

## 1. What is Kinesiology?

Kinesiology was developed by chiropractors in the 1960's in the United States of America and has since evolved into a complex complementary therapy of its own. It is currently the fastest growing natural therapy in the world. Kinesiology uses muscle monitoring to identify, assess and correct imbalances in the body, thus promoting physical, emotional, mental and spiritual health.

Kinesiology offers a model of care, which considers the deep connections between the physical aspects of the body (such as bones, muscles, hormones, neurology etc.), the psychological aspects (thoughts, emotions, attitudes etc.) and the energetic structures that form our being (aura, chakras, nadis, meridians etc.). Muscle monitoring allows the practitioner to assess the stress levels in the physical and energetic structures and to identify the most appropriate technique to restore balance to the body. This eliminates the need for guesswork, thereby allowing the body to heal efficiently to achieve optimal health and vitality.

The techniques used to release stress include acupressure, reflexology, emotional stress release, sound healing (tuning forks), colour healing, flower essences, crystals, chakra balancing etc. Kinesiology is a true complementary therapy which can be successfully integrated into the practices of Naturopaths, Homeopaths, Herbalists, Traditional Chinese Practitioners and Massage Therapists among others. It has even been integrated into Dental practices.

## 2. Why study Kinesiology?

Various study pathways provide access to accredited qualifications recognised in United Kingdom and Australia which are required for anyone wishing to pursue a professional career as a practitioner of kinesiology.

Kinesiology is also a modality that integrates smoothly into the practice of practitioners of other natural therapies. It includes an array of techniques that can be used on their own or as additional tools alongside and within many complementary medicines.

Learning kinesiology concepts and techniques offers an excellent opportunity for self-discovery and assists on the journey to self-healing. It also provides effective practical tools to support yourself, your family and friends with health and wellbeing needs.

Whether you are looking for a new career in a fast-developing field, means to provide your relatives, friends or clients with the support they need to regain or maintain their health or wish to pass on incredible knowledge to students through teaching, studying kinesiology brings forth the opportunity to reach your personal and professional goals.

## 3. What is Neuroenergetic Kinesiology?

Amongst the many modalities of kinesiology, Neuroenergetic Kinesiology (NK) is considered by many as the flagship of modern kinesiology and is taught all over the world. Developed by Hugo Tobar from the NK Institute, in Australia, it integrates the ancient wisdom from China and India with complex modern scientific knowledge in anatomy and physiology. By removing the blockages or stress from the body, it

stimulates the self-healing mechanisms of the body through the meridians and their acupressure points as well as the nadi and chakra systems.

***One of the primary characteristics that make NK a unique modality, is Tobar's extensive development of finger mode and acupressure formatting systems in all areas of the human anatomy, physiology and energetic structures, along with the holographic model of reality. This allows the practitioner to identify and access the exact location and nature of the stress (even if subconscious) affecting the individual and provides the practitioner with a tailored approach unique to the client and to the specific needs of the body.***

#### **4. Why study at Aura & Meta?**

Aura & Meta offers structured yet flexible student-focused educational packages. Our training options cater for all levels of interest and purpose from the person wishing to learn effective techniques to help family members and friends overcome stress-related issues, to the more dedicated student interested in developing specialisation skills. We offer a comprehensive subject list based on current scientific research.

Existing workshops are updated, and new workshops are created on a regular basis to reflect the latest advances in kinesiology as well as the new developments in scientific research. Neuroenergetic Kinesiology is taught in many worldwide locations such as Australia, Austria, Belgium, Germany, Ireland, Hong-Kong and the USA with many workshops being taught elsewhere upon request, such as Russia, Spain, Ireland, Netherlands, Japan and South America.

Aura & Meta aims to provide a supportive learning environment that is always respectful of each student's journey. We welcome students and graduates of other kinesiology colleges and recognise prior learning given that competency and proficiency requirements are met. Our training standards and the professional skills taught fully comply with the United Kingdom industry best practice standards.

#### **Neuroenergetic Kinesiology advanced practitioner Training**

This training package constitutes the advanced level professional practitioner qualification and is most indicated for the student who wishes to start out a practice in the field of kinesiology. Whether a career change is in order or you are addressing a deep desire to help people regain their health in a natural, gentle way, the Basic Practitioner Training courses will provide you with skills and knowledge to attend to a wide range of health imbalances.

Additional to the workshops of the NK Foundation Training, the NK Basic Practitioner Training includes our two most popular courses, Chakra Hologram 1 and Neuroemotional Pathways 1 – The Survival Emotions, providing an excellent basis for working more in depth with key emotional and behavioural patterns. Please read the course descriptions for a more detailed understanding of these units.

**Completion of this qualification will allow you to obtain membership with the Kinesiology federation (KF-UK).**

Neuroenergetic Kinesiology advanced level Workshops	
Workshops	Course Duration
Brain Formatting	2 days
Chakra Metaphors	2 days
Physiology Formatting	2 days
Balancing with the 5 Elements	2 days
Chakra Hologram 1	4 days
Chakra Hologram 2	4 days
Neuroemotional Pathways 1 (NEPS 1)	4 days

**Course Duration:** 7 months

## Workshop descriptors

### Brain Formatting

This course provides an introduction into the body's three main areas of neural stimulation: the brain, the heart and the enteric nervous system. Each of these areas has its own relative autonomy and plays vital roles in maintaining health and wellbeing. As they are essential to our growth, development and survival, these support systems often carry within their structures great amounts of stress accumulated over a lifetime.

Formatting is one of the unique techniques used in modern kinesiology modalities. It enables the practitioner to access and release stress from deep within the organisation of the nervous system by creating complex resonance patterns. By incorporating neurology into balancing, it allows you to work with stress at a deeper level by identifying precise areas of imbalance and by monitoring its impact on anatomy and physiology.

**Duration:** 2 days

**Prerequisite:** Touch for Health or Principles of Kinesiology 1 to 4

### Physiology Formatting

This workshop takes you on a journey through the vital processes for living systems - oxygenation, hydration and energy production. This course extends the concepts of formatting introduced in Brain Formatting and applies these concepts to the physiology of the organs and glands associated with the 14 meridians. You will learn to work with twenty-five organs and glands associated with these meridians. The procedures include the relevant formats for hormones, neurotransmitters and nutrients involved in these vital processes. Mastering the art of working with the body system organs and glands perfectly complement the previous study into energy systems and the brain as well as provide an excellent foundation into advanced study of biochemistry.

**Duration:** 2 days

**Prerequisite:** Brain Formatting

### Balancing with the 5 elements

This course looks at the flow of chi through the 5 elements, 14 main and 8 extraordinary meridians. You will learn about the two states of chi flow imbalance and the associated emotions specific to the meridian, element and state.

Meridian and element systems in Traditional Chinese Medicine being holistic resemble relationships seen in nature, building and depleting each other as they flow on continuously to maintain a life force for our organs and mind. As such the 5 elements and meridian procedures will define specific states of imbalance within the entire system and their associated emotions as well as identify which energetic system is out of balance.

**Duration:** 2 days

**Prerequisite:** Touch for Health or Principles of Kinesiology 1 to 4

### **Chakra Series**

This series of courses explores many of the body's chakras or energy centres, their interrelations through the nadi system and their local and systemic effects on the body as well as the overall wellbeing of a person. As first energetics structures to develop in utero, the chakras guide and support physical structures such as the endocrine system, sensory and body organs, joint structures and limb movement as well as their associated functions and belief patterns on all seven planes of the aura. The importance of the chakras in the development of self-awareness, soul purpose and higher self-realisation is also explained.

As energy centres, the chakras impact the anatomy and physiology of the body in a profound way through their interactions with the nervous system. Stress on energetic levels can lead to physiological manifestations and health related issues. This series of courses aims to develop an understanding of the various states of imbalance of these energy centres and their associated energetic channels of the nadi system and how these manifest on the physical, emotional and psychological planes and beyond. Students also learn to balance these manifestations through energetic pathways.

These courses provide:

- In depth information on all major chakras, 24 minor chakras and 5 outer body chakras;
- Clinical manifestations of imbalances in each of the energy centres;
- Extensive knowledge on the interactions between the chakras, the nadi and nervous systems and how the energy flows between these structures;
- Balancing protocols for the imbalance states of each chakra along with additional powerful techniques such as the Nadi Hologram and Kundalini Hologram.

### **Chakra Metaphors**

This introductory course presents the energetic anatomy of the chakras and their impacts on emotional and psychological states and life experiences. The aim of the course is to help students develop an understanding of the six states of a chakra and the effects of chakra stress on human behaviour. Various behavioural patterns associated with imbalances of the major chakras and some key minor chakras are discussed along with balancing techniques to work on these imbalances.

This course provides students with:

- Understanding of the yin and yang aspects of chakras and chakra expression;
- Techniques to investigate the state of each chakras and draw a chakra profile of the major chakras and some minor chakras;
- Detailed information on the effects of chakra imbalances on behavioural, emotional and psychological state;

- Charts of characteristic emotions and behaviours associated with each chakra and its state specific state;
- Unique chakra balancing techniques to be used for chakra imbalances as well as foundation correction tools for kinesiology work.

**Duration:** 2 days

**Prerequisite:** Touch for Health or Principles of Kinesiology 1 to 4

### **Chakra Hologram 1**

This course explores the 7 major chakras and their representations when in a state of imbalance by accessing the plane of the aura in which the aberration occurs and correlating the location with its actual meaning. The aim of the course is to teach students to use the hologram techniques to pin point the area of stress in the chakra layers to bring a behavioural issue or pattern to the conscious mind for release and correction. Physiological aspects of the human body linked to the major chakras are discussed such as the endocrine system with its glands, hormones and blood supply and techniques are offered to balance both chakra and physiological imbalances.

This course provides students with:

- Complete explanations of theosophical concepts and Hindu traditions providing the background to the idea of chakras and their use in the kinesiology practice;
- Balancing techniques for the 7 major chakras on all seven planes of the aura along with significance of imbalances;
- Detailed information on the interactions between each of the chakras and their associated aspects of the endocrine system;
- Specialised techniques offering targeted and multifaceted releasing action for various aspects of stress surrounding a particular issue.

**Duration:** 4 days

**Prerequisite:** Touch for health or Brain Formatting

### **Chakra Hologram 2**

This workshop is structured around 24 minor chakras for which imbalance states over the various planes of the aura are discussed. These chakras are energy centres related to sensory organs, body organs present and past such as that of the placenta, and joint structures of the limbs whilst the minor chakras of the head pertain to issues of suppression and life purpose. This course seeks to provide balancing techniques for the physiological aspects of the minor chakras along with their associated belief patterns.

This workshop provides students with:

- Thorough definitions of each of the 24 minor chakras discussed including their functions on an energetic level, their associated belief patterns on each plane of the aura, the various states of imbalances and their characteristics, and the anatomy and physiology of related body parts;
- Balancing techniques for 24 minor chakras as well as teaching of the Chi Formation

technique;

- In depth discussion on the connections between physiological structures of the body and clinical manifestations of imbalances in the associated energy centres of the minor chakras;
- Strong focus on influences of the minor chakras on visual and auditory pathways, joint structure and functions and the lasting influence of the placental chakra.

**Duration:** 4 days

**Prerequisite:** Touch for Health or Brain Formatting

### **Neuroemotional Pathways Series**

This series of course explores the neurological pathways associated with emotions along with their distinct functions and related physiological responses. Strong emotions can be described as whole systems with specific sets of triggers and programmed bodily reactions. These systems stimulate us to take action, move forward and adapt by ensuring survival through reproduction and suppression of danger, learning of skills and behaviours, and development of proper social interactions.

Predetermined emotional responses can be activated in a wide range of situations and fulfil a number purposes in evolution of mankind, however stress can trigger emotional systems in inappropriate circumstances and cause reactions that are unwanted or unfitting in their intensity. This series of courses is designed to provide students with a strong knowledge of the various neurological pathways involved in the activation of these emotional systems, their processing in the nervous system, the modulation of the response and its expression by the different body systems. Unique balancing techniques are taught to assist the body in releasing stress and responding appropriately, in a timely manner and with the right intensity to any situation.

These courses provide students with:

- Detailed information on each emotional system including functions, neurological pathways from stimuli to body response, biochemical activity of neurotransmitters and anatomy and physiology of the response;
- Integrative techniques that consider interrelations between systems in particular the effects of the primary emotional systems of survival onto all other systems;
- Specialised balancing techniques for each system as well as an innovative correction and release technique for neuroemotional stress.

### **Neuroemotional Pathways 1**

This course is one of the most comprehensive and powerful techniques for working with the impact of stress on survival responses. It delves into the study of the brain function involved in the expression of the 5 basic survival emotions. These emotional pathways run specific programs designed for the survival of the human species. The aim of this course is to introduce students to the neurological pathways of emotional stimulation and the associated physiological responses along with unique techniques to balance challenging emotional states that are inappropriate or no longer needed.

This course provides students with:

- Detailed information on areas of the brain involved with emotional processing and the modulation response initiated by the PAG along with investigation methods to detect stress in specific neurotransmitters, receptors, nutritional and spiritual aspects of each area;

- Explanations of the five survival emotional systems of fear, rage, panic, seeking and care/nurture, including their origins, purposes and the effects of stress and imbalances on our emotional wellbeing;
- Simple, step-by-step balancing techniques and corrections to release stress in a powerful way which integrate smoothly into other techniques or modalities.

**Duration:** 4 days

**Prerequisite:** Touch for Health or Brain Formatting

Further information in regards to our **Principles of Kinesiology 1 to 4 Foundation Workshops** can be found on our website [www.aurameta.com](http://www.aurameta.com).