

# TOUCH FOR HEALTH LEVEL II WORKSHOP

Muscle balance is a basic key to the health of the whole person. Using an amazingly simple series of muscle tests, Touch For Health (TFH) can produce precise information about **muscle weakness, nutritional deficiencies, injuries, allergies, mental blocks, acupuncture, meridian flow**, and so on. With the muscle testing techniques you are given the opportunity to **discover minor imbalances in your system** before they become major problems.

Level II workshop is designed to provide a major expansion in understanding and ability as a touch practitioner. Basic human anatomy and muscle movements are reviewed. You learn the causes of pain and ways to regain, maintain, and improve personal health. Topics covered are: Pretests and corrections review, Circuit locating, Cross crawl for integration, Goal balancing with a 14 muscle balance, Balancing using wheel [Beaver dam, Triangle, Square, Midday/Midnight Law], Time of day balance, Five Element theory, Over energy/alarm points, Muscle correction procedures [Golgi Tendon/spindle cell, Cerebral spinal technique], ESR for performance, enhancement/future, Acupressure for pain/meridian walking, Gait testing, Figure Eights, Biogenic foods and 14 muscles not covered in Level I.

**PRESENTER:** Helen K. Cox, RN, BSN, LDN, Director of Options Center for Health and Education, is a certified Touch for Health instructor with more than 20 years of experience.

**WHEN:** Wednesday and Friday, April 28 and 30, 2010, 11:30 AM -- 6:00 PM

**WHO:** Those who have taken Level I.

**WHERE:** Classes will be held at Options Center for Health & Education, 4316 N. Prospect Rd., Peoria Heights, IL 61616. 309-685-7721 options@mtco.com www.options-center.com

**COST:** Payment includes certificate. Payment does **not** include TFH Book 1.

• **Early registration:** \$200 with non-refundable fee of \$50, received before or on March 31.

• **Regular registration:** \$275 with non-refundable fee of \$50, received after March 31.

• **Repeaters:** \$125 with non-refundable fee of \$50 (registration **MUST** include copy of previous certificate of attendance); \$200 if received after March 31.

• **Cancellations:** No refund will be given for cancellations received on, or after, April 23, 2010 or for "no shows".

**ENROLLMENT CUT OFF DATE:** April 23, 2010.

## **TESTIMONIALS FROM PREVIOUS TOUCH FOR HEALTH WORKSHOPS:**

- "I am a massage therapist and will use [TFH] with my clients. The workshop was very interesting and challenging. TFH is a great technique." Judy Johnson
- "A great experience, gained more knowledge." Pat Bondi

**Educators:** can earn 13 CPDU's.

**Nurses [RN and LPN]:** Provider approved by the California Board of registered Nursing, Provider number CEP 13015 for 13 contact hours.

**Massage/Body Work Professionals:** Touch for Health Kinesiology Association is approved by the National Certification Board for Therapeutic Massage and Bodyworkers (NCBTMB) as a continuing education provider # 050467-00. Nationally Certified Massage Therapists are allowed one hour of credit per one hour of classroom time which 13 hours for this workshop.

**Certificates:** All participants will be awarded a certificate upon completion from the TFHKA & The International Kinesiology College.

\*\*For more information, look at [www.options-center.com/Glossary/Health/Touch for Health](http://www.options-center.com/Glossary/Health/Touch%20for%20Health).

Also check out the Touch for Health Kinesiology Association web page: [www.tfhka.org](http://www.tfhka.org)



## ~ TOUCH FOR HEALTH LEVEL II REGISTRATION FORM ~

Name \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email address: \_\_\_\_\_ Profession: \_\_\_\_\_

Type of Payment: \_\_\_ Check (*Make payable to Options Center*) \_\_\_ Cash \_\_\_ Credit Card (Visa, MC, American Express)

Signature (for credit cards): \_\_\_\_\_

Credit card #: \_\_\_\_\_ Expiration date: \_\_\_\_\_ Amount included: \_\_\_\_\_

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