

What is Kinesiology?

What conditions can Kinesiology treat?

Accident Trauma, addictions, allergies, anxiety, asthma, aches & pains, backache, fatigue, digestive problems, co-ordination problems, depression, dyslexia, emotional upsets, hyperactivity, insomnia, fears, phobias, panic attacks, sports injuries, skin disorders, sinusitis, weight problems and many more....

Neuroenergetic Kinesiology

Kinesiology is the SCIENCE of movement. Kinesiology has its roots in TCM (Traditional Chinese Medicine) and chiropractic methods. It incorporates techniques such as acupressure and meridian balancing, gentle structural manipulation, massage and nutrition. Kinesiology works to balance all systems of the body and can help with any health issue whether it's physical, mental or emotional.

Kinesiology assesses the patient via a muscle response test. This is a gentle test which detects stresses and imbalances in the four areas of the body's systems:

- * **CHEMICAL:** (e.g. nutrition, hormones, pH balance, metabolism, immune response)
- * **STRUCTURAL:** (e.g. bones, muscles, tissues)
- * **EMOTIONAL:** (e.g. stress, anxiety, fears, phobias, trauma)
- * **ELECTROMAGNETIC:** (e.g. hydration, energy levels, energy fields)

In the model of Kinesiology there is a connection between the physical structures such as the muscles, bones, hormones, neurology, etc and the energetic structures. Muscle monitoring through NEK gives me the ability to assess the stress levels in the physical and energetic structures. After the source of the stress has been identified, muscle monitoring allows me to find what would be the most appropriate correction technique to correct the imbalance. This eliminates the need for guess work, thereby making the corrections very efficient.

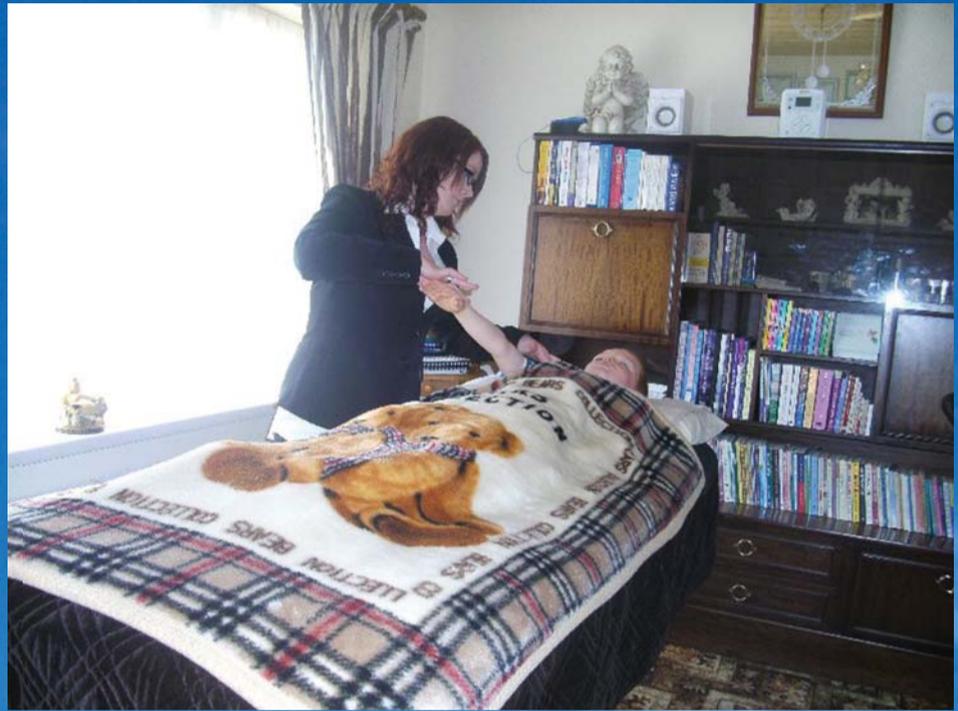
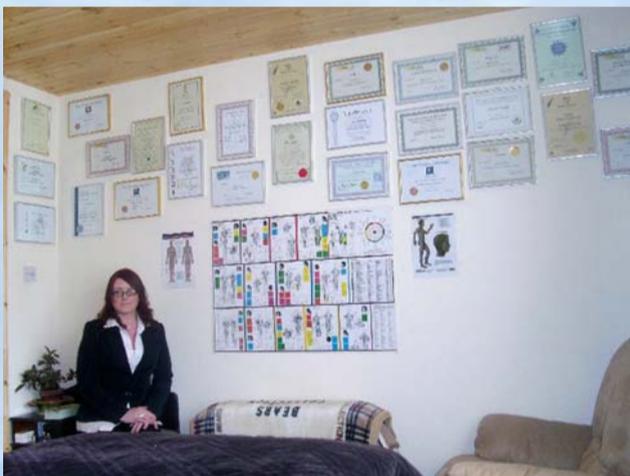
In Neuroenergetic Kinesiology we use

what are called "finger modes" One mode in particular is called "priority mode" by using this mode at the beginning of a session it allows only that which is priority to work on with each client to come to the surface during a session. In short, Kinesiology works where the body needs it most, in a way that is most effective for each client.

Annette Reilly is a native of both Dromard & Aughnacliffe. She qualified as a Lifeguard/Swimming Instructor over ten years ago and has since continued to pursue a career in the area of Health & Fitness.

After several years of intensive study in many different disciplines Annette found that the therapy that produces the fastest, most profound and long lasting results among her clients is Neuroenergetic Kinesiology.

Annette is the only NEK practitioner in the R.O.I and she will be traveling to Austria in early September to undertake more advanced training that will allow her to then teach the foundation level to this work. The course called "Principles of Kinesiology" has Neuroenergetic Kinesiology never been taught in Ireland before and is guaranteed to drum up great interest. The course is run over four weekends and on completion students will have learned how to successfully use muscle testing techniques to quickly identify and resolve areas of stress in the body.



Principles of Kinesiology (4 Weekend Workshop)

Principles of Kinesiology is a modern introductory course into Kinesiology. It is designed as an introductory course for Neuroenergetic Kinesiology which has been developed by Hugo Tobar. This course goes back to first principles from TCM (Traditional Chinese Medicine) and the meridian system, yogic knowledge from India and modern knowledge of Anatomy and Physiology.

The course is designed for people who want to begin practice in the Neuroenergetic Kinesiology model of working with stress formatting. Topics covered in the eight days include the following:

- Introduction to human energetic anatomy
- Introduction to muscle structure and function
- Introduction to the General Adaptation syndrome theory of stress
- Introduction to the theories of Traditional Chinese medicine including
 - o Meridians
 - o Acupoints
 - o Chi
 - o The five elements
 - o Yin yang theory
- Introduction to chakras and their effect on the nervous system
- Introduction to neuroreflexes including neurovascular and neurolymphatic reflexes
- How to use an indicator muscle
- Meridian – muscle test relationships
- 20 muscle tests for different meridian – organ relationships
- Reactive muscle balancing

Course Venue: Ennybegs, Longford

Course Dates:

Part 1: 25th and 26th Sept

Part 2: 23rd and 24th Oct

Part 3: 20th and 21st Nov

Part 4: 18th and 19th Dec

This is the first time this course has ever been taught in Ireland so book early to avoid disappointment. A deposit of E50.00 is required to secure your place.

Contact Annette on: 085 7858770

Email: nekinesiologist@hotmail.com



Make The Move