

taking healing that Extra Yard ...

'What If'

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What if you could improve people's health and well-being,
their performance or rehabilitation?

What about achieving sporting or performance results that
you never thought were possible?

It **can** be done!




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We in the Western world think we have gone as far as we can with rehabilitation, sports performance and general health, and well-being. Yet when we look at Eastern philosophy, we see an enormous wealth of further knowledge in these areas. If we could take the best of both worlds and combine them to create a technique or modality to go beyond what we thought we could achieve, Sports Kinesiology would be that modality.

Sports Kinesiology takes the most modern ideas, techniques and systems from exercise science, sports medicine, osteopathy, chiropractic, massage, physiotherapy, rehabilitation, sports science, counselling, sports psychology, high performance exercise and training. It combines them with the best and most widely proven techniques, systems and information from Traditional Chinese Medicine such as acupuncture, kinesiology and muscle monitoring, energy medicine and nutritional science. The result is a series of extremely effective systems that have each in their own right stood the test of time ... and achieve excellent results.

In Sports Kinesiology classes, each of these systems is taught in detail, then cross-referenced with other perspectives to give a truly holistic view of health, well-being, disease states, injury states, rehabilitation, and performance.

If you think Sports Kinesiology is only for athletes, the sports minded, or the athletically gifted, think again. Sports kinesiology is for EVERYBODY - it can be used to enhance, enrich, and empower each person with whom a practitioner comes into contact.

Sports Kinesiology identifies the emotional, biochemical, and physical structures that are interfering with your optimal performance. Using various techniques, Sports Kinesiology determines where the problem started, and then corrects it.

As a Sports Kinesiology practitioner, you will be able to use your knowledge combined with the inner intelligence of your client to facilitate the changes required to reach optimal health, recovery, or performance.

If you are truly interested in developing a career based on helping to empower others and achieving lasting effective results, then Sports Kinesiology is for you. It is at the absolute forefront of exercise science, energetic medicine, and holistic approaches to working with people in the everyday world.