

**Introduction Course for Beginners**  
**Systematic Kinesiology**  
**[www.holistictherapyexeter.co.uk](http://www.holistictherapyexeter.co.uk)**

This is a thorough training in basic kinesiology taught on behalf of the professional body The Association of Systematic Kinesiology. It is designed to give the student, whether a lay person or professional practitioner a sound practical approach to authentic kinesiology. The student will learn how to accurately muscle test and be given training in many safe techniques— all which have been clinically endorsed.

The foundation course consists of 6 levels. Classes are kept small and held in a relaxed environment. Plenty of time is allocated for practical work which is supervised by practitioners qualified through the Association of Systematic Kinesiology. In order to receive the Certificate successful completion of levels 1 -6 and their related homework/case studies are required together with membership of The Association. However many start with levels 1 -4 as this gives them enough muscles and tools to add on to another therapy.

**COST**

1-6 Levels of BH Course £1250

A deposit of £125 is required followed by £187.50 to be paid per level.

**Deposits are not refundable unless we are forced to cancel the course**

Levels may be done individually at £200 per level

**Outline of Course**

Over the levels you learn about 42 muscles and how to detect energy imbalances in the biochemical, emotional, energetic and physical realms that constitute our beings. Each level covers a selection of muscles and various tools that you can use.

Below is a **selection** of the techniques you will learn in the classes and the benefits you can enjoy

Help for mental fatigue—sharpen your wits and alertness  
Muscle testing as a language—the amazing assessment tool  
Learn to muscle test accurately  
Food sensitivities/intolerances testing and finding the right nutrition  
Meridian Energies  
Wheel energy balancing  
Tools to help with emotional stress/anxiety, fears and phobias  
Emotional stress release to assist with emotional turmoil  
Techniques to help with learning difficulties  
How to use muscles for specific problems  
Tools to improve learning



