



**WORLD RENOWNED KINESIOLOGIST
DR WAYNE TOPPING
TEACHING IN NEW ZEALAND
JANUARY & FEBRUARY 2018**

Contact: Catherine North 09 3724166 0278607788
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Stress Release 1 Mon 22 Jan 2018 \$210
Stress Release 2 Tues 23 Jan 2018 \$210
Stress Release 3 Wed 24 Jan 2018 \$210
Stress Release 4 Thurs-Fri 25-26 Jan \$420

Nutritional Testing Sun-Mon 28-29 Jan \$420

Allergies Tues-Wed 30-31 Jan \$420

Instructor Training Nutritional Testing and Allergies
Thurs-Fri 1-2 Feb \$390

PLEASE NOTE REPEATERS half price

Stress Release 1-4

For those who use Emotional Stress Release in their clinic.

Extend your Emotional Stress Release techniques for more profound results.

NOTE: Touch for Health Instructors who have attended Stress Release 1-4 once, qualify to attend the 5 day Stress Release Instructor Training course to be held by Wayne in the future, and teach levels 1-4 Stress Release.

Nutritional Testing

Gain confidence using Kinesiology procedures to identify nutrition that will maintain good health.

Allergies and Sensitivities

Profound Kinesiology techniques to identify and clear allergies. Learn to identify and know the difference between Allergies, Intolerances and Sensitivities.

Nutritional Testing and Allergies Instructor Training

NOTE: This course is for Touch for Health Instructors who have attended Nutritional testing and Allergies courses twice and have prior Learning in nutrition and a good working knowledge of nutrition.

www.wellnesskinesiology.com

All courses held on Waiheke Island Complementary transfers

Discounted accommodation at teaching venue

Walk to shops, cafes and beaches.

Relax at night or have a balance with friends.

Stress Release I - Success Over Distress \$210
Monday 22 January 2018 **Auckland Waiheke Island**

- Pre-requisites: None
- **Time:** 7 hours/1 day

In this workshop

- the physical and psychological effects of stress, and using muscle testing to identify what is creating distress for you.
- techniques to effectively release the physical, emotional and mental effects of stress
- remove performance anxiety before a speech, presentation, or exam
- access and defuse the stressful memories associated with a distressful event
- test for and correct conflict between right and left brain hemispheres
- incorporate additional modalities to release even deeper levels of stress
- identify and release blocks to successful weight loss, habit changes, recovery from illness, improved self-image and financial well-being.

Stress Release II - Success Over Distress \$210
Tuesday 23 January 2018 **Auckland Waiheke Island**

Prerequisites: Stress Release 1

Time: 7 hours/1 day

Learn additional methods

- defusing stress and eliminating negative habits, including tapping into/reprogramming the subconscious
- quickly defuse negative emotional states
- make sure that desired change is appropriate
- find and eliminate blocks to achieving your goals
- help yourself and others end procrastination
- manage time skillfully and effectively
- release tension in the neck, shoulders and back through simple exercises.

Stress Release III - Defusing Stuck Emotions \$210
Wednesday 24 January 2018 Auckland Waiheke Island

Prerequisites: Stress Release 1 & 2

Time: 7 hours/1 day

While emotions such as fear, grief, and anger are appropriate, sometimes they become stuck giving rise to conditions such as phobias, anxiety, depression & hostility.

- the Callahan model and how it addresses phobias, anxiety and addictions.
- how it relates to the Law of Five Elements,
- expanding the model to cover other stuck emotional states such as temper, rage, hostility, embarrassment, grief, loneliness and depression.

Stress Release IV - Working With Emotions \$420
Thursday – Friday 25-26 January 2018 Auckland Waiheke Island

Prerequisites: Stress Release 1-3, Touch for Health 1 (& preferably 2)

Time: 14 hours/2 days

- Learn organ reflex points related to 20 major energy meridians
- work with the positive and negative emotions from bio-kinesiology relating to organs and body systems to bring them back into balance.
- working with emotions to eliminate pain
- the use of gamma-1 and gamma-2 muscle monitoring and the priority mode.

Nutritional Testing

\$420

Sunday-Monday 28-29 January 2018 Auckland Waiheke Island

Prerequisites: Touch for Health 2

Time: 14 hours/2 days

Learn how to determine which nutrients your body needs generally and specifically, and whether your body can handle those nutrients. How to prioritise your nutritional needs. Testing for air quality, toxicity, and more. Workshop manual included.

Allergies

\$420 / or \$370 Early Bird (by 30 Nov 2017)

Tuesday–Wednesday 30-31 January 2018

Prerequisites: Touch for Health 2

Time: 14 hours/2 days

Six different ways to identify foods, nutrients and environmental factors to which you are sensitive. Fifteen causes for numerous allergies and how you can address them. Eight methods to balance for isolated allergens. Workshop manual included

Nutritional Testing and Allergies Instructor Training \$390 Thursday–Friday 1-2 February 2018

Prerequisites: Touch for Health Training Workshop (ITW),

Nutritional testing and Allergies x2

Prior Learning in nutrition

Time: 14 hours/2 days

Wayne is looking to train some Instructors in Nutritional Testing & Allergies, because these courses are now a requirement in the NZ TFH Kinesiology Practitioner Training. We will have many students wanting to study these courses, in order to complete their training.

NOTE: This course is for Touch for Health Instructors who have attended Nutritional testing and Allergies courses twice and have prior Learning in nutrition and a good working knowledge of nutrition.