

# PROSPECTUS

The tiny seed knew that in order to grow, it needed to be dropped in dirt, covered in darkness, and struggle to reach the light.
 Sandra Kring

### WWW.HEALTH-SCHOOL.CO.UK



# INTRODUCTION

Health School is the educational arm of my business, Down To Earth Health, it was in my head to separate them and make them more foccused for a while and now it's become a reality.

I love to share information, tips, techniques, courses and programmes that are helpful for your health. So, whether you just want a tip at one of the taster talks, or you have made the choice you would like to train with me to help family and friends or to do it professionally, I am delighted to meet you virtually and look forward to us meeting in person.

The techniques and courses I teach are professional, dynamic and easy to learn. Some may take practice and you will be learning about the body so yes, you will have to do some study. But would you really appreciate it if a certificate was handed to you and you felt you had done very little to earn it.

We all learn in different ways, as a teacher I aim to bring out the best of each of my students, thus encouraging you to share your gifts with the other students and with the other people in your life. The techniques you learn will develop your confidence and belief in yourself also enabling you to go out and let the world know what you are doing.

I share information in a variety of ways. Sharing by demonstration and observing you in workshopping periods will probably always be my favourite way of teaching, however, technology is advancing and creating new, exciting and dynamic ways of getting information across. I am doing my best to learn as much as possible about this to enable me to share that way as well. This is definitely a learning curve for me and is getting me to EXPAND my comfort zone.

Teaching for me is very much a learning process too which is just as well as I am a life-long learner. Learning starts in my head, once I get more confident, it moves to my heart and sits there for a while. Then when competence and confidence start entwining the flow happens and it comes through my hands. I hope this will happen for you too as I think it makes for the best kind of practitioner.

I so look forward to meeting you online and in person at one of the courses.

Health Through Your Head, Heart and Hands.

<sup>66</sup> There is a tricycle in man. He knows, he feels and acts. He has emotion, intellect and will. He must develop head, heart and hand. Sivananda



### MEET ROSEMARY

Working both for myself and my clients for the last 19 years has brought me so much learning, energy, joy and passion in so many aspects of the job. Before coming to the health world I had a wide range of experience in retail, admin, secretarial and other roles. This was fortunate as it gave me a good background in dealing with a wide range of people (from Harrods Account Customers to people who hadn't received their "giro's" in a south London UBO). All of them had at least one thing in common, they wanted "their needs meet". Clients generally know what their needs are, they want to feel better! As students you may not be quite so specific, you often want something different but may not know exactly what.

### It could be that:

You may want to make a difference to your own health You may want to make a difference to the health of those you love You may want to make a difference to the world around you But generally it is wanting to "make a difference" is the common theme.

My own experience as a student and teaching students has been useful in helping me develop an approach to teaching that puts you "the student" in the centre spotlight. I want to give you the best I can in:

- the course materials,
- booked slots of telephone/skype calls,
- homework feedback and of course
- in my teaching.

I want to ensure that you enjoy this experience and get the most that you can during our time together. Having students return to do follow-on courses is amazing and I want us to have a long relationship together.

These are my wants, hopes and dreams for Health-School, and I am also a human being and fallible. So if I don't get it all just as you want it, let me know, I will listen or read it, take it on board. If it is right for me, I will change it and thank you.



### WHAT BROUGHT ME TO KINESIOLOGY:

Natural Health has been a lifelong thing for me. I was born in Ireland, with a slight liver imbalance and the paediatrician I went to throughout my childhood and teenage years was very special to me. He encouraged my Mum to keep me "clean" and away from medication as he didn't know how they would react with my liver. I had to take one specific medication to help stimulate it and he felt that was enough. Watch, Wait and See was his motto. No vaccinations, no cough medicines, no antibiotics if they could be avoided, let fevers burn for 2-3 days before any medications were administered. He suggested I came off dairy for a summer, he suggested I take olive oil on everything, toast, potatoes, however my mum could get it in to me.

I grew up (not realizing) but I was fascinated with this, why a professor would see the power of food over medicine?

On moving to London, I worked during my 20's and 30's in various jobs most of which I enjoyed up to a point. I got to the point in my life where a lot was going on personally, and I had the need to have a couple of hours a week that I could call my own so I went to join a yoga class. Three different venues were all full and not taking any new people on, I wanted to stamp my foot in a very un-yogic way!

I picked up the prospectus and vowed I was enrolling on something.... A page opened and I saw this thing called Balanced Health and I read and it fascinated me.... Kinesiology, Muscle Testing, Food Intolerances, Meridians, Acupuncture points, Massage and more - all rolled into one thing. Enrollement form was completed and I was on my way. Three weeks later, my heart was singing..... I had found what I wanted to do in life. I wanted to be a kinesiologist and help people bring their health, vitality, energy, emotions, back into some level of balance.

Since that September back in 1998, I have trained in many other therapies: Homeobotanicals, Holistic Massage, Nutrition, Advanced Clinical Massage, Myofascial Technique and they all bring me joy, enthusiasm and passion. I love sharing information with clients and when I started teaching the Kinesiology Foundation Course (quicker than I imagined) in 2000, I also discovered the joy of sharing the information with students so they could go out and share it with the people in their lives.

Teaching the Kinesiology Foundation since 2000 has brought joy and inspiration to me.



### ADMIN TEAM

That's Rosemary also at present. The ongoing administration is looked at regularly. I will do my best to answer your admin requests in a timely manner. If it should ever happen that I don't, then please give me a gentle nudge and I will get on it speedily.

### Tell me and I forget. Teach me and I remember. Involve me and I learn Benjamin Franklin



WHAT'S UPCOMING IN OUR COURSES?...



## KINESIOLOGY FOUNDATION COURSE - 6 MODULES

#### TUTOR

Rosemary Tarrant (Dip ASK, ACMT & ITEC AP&M, Cert Nutr & HbT)

#### Serve the world by being you

Kinesiology, is the fusion of physical, emotional and energetic ways of balancing the body. If you feel that this is your path, step up now, make the commitment and let us together shine our light on the world in the most positive life-affirming way. Create health in the new way and find your true potential.

Kinesiology or Manual Testing is easy-to-learn and contains techniques that show you where stress and imbalance is held in your body. Muscles are like monitors and there is a bio-feedback loop occurs during the muscle testing to show when imbalance is occurring and when balance is restored. It is done through clothing.

This course is ideal for everyone and anyone who has an interest in their health. If you wish to find out how your body works, how the different aspects of your body interact? You may have heard about words like "energetic," "meridians," "chakras," "food intolerances," and you would love to explore these elements of your body to restore balance? If you want to step into the field of health so you can help, yourself, your loved ones and colleagues? If you are a practitioner in another health field already and you think this could be a helpful addition to your splendid toolbox? These have all been reasons that other people have stepped into this course. For myself, I just wanted a couple of hours a week to call my own in the middle of a very stressful period in my life and it was my lifeline. Your reason will be equally valid for you.

This is Vibrational Energy work, step up, let your light shine and achieve your potential. Just as your finger-print is unique, so is your energetic vibration and the world needs your unique gifts, now more than ever in history.



The emphasis for the Foundation Course is getting used to thinking of the body as a whole. When one aspect or part of it is out of balance, how that can have knock-on effects on so many other parts of the body, especially if not brought back into balance.

You learn the art of manual testing, numerous techniques and become practiced at doing this on a daily basis so you become confident and proficient. You must be willing to muscle test others and be tested and do the corrections. Kinesiology is done through clothing and easy to move in clothing is recommended. (skirts and dresses may not be appropriate for some techniques).

This course is jam packed with information that may well be new to you. You will become competent at Muscle Testing, the basis of Kinesiology, and also learn an array of techniques to bring the body into a better level of balance. This can create huge changes in how a person feels. You will be work-shopping a lot in class so you will be experiencing these changes as they happen in your body and also hear about changes in other students. This is helpful feedback to give you a wider range of the potential that kinesiology has.

Finally, as this is studied on a part time attendance basis, it is required that students do the homework as part of the course and it is required that this is done in between the modules.

Do not leave your homework until after the course is finished as the feedback given during the modules will be as valuable as the homework itself.

Be prepared for this course to change your life...



# WHAT YOU LEARN ON THE KINESIOLOGY FOUNDATION COURSE?



- Background of Kinesiology
- The art of muscle testing
- 8 muscles; their tests, associated points, nutrition & meridians
- Simple Pain Relief Technique
- Energizing Meridian Massage
- Emotional Stress Relief Technique
- Tools to help with reading & writing
- Check for dehydration
- X Crawl (Cross Crawl)



- 8 new muscles; their tests, associated points, nutrition & meridians
- Five Factors of the IVF & 2 more.
- Diaphragmatic Breathing
- Introduction to Wheel Balance
- Fuse Principle
- Thymus Tap
- Balancing Options
- Hypertonicity
- Food Sensitivity Testing



- 7 new muscles; their tests, associated points, nutrition & meridians
- Switching on Exercises PACE
- Zipping Yourself Up
- Breast Congestion Technique
- Psychological Reversal
- Stomach 1 for Fears and Phobias
- Finger Modes
- Priority Mode
- Bi-lateral Psoas & Occiput Link
- Bi-lateral Hamstrings & Sacrum Link
- Sacral Rock
- Bi-lateral Piriformis and Jaw Link
- Figure of 8's Energies
- Gait Testing





- 8 new muscles; their tests, associated points, nutrition & meridians
- Sedation Points
- ESR Safe Place
- Protein Test
- Cramp Relief
- Mineral Testing & Left/Right Brain Integration
- Self Talk and Self Esteem
- Goal Setting and Balancing
- Affirmations and Balancing
- Surrogate Testing
- Pauselock
- Fix-In-Motion
- Practice Assessment



- 6 new muscles; their tests, associated points, nutrition & meridians
- Vibrational (Energy) Medicine
- Yin and Yang
- Flow of Energy through the Meridians
- Law of Five Elements
- Shen Creative Cycle
- Ko Control Cycle
- Checking Meridian Balance
- Time of Day Balance
- Alarm Points for Over Energy
- Emotions and Over Energy
- Wrist Pulse Points for Under Energy
- MEI Points
- Vertebral Subluxations and Associated Points
- Command Points





- 4 new muscles; their tests, associated points, nutrition & meridians
- Postural Assessment
- Emotional Stress Release Past & Future
- Emotional Tissue Scanning and Emotional Pain
- Flushing or Running Meridians
- Criteria Related to Structural/Functional Characteristic of the Muscles
- Origin and Insertion Technique
- Fixations
- Reactive Muscle Patterns
- Pain Tapping
- Client Practice Management
- Code of Conduct
- Case History and Record Keeping
- Revision

### To ensure you receive your Foundation in Systematic Kinesiology Certificate (These are obligatory)

- Completion of homework diagrams handed out at the end of each module for NL, NV, Muscles, Meridians, Spinal Reflexes
- 6 assessments and balances on 4 different people (24 in total as a minimum)
- Completion and passing questions of assessment
- Associate membership of ASK

### YOUR INVESTMENT FOR THE FOUNDATION COURSE

If you are an Early Bird, you pay £1,111 in total, this saves you £139 and

After the Early Bird date expires the price reverts to the full price of £1250 without exception.

A deposit of £350 is required initially to book your place. This is non-refundable if you choose to cancel and not attend the course. In the unlikely event of this course not reaching the minimum number of students, your deposit will be returned. Paying by card does cost Health School a service fee so the deposit will be returned minus this fee.

The Early Bird Offer stops 10 weeks before Module 1 begins and the full amount has to be paid by that time. If paying the Post Early Bird Price, (£1250) there is an installment method of paying and the full price has to be paid by Module 4.

Secure your place to avoid disappointment later, there are limited places on this course.



### WHO SHOULD ENROLL ON THIS COURSE?

- Anyone who wants to learn about the body's energies, increase vitality and experience balanced wellness.
- Practitioners in other therapies who wish to add Kinesiology to their skill-set.
- If you wish to be a fully qualified Systematic Kinesiologist then this is the pre-requisite to the Diploma.

### FACT FILE:

- No formal entry requirements
- Is the pre-requisite to the Kinesiology Diploma
- Attendance is six weekends or as laid out in the Attendance Dates
- You will receive home study material, practical work, and assignments each month
- Assessment by practical assessment and written assignments.



## **RESIDENTIAL** KINESIOLOGY INTENSIVE FOUNDATION COURSE PLUS

#### TUTOR

Rosemary Tarrant (Dip ASK, ACMT & ITEC AP&M, Cert Nutr & HbT)

Enter a new world, Explore your Energy and Develop Your Potential with the Intensive Systematic Kinesiology Foundation Course. Immerse Your Being in a new and amazing learning experience. THIS IS A RESIDENTIAL COURSE AND NUMBERS ARE VERY LIMITED.

#### **SPRING 2020**

I am so delighted to be dedicating 14 days to a few lucky people who want to achieve their 6 Module Foundation Course in Systematic Kinesiology in a new and vibrant way".

I will guide the group through the Kinesiology education programme in a passionate and energetic way. By being part of it, you will benefit from my 20 years of knowledge and experience since I started my incredible journey in this modality. You will get the chance to completely immerse yourself in the art of Kinesiology with a small group in an amazing location here in the Scottish Borders surrounded by a small vibrant town and the beautiful rolling hills.

Start your day doing one of a variety of activities, yoga on the terrace, a colour walk through the grounds of The Haining Estate nearby, fitness on the lawn or meditation in the house. Then spend the day developing your skills and becoming confident in the techniques of Systematic Kinesiology.

I trained in Kinesiology with a myriad of instructors who over the years included: Rosemary Webb, Brian Butler, Stephanie Skarrett (Mills), Sally Prestwich, Gek Bee Prout, Marek Ubanavich, Dr Sheldon Deal, Dr Nick Wise and others and I am still totally passionate and committed to this amazing modality. I want to thank each and every one of them for their knowledge and passion for this amazing therapy that is still growing and developing each year and decade.



#### I do want to say this loud and clear about THE INTENSIVE COURSE:

"You must be willing, passionate, dedicated and ready to throw yourself into this incredible course. It truly is an Immersion Course so be prepared to eat, drink and sleep Kinesiology, however fun will also be high on my agenda for you. We will be starting early and finishing late on some evenings. I am so looking forward to sharing this time, energy and bounty of information with those of you who choose to come on this journey with me."

#### Interested? Read on...

This is your chance (and the only one of it's kind that I know of!) to learn a new modality and also to find out what you are actually capable of, which is often far more than what we think, here in the gentle supportive countryside of Scotland.

You will learn the art of muscle testing, numerous techniques and become practiced at doing this on a daily basis so you become confident and proficient. You must be willing to muscle test others and be tested and do the corrections. Kinesiology is done through clothing and easy to move in clothing is recommended. (skirts and dresses may not be appropriate for some techniques).

#### Begin your journey into learning Kinesiology right away.

Once you register and pay your deposit you will receive:

the anatomy & physiology book (although A&P is not a requirement for the Foundation Course, most students find it useful to have this textbook). When you receive it before the course you can spend some time finding out amazing facts you never knew about your body. you will also receive a list of muscles that we will be working with during the Intensive so you can

familiarise yourself with their names and locations in the body.

These weeks will be exciting and intense. Be prepared to completely devote yourself during this time, make it special and unique for you and each other person on the course. We will be doing some special events also to create vibrant experiences and memories of our time together.

The full 6 modules of the Foundation Course, details covered in the previous pages will be covered in full including all the relevant 42 muscle tests, corrections and techniques needed to return balance to the body. In addition to the clinical skills learned and due to the fact that kinesiology looks at the body from physical, emotional, energetic and chemical elements, we will also look at having some additional activities.



### **Outline of learning days:**

Days will vary according to learning needs, however, you must be available every day 8 am to 6pm. There will be a morning and afternoon break as well as time for lunch. Learning will happen on weekdays and weekends, at present it is hoped that you will have a study day on both Wednesdays, and these are meant to be study and review days where you wouldn't be attending class. However, they are not guaranteed to be study days and may be integrated into the course.

# **Energy**, **Vibrancy** and **Enthusiasm** are the key words for this course as well as **Commitment**.

A few practical evening sessions may take place from 7pm to 8.30pm Rest assure there will be big breaks and time to enjoy the town and the surrounding areas.

### To ensure you receive your Foundation in Systematic Kinesiology Certificate (These are obligatory)

- Full attendance of all days.
- Completion of homework diagrams handed out at the end of each module for NL, NV, Muscles, Meridians, Spinal Reflexes
- 6 assessments and balances on 4 different people (24 in total as a minimum, These can be completed at home after the Intensive has finished)
- Completion and passing questions of assessment
- Associate membership of ASK

### Attendance Dates for RESIDENTIAL INTENSIVE COURSE are: 25<sup>TH</sup> APRIL - 9<sup>TH</sup> MAY INCLUSIVE



The Intensive is a smaller group so you receive even more focus and attention for your learning experience.

### WHO SHOULD ENROLL ON THIS COURSE?

- Anyone who wants the experience of their lifetime.
- Anyone who wants to learn more about their body.
- If you live a distance away and don't want to lose time travelling doing the weekend course.
- Practitioners in other therapies who wish to add Kinesiology to their skill-set.
- If you wish to be a fully qualified Systematic Kinesiologist then this is the pre-requisite to the Diploma starting in September 2020. Foundation Homework has to be fully completed before you can start on the Diploma.

### FACT FILE:

- No formal entry requirements
- Is the pre-requisite to the Kinesiology Diploma
- Attendance is 14 consecutive days as laid out in the Attendance Dates
- You will receive home study material, practical work, and assignments throughout the course.
- Assessment by practical assessment and written assignments.





### **Residential Intensive Pricing**

### YOUR INVESTMENT FOR THE RESIDENTIAL INTENSIVE

A deposit of £600 is required initially to book your place. This is non-refundable if you choose to cancel and not attend the course. In the unlikely event of this course not reaching the minimum number of students, your deposit will be returned. Paying by card does cost Health School a service fee so the deposit will be returned minus this fee.

The Early Bird Offer stops 10 weeks before Day 1 of the Course is due to start and the Very Early Bird Price Cuts off 13 weeks before Day 1.

Secure your place to avoid disappointment later.

	Sharing in a Twin Bed Room	Own Room with a Double Bed
Very Early Bird Price	<b>£2,450</b> before 24/01/20	<b>£2,800</b> before 24/01/20
Early Bird Price	<b>£2,790</b> before 24/01/20	<b>£3,140</b> before 24/01/20
Full Total Price	£3,140	£3,490

The residential course includes meals on a cook-your-own basis. Food, (Vegetables, Fruit, Meat, Fish, Grains, etc will all be available in the kitchen for you to use). If there are specific foods you need or want then it is requested that you buy these yourself bearing in mind you will be sharing the kitchen and you won't have your own individual fridge/freezer. It is a shared one.



# WHAT YOU WILL LEARN ON THF PROFESSIONAL KINESIOLOGY DIPLOMA COURSF...



## KINESIOLOGY DIPLOMA COURSE – 12 MODULES

Using the curriculum written and revised in 2019, I am delighted to offer the **FULL Systematic Kinesiology** Diploma to you. This enables you to use the Accredited Diplomate status (Dip ASK) after your name once you have fully completed the course, assessment and required homework. This is accredited by our governing body, ASK (Association of Systematic Kinesiology) and enables you to become a fully qualified Systematic Kinesiologist. This diploma complies with and exceeds the Kinesiology National Occupation Standards (KNOS) as outlined by ASK.

The Diploma course is, without doubt, a WOWZER of a course. It is an information packed set of 12 modules, one if you are serious about practicing professionally should be undertaken.

**NB:** ASK stipulates that Students who have successfully completed a diploma course but have not yet completed the anatomy and physiology course and/or the nutrition course and/or the first aid course are qualified to use the title Certificate of Advanced Systematic Kinesiology. (Cert. ASK). Once all these are requirements are met, you can then use Dip ASK and will be registered on the ASK website as that category.

Prerequisite for study for students: Kinesiology Foundation course level 1 – 6 (Modular or Intensive Foundation)







This module is rich in techniques helpful for you to develop as practitioners and then to use with your clients. Breaking old habits and worries will be looked at and many techniques will be learned. There are some lovely centering grounding techniques which are so helpful to keep you healthy as a practitioner. We also review and consolidate aspects of the Foundation Course plus tremendous ways of releasing past and present injuries both physical and emotional.

- Self-help
- Self-Esteem
- Self-talk
- Subconscious Self-Sabotage
- Positive Self-Talk & Law of Attraction
- Changes, Choices & Common Fears
- Balancing affirmations using:
- Eye Rotations
- Temporal Tap
- Psycological Reversal
- Phobias and PR

- Emotionally Reacitive Memories
- Injury Recall
- Gamma 1 and Gamma 2 muscle Testing
- Integrated Approach
- Breaker Switches & Centreing.
- Cloacals
- Hyoid and Gait
- Hypertonic Muscles
- Pulse Synchronisation
- Spondylegenic Reflex to the Diaphragm





This module looks at communication in depth, how you communicate and how your client communicates, what is active listening. Learning Difficulty techniques also features a lot in this module and we believe it is important to have toward the beginning of the Diploma. It can be quite a surprise to students how many show up for some little imbalance that may have crept in during our lives which slows our learning process. So this helps taking in information easier and also gives you the tools to work with your clients thereby enriching their learning experiences.

- Role of holistic practitioner
- Balancing Strategies
- Communication skills: Part I
  - Verbal, non verbal and paralinguistics
  - Barriers to effective communication
  - Listening
  - Summarising
- 4 Conditions of a muscle
- Six Thinking hats
- Surrogating
- Past trauma recall
- Body language: looking at posture
- Riddler's points
- Sphenobasilar compression fault
- Building Relationships
- Starting your own kinesiology practice
- What does the client want?
- What does the practitioner want?
- Can you fall into any traps?
- Self awareness / client awareness

- Emotionally Reacitive Memories
- Injury Recall
- Communication skills: Part II
  - Questioning
  - Reflecting
  - Summarising
  - Responding
- Left right brain balance
- Brain integration exercise
- Learning difficulties
- Learning difficulty cranial fault
- Temporal bone decompression
- STO
- Role of holistic practitioner
- Balancing strategies
- Basic interview technique
- FCB in your PSI
- Going under the code, digging deeper
- The wording you use
- Revision: sedation points





This module dives into the endocrine system. How these little glands that produce their tiny amounts of hormones can have such an effect on our bodies in every way. Hormones are a real way of understanding how imbalances can affect the body on all the aspects of BEES. Hormonal imbalances are common and changes to your body's energy, emotional and chemical during these time will been felt by many people. So therefore, it makes sense when we re-balance we will look at all aspects also. This is a powerful module and these techniques will become part of your regular sessions with your clients.

- Overview of Endocrine System
- HPA axis
- Hypothalamus
- Anterior and Posterior Pituitary
- Pineal
- GAS
- 3 levels
- Ligament stretch reaction
- Chronic fatigue
- Pancreas
- Testes and ovaries
- Hypothalamus and GV 20
- Glabella cranial fault

- Parathyroid
- Thyroid
- Thymus
- Stress and the adrenals
- Introduction to stress and how it affects our whole system
- M.E.I. points for triple warmer meridian 'B & E' set points
- Related muscles:
  - Subclavius
  - Review Teres Minor Review of Brachioradialis
  - Review of Brachloradians
    Review of Infraspinatus





So you can take it that this is getting to the "guts" of the Diploma module. (Pardon the little joke, if you are one of my students, you will get used to them!). The Gut, otherwise known as the Bowel, Large Intestine, the Colon, is looked at thoroughly joined by it's friends the pancreas, the vagus nerve and the associated problems these areas of the body can develop. Little friends who like to start a party in this part of the body eg. parsites, yeasts and bacteria will also be invesigated. One of the techniques taught this weekend - the Ileo-Caecal Valve if malfunctioning is an extremely common condition and can be a causative factor in a long list of symptoms. If you want a healthy body, this can be the foundation for so many people.

- Overview of digestion
- Gut in dysbiosis
- The second brain and the vagus nerve
- Vagus nerve balancing
- The gut microbiome
- The gut chinese medicine
- Common problems associated with the gut
- Steps to wellness
- Candida and parasite finger modes
- Human microbiome project
- Probiotics
- ICV
- Ileo brake challenge
- Gastric colic reflex
- Fluctuating blood sugar
- Normal response to blood glucose levels
- Metabolic syndrome X and insulin resistance
- GI / GL load
- Herxheimer reaction

- CHO intolerance testing
- Notes on health issues related to the gut:
- Hypochlorhydria
- Hiatal hernia
- Heartburn:
- Hypochlorhydria
- Helicobacter pylori
- SIBO
- Coeliac
- Non celiac gluten sensitivity
- Crohn's disease
- Ulcerative colitis
- Diverticulitis
- Irritable Bowel Syndrome IBS
- Bristol stool chart
- Leaky gut
- Candida
- Parasites
- Bacteria





This weekend looks at the importance of having a healthy immune system. Your lymphatic system is your immunes system's friend, it also has a strong relationship with the fat transport system. Detoxification is also looked via the liver's functions and the importance of fats in your body along with the negative aspects of some fats.

- Detoxification
- Liver testing
- Liver cleansing
- Liver and thymus tap / thump
- Blood chemistry
- Dural torque
- Atlas
- Fats
- Good fats /bad fats
- Free radicals
- Antioxidants
- Omega 3 / 6 test
- Rancid fat test
- Free radical excess
- Inflammation
- Inflammation related test

- Lymphatic system
- Retrograde and anterograde lymphatics
- Pectoralis minor
- Immune system tests
- 30sec allergy balance
- Balancing blood, urine and saliva
- Hypothalamus and immune system adaptation
- Immune challenge technique
- Sensitivity / intolerance / allergy
- Revisiting FST testing
- Addictions
- Histamine sensitivity
- Psychoneuroimmunology (PNI)
- Thymus sensitivity
- Cross Crawl Test used for sensitivities





This module is a fabulous structural weekend. The Temoro-Mandibular Joint (TMJ) is the most complex joint in the body and can be out of balance for a number of reasons. When corrected it can have profound effects in changing how a person feels. We also look at the back H of muscles as well as the Diamond approach to the neck. Ligament Interlink is another technique you will be learning which is great for joint pain whether it be caused by a sports injury or and accidental strain, chronic problems can also be helped by this amazing technique.

- TMJ
- Teeth
- Neurological tooth
- Injury recall tooth
- Set point tooth
- Root canal injury
- Mercury
- Heavy metal toxicity
- Shock absorbers
- Vertebral subluxations

- Lovett Brother
- Vertebral fixations
- Back H technique
- Medial and lateral thigh massage
- Muscles with diamond for necks
- Ligament interlink
- Emotional backache
- Spinal extensor muscle weakness pattern
- Abdominal spindle cell technique





Eclectic is the word for this weekend, it's a little bit of everything. Some extra techniques for muscles to see how they are responding in a more in depth way. The cerebellum is looked at using various techniques. The deep muscle, the psoas is given some extra time along with some more work on the lower back. Ionisation is also great to look at and check and can have a profound effect on someone with this issue.

- Emergency / priority arm modes
- Feedforward and feedback mechanisms
- Proactive and reactive
- Ionisation
- Strain Counter Strain: SCS
- Structural and positional ESR
- Aerobic and anaerobic muscle testing
- Cerebellar technique

- Cerebellum and IRT
- PRYT
- Revision of reactive muscle patterns
- Diaphragm reactive to the psoas
- Psoas reactive to contralateral SCM
- Hidden L5 / S 1 fixation
- The Alexander technique







Light, Music, Essences, Crystals, Colour, Acupuncture all combine to give a beautiful weekend of vibrational techniques. Although some of the information will be new to you, this is also a lovely weekend where you can think more creatively with your muscle testing. It's a joy to teach and one I love dearly. This information will become part of your every day work with people.

- Vibrational Medicine
- Subtle energies
- Increasing energy awareness
- Helping to keep your own energy's in balance Homeopathic remedies
- Self NL massage for energy
- Relaxing with ROYGBIV
- Higher vehicles
- Navel testing for over energy
- 5 finger test for meridian imbalances
- Pre-stressing
- Emotions, acupressure and the Large Intestine
- Acupuncture and the emotions
- Aura and aura leaks
- Crystals
- Music

- Harmonics
- Chakras revisited
- Bach Flower Remedies
- Magnetic energy
- Lasers
- Switching extra
- Symbolic Metaphors of the Chinese
- Five elements revisited
- Checking meridian balance
- CX meridian and feeling introverted
- Revision: 24hr meridian clock, horary/luo points
- Now and then technique
- Scars
- Full procedure for fine tuning goal balancing





This weekend goes through the evaluation and corrections for cranial dysfunction. Muscle testing has shown that cranial therapy be accessible, reproducible and reflects what is going on within the cranial mechanism. We will be looking at many different cranial tests plus Dural Torque and how the breath mechanism is so important in corrections.

- Cranials
- Skull: review of bones and sutures
- Palpating Craniosacral Rhythm
- Craniosacral Dural Membrane System
- Craniosacral Mechanism
- Factors Influencing the Cranial Rhythmic Pulse
- CSF
- Dural torque
- Stillpoint
- Screening test for cranials
- Hidden immune problems
- VRP areas
- Related imbalances / techniques
- Lovett brother
- Rebound challenge
- Cranial fault balancing:
- Sphenobasilar Compression

- Sphenobasilar
- Glabella
- Temporal bulge
- Parietal descent
- Frontal compression
- Ethmoid
- Bilateral Maxilla
- Learning disability
- Pineal gland
- Pituitary
- Universal
- Occiput
- Symphysis Menti
- Sutures
- Temporal release using ear pull
- Cranial nerves inhibition testing





This is an all over body module looking at problems that people can frequently suffer with. We look at the shoulder in more depth along with wrist problems such as carpel tunnel and RSI, these are very common in this the computer age. We also look at pelvic faults including Categories I, II, & III. Postural analysis is also looked at as an aid to screen where problems may have developed from a structural perspective. We also look at new muscle tests for pelvic floor muscles.

- Postural analysis
- Cervical disc compression
- Walking gait
- Anatomical short leg
- Uterine lift
- Spinal torque
- Neck problems
- Rocker motion test
- Shoulder imbalances
- Shoulder mobilisation
- Shoulder acupuncture points and Bach flowers

- Supinator
- Pronator teres
- Wrist imbalances: OPL
- Carpel tunnel
- Weight bearing
- Knee
- Static / rebound challenge
- Subluxations
- Pelvic faults
- Back Categories I, II, III





Going deeper for this module, linking parts of the body to see how they interact. When problems are hidden, we have beautiful techniques for finding them. As with all the modules, it is still imperative to be looking at these imbalances using BEES. Just because it seems like it's a structural problem does not mean it will be only a structural correction. This module shows wonderful new techniques and also reviews areas of the body we have covered before but in more depth.

- Lateral sway
- Neck imbalances
- Whiplash
- Rocker motion test
- Cervical disc problems
- C7 / 1st Rib fixation
- Occipital subluxation
- Occipital atlantal counter torque
- Sacral imbalances
- Coccyx imbalances

- Pectineus muscle
- Vertebral facet imbrication
- TMJ imbrication Shoulder imbalances
- Wrist imbalances
- Carpel Tunnel
- Elbow imbalances
- Pilus
- Hidden dural torque
- LQM and Chronic Pain





Well this is the final module so there will definitely be review, revision and putting it all together. There are some additional new techniques for the nervous system and we also look at stress, and some information that is inspirational for the heart. From Hawaii, we have an introduction to Ho'o pono pono as an acknowledgement of where we were, where we are and where our journey will take us next. It's celebration time.

- Far and near sighted check (may move to Module 1 or 2)
- Exercises for external eye muscles (may move to Module 1 or 2)
- Peripheral vision (may move to Module 1 or 2)
- Pulling it all together using 'Protocols' e.g. Wally Schmitt
- Tests for checking sympathetic and parasympathetic balance and dominance
- •Tissue Salts
- Amino acids
- Acid / Alkaline Balance. pH testing
- Review, revision
- Ho'o pono pono

- Organ Stress Tests
- Advanced stress / adrenals: indicators of hypoadrenia
- Metabolic typing introduction
- Heart: 2 step masters
  - Blood Pressure
  - Homocysteine test
  - Came in with a shoulder problem and you saved their life
  - Oxidised Cholesterol testing
  - Folic acid test
  - Heart circuit indicator
  - Heart focussed technique
  - Salt and sugar addiction





### ADDITIONAL INFORMATION:

Prerequisite is to have successfully completed and fulfilled all the requirements of the 6 module Foundation course or an equivalent course.

Completion of the 12 modules and all assessments will give you a completion certificate and in order to upgrade to Diplomate status you will in addition be required to have successfully completed a Nutrition and A & P course up to ITEC standards, hold a current first aid course certificate and have insurance. More information can be found on the ASK website. It is also a requirement to belong to ASK as an associate member while studying and strongly recommended that you become a professional member on qualifying..

### Assessment

Assessment is by continual assessment with students throughout their learning time. You will be required to answer questions related to each topic and to hand them in for marking and feedback.

There is also a practical assessment.

Due to the nature of the course there is a very do-able sit-down exam at the end and assessment is continual throughout the course.

Assessment involves you being sent sets of questions related to various topics and fulfilment of other homestudy set throughout the modules. The questions may be in the form of single answer or more often short answer questions. **It is all DO-ABLE!** 

Their aim is to encourage you to read and evaluate all the information given on each topic whether by demonstration, work shopping, discussion or in the supplementary notes.

In this way you:

- become proficient in addressing each area in different ways
- learn to evaluate topics
- recognise linkages between techniques and topics
- become creative in your thinking

• whilst remaining able to apply and focus on the muscle testing findings and balancing choices. It encourages and helps you to develop self-directed learning, to seek out new and relevant information.



### WHO SHOULD ENROL FOR THIS COURSE?

Anyone who has completed the Foundation of Systemtatic Kinesiology 6 modules. (please note, if you have completed a 4 module Foundation then you would have to attend an additional Levels 5&6 to bring you up to the Level required) Please get in touch with Rosemary for clarification if you are unsure..

### COURSE FACT FILE:

- Entry Requirements: Completion of the full 6 modules of the Foundation in Systematic Kinesiology or the Intensive as taught by Rosemary Tarrant.
- Attendance is 24 days in a twelve-month period.
- 180 hours of supervised teaching plus home study
- Offers a practitioner level Diploma (to the highest standard accredited by ASK)
- Case studies will be required each month, this means that you:
- You will complete a portfolio of clinical experience
- You will be a student member of ASK while completing the course

### YOUR INVESTMENT FOR THE PROFESSIONAL SYSTEMATIC KINESIOLOGY COURSE

If you are an Early Bird and pay in full before the course begins, you pay £3,000, saving you an incredible £450

and

After the Early Bird date expires, you pay £3450 in total

A deposit of £600 is required initially to book your place. This is non-refundable if you choose to cancel and not attend the course. In the unlikely event of this course not reaching the minimum number of students, your deposit will be returned. Paying by card does cost Health School a service fee so the deposit will be returned minus this fee.

For Early Birds, the balance is required to be paid in full 10 weeks before diploma commencement otherwise the price returns to the full total price of £3,450.

Secure your place to avoid disappointment later.



### OTHER USEFUL INFORMATION?

#### **Alternative Payment Plans**

I fully appreciate that your enthusiasm to start the course may not be aligned with your finances. Therefore in certain circumstances, I can make special arrangements for you to pay your fees. There is not a reduction in the amount of fees due and there will be an additional administrative fee but it is a chance to work out a payment schedule that suits you, your personal circumstances and Health-School. The one stipulation is that all fees are paid before you finish each course, or your qualification and certificate is withheld until full and final payment is made. If this would make enrolment on the course a possibility for you then please call us at the office to discuss the options.

#### Accreditations

All the kinesiology courses offered are Systematic Kinesiology and are Accredited with ASK (Association of Systematic Kineisology)

#### **Professional Insurance**

Insurance is recommended for anyone setting up as a Kinesiologist. ASK have a block insurance scheme with Balen's, a company highly thought of in the Health world.



Health-School values your development both as a human being and as a practitioner therefore we don't want our relationship to end with your certificate or diploma. To support you and your ongoing journey we offer a range of services specifically aimed at continuing professional and personal development.

### Facebook Group

We will have a group(s) set up that will be private and for Health-School students only where you can interact. There will also be groups for each ongoing course from the first module. Membership to these courses will be on Join basis and Admin from Health-School will monitor them.

### Continuous Professional CPD and Personal Development Courses

We hope to also run a variety of workshops, seminars and talks in the not too distant future and will keep you posted as they get set up. If you have a particular passion or subject you would like to see represented in Health-School, please contact us by email at **learn@health-school.co.uk** 



### IF YOU'RE STILL NOT SURE WHAT TO DO NOW?



Health School reserves the right to change the contents of this prospectus at their discretion.



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