



Specialized Kinesiology College
OF SOUTH AFRICA

Tibetan Energy Workshop Information and Enrolment Form

Looking and feeling better is one reason why we seek to improve our energy level. Low energy, fatigue, pain and loss of motivation are all signs that our body is functioning at less than its best. The workshop teaches a number of techniques originally developed by the people of Tibet to aid healing and improve energy and vitality as well as the 5 Tibetan Exercises. The Tibetans claim that these exercises activate and stimulate the seven key chakras that in turn stimulate all the glands of the endocrine system. The endocrine system is responsible for the body's overall functioning and ageing process. Chakras are powerful electrical and magnetic fields that govern the endocrine system which in turn regulates all of the body's functions including the ageing process.

It includes:

- Basic Muscle testing
- Figure eight energy flows on all parts of the body
- Figure eights for learning
- The spinning vortices
- The 5 Tibetan exercises for anti-aging
- Scientific evidence for the Tibetan energy flows and exercises
- Nutrition for stamina, energy and vitality
- Tibetan meridian activation

NO previous knowledge required to attend

Dates: 3 x zoom 2 hour sessions. 1 x Face to Face learning (optional)

Cost: R1 500.00 (includes all course materials)

Non-Refundable deposit of R400 to reserve your place. Balance of R1100 is due on or before the first zoom session

Banking Details

FNB, Rivonia Branch code 250355, Chq Acc No 62586457238 Name Specialised Kinesiology College of SA

Please complete the enrolment form to book your place and email this form and proof of payment to info@kinesiologysouthafrica.co.za

Margie Donde (Kin Dip)

ICPKP Faculty for Africa

Principal Specialised Kinesiology College of SA

Specialised Kinesiology College of SA
082 496 6214

www.kinesiologysouthafrica.co.za
info@kinesiologysouthafrica.co.za

Postnet Suite 194, Private Bag X51
Bryanston 2021 Gauteng, South Africa





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PERSONAL DETAILS

FULL NAME.....

HOME ADDRESS.....

.....POSTAL CODE.....

TEL HOME/CELL.....WORK.....

EMAIL

NEXT OF KIN

NAME.....CONTACT NO.....

Signature of student.....

Margie Donde (Kin Dip)

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