

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.

Benefits of the Foundation Training

- Introductory level courses developed with the practitioner in mind offering high levels of both theory and practical knowledge;
- Excellent foundation into Traditional Chinese Medicine concepts and the yogic energy centres of the chakras and how kinesiology can make use of these comprehensive systems;
- Develops understanding of the relationship between energetic anatomy and behavioural traits and how to incorporate these discoveries into a treatment session; This training package constitutes the foundation 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 Foundation, Basic Practitioner Training courses will provide you with skills and knowledge to attend to a wide range of health imbalances.

Course Duration: 4 months

Neuroenergetic Kinesiology Foundation Workshops	
Workshops	Course Duration
Principles of Kinesiology 1	2 days
Principles of Kinesiology 2	2 days
Principles of Kinesiology 3	2 days
Principles of Kinesiology 4	2 days

Workshop descriptors

Principles of Kinesiology 1 to 4

This exciting introductory course provides skills to be used throughout your kinesiology career. You will learn all about the theories of the human energetic anatomy and how it can be accessed. You will also learn how muscle testing works and how meridians and chakras are connected to muscles, emotions and organs.

What is exciting about this course is that it was created after Hugo Tobar developed more complex courses specifically to prepare beginners with the theory and techniques for more complex study. It is one of few introductory courses that include the 8 extraordinary meridians, divergent channels, connecting channels and muscle meridians. This more extensive understanding of Traditional Chinese Medicine concepts deepens the beginner student's knowledge and appreciation of the origins and development of kinesiology.

Other important kinesiology techniques will be studied, such as the use of finger modes (mudras), correction for 20 different muscles and the knowledge to build a kinesiology balance with these elements.

Duration: 8 days (4 x 2 days)

Prerequisite: None

By completing the **Principles of Kinesiology 1 to 4** you will then be able to attend our Advanced Workshops – further details can be found on our website www.aurameta.com