



# U.S. Kinesiology Training Institute

## The Top Ten Pain Relasers: *Self Help Techniques for Reducing Stress and Pain*



Arlene Green, LMBT, #854 NC is one of the leading instructors in the field of Touch for Health Kinesiology. Arlene is a senior faculty member of the International Kinesiology College and Director of the U.S. Kinesiology Training Institute in Chapel Hill, N.C. She has been teaching TFH since 1981. She brings to her classes a wealth of knowledge, and an enthusiastic and clear teaching style. She is the author of *The Top Ten Pain Relasers* workshop, book and DVD.

*"Arlene has written a concise and delightfully accessible manual for releasing pain. It is a wonderful contribution for people searching for healthy, effective ways to help themselves or their families."*

Donna Eden, Author of *Energy Medicine*.

*"The Top Ten Pain Relasers presents safe, effective techniques to relieve pain and promote the feeling of well-being in a format that is easy to use by the novice."*

Dr. John Thie, Author of *Touch for Health*.

**Register online at [www.USKinesiology.com](http://www.USKinesiology.com) - For more information - (919) 933-9299**

**Touch for Health 1 – 4 Retreat – August 21 - 29 Chapel Hill, NC. –\$1000 - 50 CEs**

The U.S. Kinesiology Training Institute is approved by the National Certification Board for Therapeutic Massage and Bodyworkers (NCBTMB) as a continuing education approved Provider. Arlene is also an approved provider through the Florida Massage Board and N.C. Acupuncture Licensing Board.

### Chapel Hill, NC

August 7 or

October 8

(9:00 am – 6:00 pm)

**Cost: \$135 (includes book)**

**8 contact hours for Massage Therapists**

(Florida and NCBTMB approved provider)

**The Top Ten Pain Relasers** is a fun, hands-on workshop that will equip you with a wide variety of highly effective techniques to reduce or alleviate pain right at your fingertips. Gentle and uncomplicated, you'll learn skills that integrate kinesiology, energy work, basic muscle testing, polarity, acupressure and various energetic reflex techniques.

#### **You will Learn:**

- Auricular exercise
- Meridian massage
- Neurolymphatic reflex points
- Specific Neuromuscular Reset
- Emotional stress release technique
- Neurovascular balance
- Energy Stroking
- Music for pain relief
- Brazilian Toe Massage

#### **Benefits:**

- Eliminate tight neck muscles
- Release sleep imbalances
- Increase energy
- Speed healing from injuries
- Release body's stress response
- Elevate moods and attitudes
- Rapid pain relief
- Ease menstrual cramps/back pain
- Reduce nausea