

# TFH Teaching Zone

FROM COLLEEN RYAN - NZ FACULTY FEBRUARY 2023

## TOUCH FOR HEALTH DEDICATION

*John Thie Manual 2005*

Posture - "Reading body language is only one way to become aware of what is occurring with a person and what their muscles are doing. We can look at a person and intuitively sense how she or he feels. We can also think about how posture reflects literally or metaphorically in a person's life."

## COLLEEN'S REFLECTIONS ON CLINIC PRACTICE

*tuning into our client*

Let me share an activity I do every time prior to my client stepping into my room.

As part of the preparation process we switch on, cleanse our space, reset our own mind energies in the healing space. I also take a moment to sit quietly and 'bring the person I am about to balance into my minds eye'. Simply connect with the person energetically and scan their body - intuitively become aware of where the location of their tension is and get a sense of the 'theme of the session' - mentally and emotionally what is going on for them. I write it down in my notes.

Then I collect their intake form (if they are first time clients) put it aside as I share what I have come to sense - I can tell you they are amazed at how accurate that description is. I do this for several reasons - to start the healing balance, to tune in and get the theme of the balance, to give them a sense of confidence and to prepare me for the work we are about to do. It's all energy and we can clear and balance just by our connected presence. Love to hear your feedback.



## TFH COURSES

Promote your classes

Be sure to advise the TFH Association Secretary [info@touchforhealth.nz](mailto:info@touchforhealth.nz) of your 2023 classes.

Not sure how to promote or what to do? please get in touch with myself, Catherine, Alex, Aroha, Charlene or Diane who are regularly teaching. You can structure your teaching over timeframes that suit you - weekly, monthly, weekends - be creative!

Hold mini classes that show people how to switch on, ESR, muscle dance - and the benefits they will feel. These classes may be for 2 or 3 hours and charge a small fee or a koha even - just to get yourself known and to help your community with the stress they feel. This allows you to offer a service strategy.



## Instructor Update 2023

There are a number of you needing to do your update so watch out for the next **opportunities - online & face to face.**

Congratulations to our newest Instructors!

**Isla Blair**

**Prue Gordon**

**Ana Karipa**

Your personal determination through challenging times has rewarded you - thank you to the teachers who have supported you achieve and we welcome you to our community !



Alex Bowles - Mentor TFH

Alex does an exceptional job in the role of mentor for TFH students -I receive lots of positive news from students - "Alex is a fabulous mentor & I thoroughly enjoyed her expertise" Kathy M  
Congratulations Alex we are so fortunate to have you in this role in NZ

If you're on facebook do be sure you're part of our TFH Instructors Private Group for some great info!

Offering a mix of online followed by practical face to face has definitely been a successful mix

Please give me a call if you'd like to jump in on one of my online classes or just to chat about how this could work for you!

Colleen

**Let's make 2023 a year of service-**  
to each other and our communities.  
It's time to shine and help facilitate  
transformation.

Colleen Ryan, NZI Touch for Health  
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It's time to be  
Creative

Our hearts are designed to recognise truth