

Self Help Courses 2023

Basic Kinesiology Tools for Self-Care 2 days \$550

Learn to use meridians, acu-points, emotional release points and more to balance, energise and calm yourself as a health practice. Doing this regularly will assist in healing and keeping you healthy.

March 25 & 26

First Aid for Emotional Trauma 1 day \$220

Support yourself, a loved one or a client during the acute trauma of loss or shock. Have a practical protocol to follow that enhances a person's ability to cope, reconnect with their wisdom and initiate healing. Emotional First Aid is as important as Physical First Aid.

January 29

Rapid Stress Release 2 day \$495 incl GST

Reduce stress reactions fast with fun exercises from Kinesiology and Personal Growth. Be in charge of your responses to life events with effective stress reduction on the run, when you can't take time out for other strategies.

April 22 & 23

Energy Fitness 2 days \$495.00

Energy fitness is as important as physical fitness. Keep your meridian system flowing with physical and emotional exercises.

TBA

Invitation to Student Clinics

Byron Kinesiology offers student clinics to the public as an opportunity for you to experience Kinesiology and for our students to develop their skills and confidence.

Second and third year student sessions are \$30 (\$20 pensioners & students). The sessions are for 90 minutes and start at 4pm

First year student sessions are free

Ask us about dates.

For bookings phone: 6685 7991 or 0427 857 991 or

email: byronkinesiology@gmail.com



Byron Kinesiology Centre

Campus for KSA RTO 30916

28 Seaview St Byron Bay

02 6685 7991

2023 Program

Training skilled practitioners has been the focus of Byron Kinesiology Centre since 1986.

In 2023, this continues with our offering of Foundation & Professional Trainings, Self-Care workshops, Diploma & Advanced Courses

The Foundation Training held over 18 months brings graduates to a basic practitioner level.

The Advanced Trainings deliver skills in Trauma Healing, Magnetic Kinesiology and the ICPKP Energy Psychology Diploma.



Contact us about your study options and dates.

Byron Kinesiology Centre Tel: 02 6685 7991

Email: byronkinesiology@gmail.com

www.wellness.net.au

Foundation Training – Begins 25 & 26 March 2023

The first 10 units of the Diploma, along with home study units, supervised and mentored session hours allows a student to register as a basic Kinesiologist with the Australian Kinesiology Association AKA. This training can be taken as a stand-alone course over 12-18 months.

You'll learn the tools to set up and run effective Kinesiology sessions with clients. You will master physical, emotional, nutritional and energetic tools to support a client to work towards their goals.

Please contact us for introductory evening dates and a prospectus

New in 2023

Magnetic Kinesiology Level 1

Taught over 8 x 2 hours online sessions, you will learn skills that improve clinical results for your clients and yourself.

\$595.

Work on your own goals and focus on creating a life you love. Weekly group coaching sessions 60-90 minutes in 8 week blocks. \$395



Advanced Courses

Diploma in Energy Psychology – Begins 13 & 14 Feb 2023

We offer you these 10 advanced units over 2 years, following Foundation Training or Diploma. You are expanding your skills in working with emotional and spiritual issues, helping a client uncover and release blockages relating to emotional experiences and misperceptions. It includes a unit on bodywork and epigenetic balancing. Foundation training is a pre-requisite.

Advanced Certificate in Trauma Healing for Kinesiologists

The focus of this training is to support a person to let go of the trauma responses and allow healing of deep wounds. (Pre-req. Foundation)

Deep Trauma Healing DTH – 3 to 5 March 2023

Learn tools to heal the physical, emotional and the energy body from trauma held in layers of our beings. Balance the body for memories beyond words. (Pre-req for HST and HMT) \$695

Healing Sexual Trauma HST – 5 to 7 May 2023

This unit addresses working specifically with healing sexual violence experienced by women and men, relationship problems and self-esteem. \$695

Healing Medical Trauma HMT – 17 to 19 November 2023

Many people's lives have been violated and traumatised by their experiences with the medical system, their treatments and attitudes. \$695

Kinesiology Excellence units to enhance session outcomes: Herbs for Kinesiologists, Nutrition for Kinesiologists, Weight Management for Kinesiologists and the Chi of Money & Self-esteem Foundation level is a pre-requisite.