

BENEFITS OF BALANCES

"COME AND EXPERIENCE THIS FOR YOURSELF"

- ✓ **Release negative patterns & issues in your life that aren't allowing you to experience happiness.**
- ✓ **Work on **and correct** the underlying beliefs that stop you from achieving your goals**
- ✓ **Release stress & fear based thoughts and actions**
- ✓ **Positive changes happen on many levels—mental, emotional, spiritual**
- ✓ **Boost your confidence**
- ✓ **Increase life energy, well being and happiness**
- ✓ **Set measurable and achievable goals**
- ✓ **Be proactive in your own health and stress management including working on depression.**

BENEFITS OF TRAINING IN KINESIOLOGY

- ✓ **If you are a natural therapist add the dimension of muscle testing and corrections to your skills**
- ✓ **Learn NEW & exciting corrections that are **powerful** but SIMPLE to use**
- ✓ **If you are a parent or teacher you can easily integrate children's brain functions daily with mental fitness exercises and repatterning to improve learning & performance**
- ✓ **Build skills to become a practitioner**
- ✓ **Be able to assist yourself, family and friends with kinesiology**
- ✓ **Use *mental fitness exercises* every day to ensure you are performing at your optimum level**
- ✓ **Experience improvement in relationships & stressful situations**

LEARN & USE

- * Muscle Testing; Self muscle testing
- * Aspect Tests (Postural & Primitive Reflexes)
- * Left/Right Brain Integration for Learning
- * VAK Eye Accessing Cues
- * Stress Release Techniques
- * Mental Fitness Exercises
- * Language & Lifestyle Change
- * Repatterning
- * Balancing Procedure
- * Releasing Emotions
- * Co-dependency Issues & Patterns
- * Tibetan Energy Aura Balance
- * Mantra & Mandalas
- * Mastery & Excellence
- * Vision Improvement
- * Body work
- * Chronic Fatigue

INTERNATIONAL TRAINING PROGRAMME

The aim is to present techniques and life skills which encourage greater health and personal effectiveness with a focus on measurable and achievable outcomes which are realistic and practical.

KINESIOLOGY

Kinesiology is a powerful system of stress management. Through biofeedback using muscle testing, the body can communicate what is out of balance and exactly what treatment is needed to correct each stress condition present in the body. Thus, the client's own 'biocomputer' directs the course of therapy, with the kinesiologist acting as an interpreter, using a language which the body understands, to facilitate the body's self-healing and growth.

Dr Charles Krebs

HOW KINESIOLOGY CAN HELP

- ❖ **Stress Management, Anxiety**
- ❖ **Detect Allergies, Food Intolerance & Nutritional Deficiencies**
- ❖ **Personal & Professional Development—*Achieve your goals!***
- ❖ **Communication Skills**
- ❖ **Increase Energy & Relaxation**
- ❖ **Release Common Difficulties e.g. Learning, Memory, Concentration, Pain, Tiredness, Stressed....**

SUE CROSDALE -

Certified Practitioner

I am committed to the well-being and on going support of those who become clients and students.

Kinesiology WILL benefit YOU in positive and dynamic ways.

I incorporate practices that support and promote love, peace and healing into your life.

QUALIFICATIONS

Neuro-Linguistic Kinesiology 1,2,3,4,5,6
Touch For Health 1,2,3,4 and **Instructor**
Professional Kinesiology Practices 1,2
Kinergetics 1,2,3,4,5,6,7,8
Neuro-Linguistic Programming—Level 1
Theta Healing (Vianna Stibal) **Instructor**
Theta Command Healing 1 & Advanced
Cert. IV in Workplace Training & Assess
Senior First Aid

Winner of the 2005 Lower Hunter BEC Business Excellence Awards for Health Services

Neuro-Linguistic Kinesiology INSTRUCTOR Levels 1 to 6

MEMBER A.T.M.S; A.K.A - Level 2

Sue Crosdale—4990 3135 (a.h)
CESSNOCK NATURAL BALANCE CENTRE
In the grounds of Calvary Retirement Community
19 Wine Country Drive, Cessnock 2325.

P.O. Box 619 Cessnock 2325



SUE CROSDALE

A.T.M.S; A.K.A—Level 2

KINESIOLOGIST



“Using kinesiology I facilitate effective stress release and effortless change which helps you to add value to your life.

I deliver one-on-one healing sessions as well as teach kinesiology to people who want to shape their own future and go on living with increased health and happiness.”

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**WINNER OF THE BEC 2005
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AWARDS for
HEALTH SERVICES**