

## Course: Touch For Health, module I

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**Sponsor:** Mojca Vilfan, **Izobraževalni zavod Saturn**, Brezje 40a, 4243 Brezje  
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**Instructor:** **Vinciane Shoenmaekers, Belgium**, TFH instructor and consultant, Brain Gym instructor and consultant, Brain Gym International Faculty Member

**Date:** **2. - 4 . 9. 2022**

**Location:** **Brezje na Gorenjskem, Slovenia**

**Time:** **24 hours; Friday 3. – 7. p.m., Sat & Sun 9 a.m. – 5 p.m.**

**Manual:** Matthew and John Thie, Touch for Health: The Complete Edition a Practical Guide to Natural Health with Acupressure Touch and Massage, 380 pages

**Language:** Course will be taught in english language.

### Course Content:

#### *What will I learn on the course?*

The foundation for many different kinesiology modalities, Touch for Health provides the ‘nuts and bolts’ of kinesiology training, enabling you to explore how thoughts manifest in the body and affect daily life functioning. Experience how the programme has adapted techniques from older and holistic approaches to wellbeing to evolve into a fully contemporary self-development programme. You will learn to use muscle monitoring with confidence so that you can move forward to greater physical, emotional and structural integration in your life.

The first module offers the basics of monitoring feedback from muscles and techniques for balancing the body. We will deepen your awareness of how thoughts and emotions affect the body and offer simple ways of defusing negative effects and unhelpful patterns.

#### *The activities*

- Gain expertise and confidence in the art of muscle monitoring
- How to set goals and notice the effect on your body
- Choose the most beneficial physical techniques to create the optimal resources to achieve your goals
- Learn gentle physical ways of identifying and reducing stress responses to challenges in your life
- How to move out of your comfort zone supported by your thinking, energy and physical structure
- Explore the effects of physically contacting key pathways and points on the body to encourage a sense of balance and harmony

#### *The concepts*

- A balanced body and mind are the foundations of a happy, fulfilled life and an increased feeling of wellbeing
- The importance of directing your attention and intention to positive goals when you want to make changes of any kind
- The interrelationship of all systems within the body
- How the Chinese model of maintaining a flow and balance of energy within the body can illuminate contemporary issues and challenges
- Changes in beliefs, attitudes and intention bring observable changes in the body and vice versa, as the body and the mind are one interlinked feedback loop
- Touch for Health can empower individuals to take responsibility for their own condition, life and outlook



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