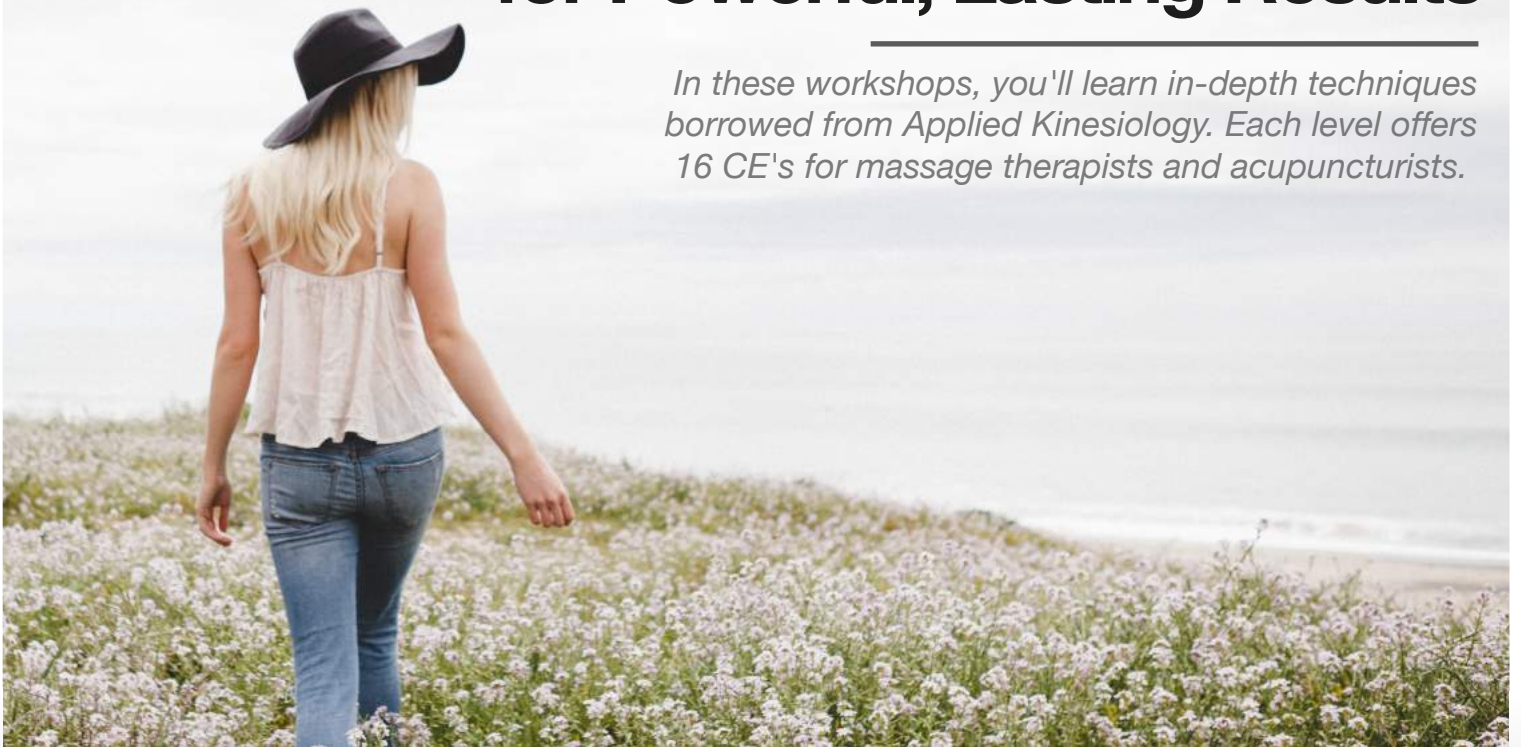


Learn Touch for Health for Powerful, Lasting Results

In these workshops, you'll learn in-depth techniques borrowed from Applied Kinesiology. Each level offers 16 CE's for massage therapists and acupuncturists.



What is Touch for Health?

Four levels and 16 CE's each, the complete Touch for Health synthesis provides a holistic, time-tested approach to muscle assessment, correction, and balancing. Muscle testing is used as a biofeedback tool. Each level builds upon the next, and you'll be able to use techniques from each Touch for Health workshop right away. By stimulating various reflexes throughout the body, balance is achieved. In these workshops, you will acquire many practical skills to alleviate pain, enhance energy, reduce stress, improve posture, increase flexibility, and more.

Complementary to Other Modalities

A Touch for Health balancing session can be performed as a separate procedure or easily combined with other modalities, including massage, acupuncture, chiropractic, nutrition, oils, homeopathy, health and fitness coaching, and more. Having a balanced energy system often results in greater responsiveness to other therapies.

Who Should Take The Workshops

Touch for Health is for anyone who wants to improve their quality of life and share these powerful techniques with others.

About The Instructor

Terri Kaus is the owner of Northeast Healing Arts, based in Minneapolis. In 2013, she was certified by the International Kinesiology College to teach Touch for Health. She was voted Touch for Health Teacher of the Year in 2014-15.

Incredible, Life-Changing Workshops

See our workshop schedule or register for a workshop by going to NortheastHealing.com.

Introduction to Touch for Health

4 Hours / 4 CE's Available
Regular Price: \$89 (Early Bird Pricing Available)
Prerequisite: None

This helpful workshop is not a prerequisite for Touch for Health Level 1. You will learn three pain relief techniques, how to enhance the brain/body connection, Cross Crawl Integration, how to perform a neurolymphatic massage, auricular treatment for releasing neck pain, an introduction to Emotional Stress Release (ESR), and more.

Touch for Health Level 1

16 Hours / 16 CE's Available
Regular Price: \$369 (Early Bird Pricing Available)
Prerequisite: None

You'll take away powerful techniques you can apply to your practice right away! Learn to accurately muscle test 14 major muscles and their corresponding organs, neurolymphatic massage to dissolve pain, neurovascular holding points to calm the nervous system, emotional stress release (ESR) to diffuse negative thinking, brain integration techniques to improve focus and memory, and much more! Read more on our website.

Touch for Health Level 2

16 Hours / 16 CE's Available
Regular Price: \$369 (Early Bird Pricing Available)
Prerequisite: Touch for Health Level 1

Touch for Health Level 2 introduces many new techniques, including the Chinese Five Element Theory and 14 additional muscles. Learn food testing for allergies and sensitivities, Spindle Cell and Golgi Tendon Apparatus techniques for resetting muscles, a one point correction to balance the entire body, Accupressure Holding Points, and more. Read more on our website.

Touch for Health Level 3

4 Hours / 4 CE's Available

Regular Price: \$369 (Early Bird Pricing Available)

Prerequisite: Touch for Health Level 2

In Touch for Health Level 3, master testing and balancing all 42 Touch for Health muscles and learn to correct a dysfunctional muscle pattern. You'll learn more about the Chinese Five Elements Theory, Emotional Stress Release, as well as many additional techniques for dealing with chronic pain. Learn more on our website.

Touch for Health Level 4

16 Hours / 16 CE's Available

Regular Price: \$369 (Early Bird Pricing Available)

Prerequisite: Touch for Health Level 3

This workshop puts all of your Touch for Health knowledge together. Refine your muscle testing techniques, learn the Chinese Five Element Emotions, Lou Point Balancing, and so much more! Learn more on our website.

Pain Busters 101

4 Hours / No CE's Available

Regular Price: \$89 (Early Bird Pricing Available)

Prerequisite: None

You'll be introduced to practical techniques for quick and easy pain relief. Learn Meridian Massage to reduce pain, a Japanese Finger Holding technique, gait reflex balancing to reduce back pain, Tap and Touch for chronic pain, and Brazilian Toe Massage.

Advanced Pain Busters

8 Hours / No CE's Available

Regular Price: \$189 (Early Bird Pricing Available)

Prerequisite: Touch for Health Level 1 or Intro to Touch for Health

Advanced Pain Busters is a full-day workshop packed with many powerful techniques based on specialized kinesiology and Traditional Chinese Medicine. Learn to provide immediate pain relief for acute pain, how to use meridian points to tap away chronic pain, allergy testing and clearing, and more. Learn more on our website.

See our workshop schedule or register for a workshop by going to NortheastHealing.com.

Call or email Instructor Terri Kaus for additional information.