FEE
Level 1	18 and 19 March 2017	S\$600
<i>(inclusive of Course Manual and Course Workbook to be used for Levels 1 – 4)</i>		
Level 2	3 & 4 June 2017	S\$450
Level 3	1 & 2 September 2017	S\$450
Level 4	2 & 3 December 2017	S\$450

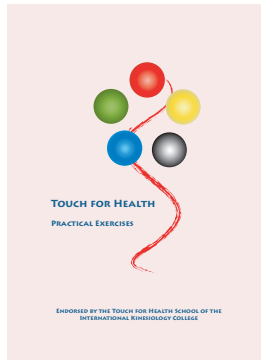


VENUE

Block 109 Bukit Purmei Road #01-133
Singapore 090109

Total course fee for Levels 1 – 4 – S\$1,950

Course fee includes Certificate for each Level and two tea breaks daily.



PAYMENT

By Cheque or Bank Transfer:
The Balancing Act Consulting SG Pte Ltd

UOB Current Account Number: 422-307-004-8
Swift Code: UOVBSGSG
Branch Code: 495

Payment must be made at least 3 days before the start of the course to secure a slot.

*Please note that in the event that a participant is unable to attend the course with a valid reason, the **course fee is non-refundable**. However the full fee can be used for the next available workshop or another course within 6 months, subject to the management's approval. Please inform The Balancing Act Consulting SG Pte Ltd at least 3 days in advance if you are unable to attend the course.*

*For further information, please email **Ms. Angela Lim** at angela.lim@thebalancingact.sg or contact **+65 97878305**.*

TAUGHT BY



ENA GOH

Ena Goh is a registered International Brain Gym® Instructor, Practitioner and Consultant. She is a licensed Instructor for Brain Gym 101, BG 201 (Optimal Brain Organization), Double Doodle Play, Visioncircles and Touch For Health® Levels 1 to 4. She holds a Bachelor Degree in Science and is currently pursuing her Masters Degree in Early Childhood Education in University Science Malaysia.

Ena has years of experience in teaching and learning for children and adults on full brain development program, languages, mathematics, Information Technology (IT), corporate training and contents development. She is a trainer with a passion for lifelong learning and believes that any aspects of our lives including our thoughts can impact our health. Everyone can learn, feel good and be happy whatever happens in our life.

Please visit www.ikc-info.org for further information



The Balancing Act Consulting SG Pte Ltd

+65 9787 8305

angela.lim@thebalancingact.sg

For upcoming courses and information, please visit:

www.thebalancingact.sg



The Balancing Act Singapore Pte Ltd

TOUCH FOR HEALTH® REGISTRATION FORM

Please email completed registration form with payment details to Ms. Angela Lim at angela.lim@thebalancingact.sg.

Register Me In

- | | |
|--|------------------------|
| <input type="checkbox"/> Touch For Health Level 1 | 18 and 19 March 2017 |
| <input type="checkbox"/> Touch For Health Level 2 | 3 and 4 June 2017 |
| <input type="checkbox"/> Touch For Health Level 3 | 1 and 2 September 2017 |
| <input type="checkbox"/> Touch For Health Level 4 | 2 and 3 December 2017 |
-

Name: _____
(to be printed on the certificate)

Organisation: _____

Occupation: _____

Position: _____

Mailing Address: _____

Contact Number: _____ (HP) _____ (Office)

Email Address: _____