

Touch for Health Kinesiology

Touch for Health keeps yourself and your family well.

Experience vitality and emotional wellbeing.

Testing the muscles identifies energy imbalances, in the associated organs, meridians, emotions and nutrition.

Balance your energy with reflex stimulation, meridian energy work, emotional stress release, or nutrition.

Touch for Health Course Dates

Level 1

Mar 26 & Apr 2 **Aroha Gould** [contact Aroha Gould](#)

Level 2

Level 3

Mar 26-27 **Colleen Ryan** [contact Colleen Ryan](#)

Level 4

May 28-29 **Colleen Ryan** [contact Colleen Ryan](#)

Touch for Health Proficiency

Apr 6-7 **Colleen Ryan** [contact Colleen Ryan](#)

Touch for Health Intern Workshops

May 11-12 Intern Basic **Colleen Ryan** [contact Colleen Ryan](#)

Jun 18-19 Intern Advanced **Colleen Ryan**

Instructor and Practitioner Training Workshop

Jul 10-18 TFH Training Workshop **Colleen Ryan** [contact Colleen Ryan](#)