

Touch For Health~Level 1

taught by

Colleen Carroll-Gardner

International Educational Kinesiology Faculty Member



Touch For Health is a means of quickly easing the discomfort of common aches, pains and stresses of daily living. This remarkable system utilizes "muscle checking" (kinesiology) to determine imbalances in muscle/meridian function and restores balance with gentle, safe, and effective acupressure/touch techniques. Simple to learn, and so helpful to have in your wellness toolkit.

"My Touch for Health skills have been invaluable throughout my life — from dealing with my children's aches, pains, and sports injuries, to keeping everyone healthy as I trekked through Nepal with college students, to balancing for health and wellbeing, for myself and others, through life's biggest emotional challenges. These tools are incredibly helpful to have at hand."
~ Colleen Carroll-Gardner

Dates: February 4-5, 2017 (Sat-Sun)

Location: Mindfulness First • 10317 N. Scottsdale Rd., Scottsdale AZ 85253 (NE corner Scottsdale Rd. & Shea)

Hours: 9am to 5:30pm each day

Registration: \$295 until Jan. 12 • \$325 thereafter
Repeat: \$150 • \$165 (bring manual)

For those taking the Brain Gym® instructor licensure curriculum, this course counts as a 16-hour Level Two "Anatomy/Kinesiology" course.

Open to all - No prerequisite!

Learn techniques that:

- Accelerate recovery from illness and injuries
- Reduce or eliminate many different kinds of pain: headaches, backaches, stomach aches, muscle cramps, spasm, etc.
- Uncover the hidden causes of many health problems
- Quickly and measurably improve posture, strength, flexibility, and athletic performance
- Bring the mind-body system back into balance following emotional stress or trauma

Through this course you will learn:

- The nature of the energy systems of the body and how they relate to muscle systems
- Massage and acupressure techniques to activate circulation and energy flow
- How to test for food sensitivities and nutritional needs
- How to work with young children and others who are unable to be muscle checked
- How to utilize these powerful techniques to support yourself, your friends and family in feeling healthy and comfortable

"My husband and I were on holiday in Germany on 9/11, a day of shock and trauma. Three days later my husband developed stomach pain so severe he couldn't eat. Fearing the worst, and ready to ask at our hotel about the nearest hospital, I took out my travel-size Touch for Health folio. My husband's stomach meridian (key concept: digesting/processing what is coming in) was blocked and I used the techniques I'd learned to release that energy flow. (We realized later that "what he'd taken in" was metaphorical: the overwhelm of traumatic news.) Within a half hour he was feeling 80% better; by the next morning he was 95% better. Needless to say, we were both incredibly relieved. We continued to use T4H along with Brain Gym® balancing throughout what remained of our time in Germany and travel home, under exceedingly stressful circumstances. These are truly indispensable tools."

~ Kathy Brown, M.Ed.



Colleen Carroll-Gardner has been in the holistic health and educational field since 1980. She became the first International Educational Kinesiology (Brain Gym®) Faculty member in 1986, and was the co-creator of much of the original Brain Gym® 101 material. Colleen is well known as a dynamic teacher who creates a relaxed, fun, and loving environment for transformational learning to occur.

Course sponsor: Kathy Brown, M.Ed. • 602-952-7001 • kathy@centeredge.com • www.centeredge.com
This flyer & registration form are online at www.centeredge.com • Follow the links to Touch for Health

Yes! Please register me for Touch For Health
With Colleen Gardner
Level I - Feb. 4-5, 2017 (Sat-Sun)
(no prerequisite)

Name (please print clearly) _____

Address _____

City _____ State _____ Zip _____

Phone - day _____ evening _____

Email _____

Course Fee:

Standard registration ___ \$295 until Jan. 12 ___ \$325 thereafter
Repeat registration ___ \$150 until Jan. 12 ___ \$165 thereafter (bring manual)

\$50 of each registration is a non-refundable deposit, unless we cancel

___ Yes, I will bring a bodywork table ___ Yes, I will bring a floor pad or mat

Card # _____ Expiration _____ Code _____

Signature _____ Billing zip code _____

You can:

- **Send** your registration form with cc# or check made payable to **Center Edge**
Mail to: *Kathy Brown / Center Edge • 4915 E. Pinchot Avenue • Phoenix, AZ 85018*
- **Fax** your registration form w/ cc# to 602-952-1174
- **Scan & email** your registration WITHOUT cc# to kathy@centeredge.com
then call with your cc# (emailing a cc# is NOT secure)
- **Call** to register by phone with cc# – 602-952-7001

Purchase Orders welcome

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Click on the Courses page and follow the links to Touch for Health

We look forward to having you in class!

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