

## **K-power® Epigenetic Health Cycles Workshop - Saturday 23 February 2019**

The workshop includes simple, yet powerful Kinesiology techniques will assist you to adapt to environmental stress, and in so doing, you can learn to change gene expression, not only for our own wellbeing, but as we pass epigenetic markers onto future generations we have the power now to break the cycle!

What you can expect from the workshop:

- Understand the latest research on epigenetics
- Understand the influence of epigenetics on your biology
- Understand the impact of stress, fear, beliefs and emotions on your biology
- Understand emotion and learn effective coping tools
- Learn basic muscle testing
- Learn five different and powerful kinesiology healing techniques

NO previous knowledge required to attend

Date: Saturday 23 February 2018

Venue: 48 Neptune Avenue, Crowthorne, Kyalami

Timing: 9:30am to 5:00pm

Cost: R1 500.00 (includes all course materials)

Non-Refundable deposit of R400 to book your place. Balance of R1100 is due on or before the course. You can pay in cash on the day of the course and receive a R200 discount.

Please go here to [complete the course enquiry form](https://kinesiologysouthafrica.co.za/#social) - <https://kinesiologysouthafrica.co.za/#social>

## **K-power® Stress Release Made Easy Workshop - Sunday 24 February 2019**

This workshop's simple and powerful techniques show you how to recognise the warning signs of stress, teaches you how to raise your tolerance for stress, manage stress and renew your depleted resources. This workshop is for everyone – no previous experience is necessary. It includes:

- The basics of muscle testing
- The warning signs of stress and the phases of stress
- The body's response to stress
- Stress release for yourself and others
- Meridian energy pathways and stress
- Positive and Negative Meridian emotions
- Emotional balancing with affirmations
- Breathing, exercise and nutrition and stress management

NO previous knowledge required to attend

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Want to attend both workshops? Pay only R2500 for both!

