



Aug. 30th & Sept. 6th  
(Two Sundays 9 am – 6 pm)

## Touch For Health Kinesiology Fundamentals

### A Workshop with Heather Mikayla

August 30th and September 6th

(Two Sundays 9 am – 6 pm)

Experience the power and effectiveness of one of the most advanced systems of holistic health care.

**Touch For Health Kinesiology** is the ultimate blend of structural and energetic bodywork, where you can find and intervene at the source of a person's pain. Through the art and science of muscle testing, you can "listen" to the innate wisdom of the body to have it guide you to what is needed to create good health and optimum performance.

This approach, based on Chinese Medicine and modern advances in Energy Medicine, uses a wide variety of effective techniques to eliminate pain and dysfunction and restore the body and emotions to a state of balance. In this workshop you will learn several practical skills that you can integrate into your work with others, to get profound and often immediate results. You can use these interventions to enhance your own health and well-being as well. It is also an excellent approach to creating peak performance in any area.

### You Will Learn How To:

- Do accurate muscle testing to assess structural and energetic imbalances
- Perform simple & easy massage and acupressure techniques which can immediately eliminate back pain, neck and shoulder stress, headaches and muscle cramps
- Instantly clear stressful emotions that affect health and performance
- Determine what foods a person is sensitive to and what foods need to be added to a person's diet to create optimum health and performance
- Quickly find core issues and priorities to work on and learn skills to get real results
- Approach problems in a holistic manner and know with certainty whether a person needs structural, nutritional, emotional or electrical corrections
- Determine when your work is complete and when further work is needed
- Plus you'll get many more hot tips and valuable information

### How You Will Benefit:

- Receive Continuing Education credits for NCBTMB and AMBP
- Build your confidence and skill in helping clients even in difficult cases
- Know how to work smarter, not harder and attract new clients
- Get better, longer lasting results with your clients
- Begin to clear up some of your own health challenges
- Complete the prerequisite for advanced training in Kinesiology
- Have fun learning revolutionary ways to help people live healthier, longer & more productive lives.

### Your satisfaction is guaranteed!

Attend the entire course and if for any reason you do not feel you are getting much more than your money's worth in powerful and usable techniques, simply return the course materials at the end of the workshop and we will give you a full refund, no questions asked. So, you have no risk!



**About Your Instructor:**

Heather Mikayla, CMT is a certified Kinesiologist who has assisted many people with a variety of issues such as insomnia, hip pain, shoulder pain, allergies and food sensitivities, depression and low self esteem. With over 13 years experience as a teacher, her students are continually amazed at not only their increased effectiveness in their professions, but also the positive impact this training has made in their lives, their health and their relationships.

**What people are saying about Heather:**

*"Heather has a wonderfully warm style which facilitates communication. She really cares that you're getting the most out of the class." ~ Elizabeth Cookson*

*"Her great sense of humor makes for a fun filled educational experience." ~ Sandy Gwinner*

**Times and Investment:**

**Time:** 9 am - 6 pm on 2 Sundays. **August 30th and September 6th**

**Location:** 1550 Winchester Blvd. Suite 107 Campbell, CA 95008

**Tuition:** \$347, *enroll by Aug 24th and receive a \$50 discount* (\$297)

*We accept VISA, MasterCard, American Express and Discover*

Consider this workshop an inexpensive investment in what will be life-long skills

**Tell others and receive \$50 credit for each person you refer that registers.**

Space is very limited, so register now to ensure your space!

To register by phone call: (408) 374-8157

Fax your registration to (408) 374-8152 or send a check to the below address.

Register me for the TFHK Fundamentals in Campbell, CA **Aug. 30th and Sept. 6th**

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone (cell): \_\_\_\_\_ H or O \_\_\_\_\_

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Amount authorized: \_\_\_\_\_

**Mail check payable to:** Light Bodies, 1550 Winchester Blvd. Suite 107 Campbell, CA 95008

**I WANT TO REGISTER NOW!**

Fill out this form and mail check to the above address. Or email your registration information to [heather@lightbodies.com](mailto:heather@lightbodies.com) and we will email you a PayPal invoice. (You do not need a PayPal account to pay this way.)