

*Aura & Meta's founder, Sandra COHEN, has the pleasure to welcome HUGO in London and Oxford for a Series of workshops.*

*As the founder of Neuroenergetic Kinesiology, Hugo Tobar has been introducing new kinesiology concepts and techniques to the world since 1998. After completing a diploma of kinesiology in Melbourne during the nineties, he went on to further his knowledge of the specialty with renowned practitioners such as Charles Krebs (LEAP), Richard Utt (Applied Physiology) and Ian Stubbings (SIPS).*

*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.*

## **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 pinpoint 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

## **Burnout**

The symptoms of adrenal fatigue, 'burnout' and PTSD are hugely prevalent in today's fast paced world. These conditions relate to the third stage of stress or the exhaustion phase. Hugo has developed a working model of burnout that includes the unmyelinated vagus nerve of Porges polyvagal theory and the effects of reverse T3.

This course provides students with:

- Physiological models for the 4 stress states
- Anatomy of the unmyelinated vagus nerve
- Neurochemistry of the unmyelinated vagus nerve
- Effects of reverse T3 in the body
- Model for the mechanism of low cortisol levels in burnout and PTSD
- NK acupressure formatting for the burn out pathways
- What issues your clients could present with
- Changes to lifestyle and diet
- Different supplements that could help your burnout clients

**Duration:** 1 day

## **Leaky Gut**

Increased intestinal permeability or 'leaky gut syndrome' as it is often referred to, is a major driver of chronic disease and can cause a multitude of physiological imbalances within the body. It is characterised by the weakening of the tight junctions between the epithelial cells. Hugo has put together a comprehensive list of causes that can contribute to leaky gut.

This course provides students with:

- Tight junction proteins that keep the intestinal epithelial cells together
- The mechanism of the wheat protein gliadin to stimulate gut permeability in everyone
- The function of zonulin
- The contributions of immune cells to
- gut permeability including allergic reactions
- Hormones that contribute to gut
- permeability (Histamine, Interferon and Tumour Necrosis Factor)
- Helpful and harmful bacteria
- Parasites
- Fungus
- NK acupressure formatting for the Leaky Gut pathways

- What issues your clients could present with
- Changes to lifestyle and diet
- Different supplements that could help your Leaky Gut clients

**Duration:** 1 day