



Specialized Kinesiology College
OF SOUTH AFRICA

K-Power Stress Release Made Easy Workshop Information and Enrolment Form

“Stress is what we feel when the limits of our endurance are being severely tested”

Stress is a worldwide phenomenon. Everyone knows what it feels like to experience stress, but did you know that stress has been linked to all the leading causes of death? It is how we choose to cope with stress that is important.

This workshop introduces you to simple tools that anyone can use to help themselves, family and friends with overcoming stress. Easy to learn and apply to children and adults alike.

“By learning to utilise pressure (stress) and make it your friend instead of your foe, you can truly have it as tool that assists you in living life to the fullest.”- Anthony Robbins

We will 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

The K-POWER® SERIES was developed from the ICPKP Specialised Kinesiology Diploma Course teaching modules, and provides useful life skills for everyone.

"The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 years." Deepak Chopra

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





Specialized Kinesiology College
OF SOUTH AFRICA

K-Power Stress Release Made Easy Workshop Information and Enrolment Form

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

PERSONAL DETAILS

FULL NAME.....

HOME ADDRESS.....

.....POSTAL CODE..... EMAIL

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

NEXT OF KIN - NAME.....CONTACT NO.....

Signature of student.....

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

