QUALITY KINESIOLOGY TRAINING
FOR EVERY LEVEL OF STUDY

Kinesiology Foundation Training
Basic Practitioner Training
HLT52415 Diploma of Kinesiology
10125NAT Advanced Diploma of Neuroenergetic Kinesiology
10359NAT Graduate Diploma of Neuroenergetic Kinesiology

World Leaders in Kinesiology Training
Delivering Australian Accredited Qualifications

Neuroenergetic Kinesiology
COURSE GUIDE

Locations: QLD Brisbane | Rockhampton   NSW Murwillumbah   VIC Melbourne    WA Perth
Understanding Kinesiology is an in-depth process. It requires responsibility, compassion and insight.

The Neuroenergetic Kinesiology training gives you the structure, techniques and support to develop these innate gifts so you can experience greater wellbeing for yourself and future clients.

If you are interested in further study into the nature of holistic medicine, kinesiology is a path of choice.
**Holistic Health Concept**

It is common for kinesiology practitioners to experience pain dissipation through sound vibration or for an emotional release to accompany energy work or in fact any shift in our physiology as a result of applying vibrational tools. Why is this so?

The triangle is known to be one of the most stable geometrical structures. A person’s unique expression of health can be described through understanding their own unique balance between the physical, mental/emotional and energetic (spirit animating us) aspects of our being.

According to this model of health each aspect of wellbeing is interdependent and gives the triangle its stability. However in a disease state, an imbalance in one area creates imbalances in the other 2 areas, leading to a weakened structure.

Whilst the effects are expressed on all levels we usually only seek health advice when the physical symptoms become unbearable.

By intervening at the level of our energetic organisation we can equalise our emotional and physical imbalances. Whilst gentle this system of operation can be surprisingly powerful as anyone who has experienced kinesiology will know.

**What is Kinesiology?**

Kinesiology is a complementary medicine that uses the body’s natural feedback system to identify imbalanced states, release the stress and restore equilibrium.

Natural bodily processes function optimally when not overwhelmed with stress. Resolving a stressed condition restores wellness.

Kinesiology uses the technique of muscle monitoring to identify and evaluate stress patterns within the body. This technique was developed from chiropractic protocols and experimentation with muscular function which identified connections between the body and mind.

Kinesiology can take advantage of the knowledge gained from scientific research into the human anatomy and physiology and combine this with the traditional practices of wellness from India and China.

Unique to kinesiology is the ability to create a balance plan specific to an individual. Their healing process is based on information gathered from testing their nervous system against various stimuli.

**Areas of Application**

- Learning Difficulties
- ADHD
- Motivation
- Concentration, Memory
- Writing, Reading, Numeracy
- Burnout, Chronic fatigue
- Psychosomatic disorders
- Depression
- Emotional problems
- Hormonal disorders
- High blood pressure
- Food intolerances
- Structural issues and pain
- Muscular pain
- Hypo and hyperglycaemia
- Hearing & Vision improvement
- Life issue resolution
- Weak immune system
- Autoimmune disorders
- Inflammation
- Infections
- Allergies
- Disease states
- Toxicity

**Discover Your Unique Balance for Wellbeing**

Kinesiology is an excellent tool for working with any condition displaying physical, emotional and psychological connections, which makes its reach very diverse and extensive. Even in situations of chronic illness kinesiology can improve wellbeing by managing the stress and pain and is an excellent complementary medicine for western treatments.
Tell me about Neuroenergetic Kinesiology?

The unique NK material has been tried and tested by practitioners in Australia and in over 10 different nations since Hugo Tobar began teaching in 1998. This quickly expanding community of practitioners represents a wealth of knowledge and experience which contribute to the constant development and improvement of the courses and material.

The continuous feedback of practicing kinesiologists ensures that the NK Institute remains at the forefront of the field with the most effective, accurate and innovative techniques.

We have the most advanced pathways for kinesiology study in Australia and also offer excellent courses at the foundation level that will prepare you for specialisation in the future.

We are dedicated to the professionalisation of our students yet we maintain a flexible training system that respects our highest standards of integrity and care.

Hugo Tobar’s experience in Indian spirituality has informed the neuroenergetic kinesiology methodology and training material. This is also reflected in all of the college’s approaches and operations.

We strive to deliver an innovative system of kinesiology in a respectful environment that can support students into becoming confident practitioners.

Immersion in Indian spirituality, a rich cultural background, extensive world travel and in-depth study and research into all aspects of Kinesiology and its related fields have been the fertile sources of inspiration that allowed Hugo Tobar to develop Neuroenergetic Kinesiology.

Charles Krebs of LEAP identified the merits of Hugo’s early innovations and made a passage for him to present a paper at the Applied Physiology annual meeting in 1999. Opportunities worldwide ensued and Hugo has been delivering training internationally ever since.

The NK Institute was established in Australia in 2008 and is now a place where students can pursue their exploration of kinesiology in accredited courses at diploma level and beyond.

As Hugo says;

“the power of kinesiology is making the unknown known”.

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Our Training Pathway

NK Foundation Training provides the basis for a comprehensive training in kinesiology & future specialisation.

Our Training Structure

The first level of National Certification in kinesiology is the HLT52415 Diploma of Kinesiology. The NK Institute also offers foundation training to prepare interested students in learning more about kinesiology.

After completion of the Diploma of Kinesiology, you can further your skills and knowledge with nationally accredited qualifications with the following advanced training programs:

10125NAT Advanced Diploma of Neuroenergetic Kinesiology & 10359NAT Graduate Diploma of Neuroenergetic Kinesiology

This study pathway also entitles you to up to 10 credited subjects towards the Bachelor of Health Science (Complementary Medicine) with the Charles Sturt University.

We welcome students from other modalities and schools of kinesiology to join our courses providing you meet the prerequisites of the individual courses. Please see individual course information further on in this guide.

Our Training Organisation

1. Specific kinesiology focused workshops (classroom delivery)
2. The nationally required units for the health training package Units Of Competency (independent study via workbooks)
3. Practice nights and online tutorials at regular intervals (from March – November)
4. Supervised Student clinics

The workshop training for specific kinesiology techniques is delivered in the classroom. The health package units are completed in your own time alongside the practical training. They will inform your kinesiology practice with the additional theory and experience necessary to become a professional kinesiologist. Supervised practice sessions and student clinics will enable you to gain the experience you require to master the skills and knowledge of kinesiology practice.

Our Locations

Currently we offer nationally certified kinesiology training and Australian Kinesiology Association approved training in:

- Brisbane
- Melbourne
- Perth
- Sunshine Coast
- Rockhampton
- Murwillumbah (our head campus)

We have professional kinesiology trainers and supervisors in these locations for all Diploma courses.

Students wanting to join courses who are not enrolled in a qualification have the option to join any of these locations or alternatively online.
Neuroenergetic Kinesiology Foundation Training

The NK Foundation Training is comprised of the units we consider will give you enough skills to facilitate powerful healing change in your friends, family and acquaintances. If you decide to further your studies, all these unit count towards qualifications offered by the institute.

The Benefits of the Foundation Training

- Even at an introductory level our courses have been developed with the practitioner in mind
- You will gain an excellent foundation into Traditional Chinese Medicine and how kinesiology can make use of this comprehensive system
- You will be able to balance various areas of the brain related to processing at the conscious, emotional and instinctual level
- You will understand the relationship between energetic anatomy and behavioral traits, and how to incorporate these discoveries into a session
- You will be able to work with the 3 most important neurological organisations in the body: the brain, heart and gut
- This is an excellent way to follow your interest and discover if kinesiology is for you

Neuroenergetic Kinesiology Foundation Workshops

<table>
<thead>
<tr>
<th>NK Foundation Training Courses</th>
<th>Additional Courses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Principles of Kinesiology 1</td>
<td>Principles of Kinesiology 4</td>
</tr>
<tr>
<td>Principles of Kinesiology 2</td>
<td>Brain Formatting</td>
</tr>
<tr>
<td>Principles of Kinesiology 3</td>
<td>Chakra Metaphors</td>
</tr>
</tbody>
</table>

NK Basic Practitioner Training

Additional to the workshops of the NK Foundation Training, the NK Basic Practitioner Training includes our 2 most popular courses. Armed with Chakra Hologram 1 and the Neuroemotional Pathways 1, the survival emotions, you will have an excellent basis for working more in depth with key emotional and behavioural patterns. Please read the course descriptions for a more detailed understanding of these units.

You will also be able to obtain membership with the AKA (Australian Kinesiology Association) and start working at the basic professional level.

This certification will also enable you to take courses independently from our extensive course offerings, as suits your timing and interest.

If you choose to study further, this certification is equivalent to the first year of kinesiology workshops in the HLT52415 Diploma of Kinesiology.

NK Basic Practitioner Training Workshops

<table>
<thead>
<tr>
<th>NK Foundation Training Courses &amp; Additional Courses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balancing with the 5 Elements</td>
</tr>
<tr>
<td>Physiology Formatting</td>
</tr>
</tbody>
</table>

NK Basic Practitioner Training Units

Level 1 COMMUNICATION
Level 1 KINESIOLOGY

The NK Basic Practitioner of Kinesiology certification allows professional membership with the Australian Kinesiology Association (AKA) as Registered Kinesiology Practitioner (RKP).

Other requirements of the membership include the completion of 250 kinesiology hours (100 hours as CAT A and 75 hours as CAT B)

Current First Aid certificate must be provided

The NK Basic Practitioner of Kinesiology certification allows professional membership with the Australian Kinesiology Association (AKA) as Registered Kinesiology Practitioner (RKP).

Other requirements of the membership include the completion of 250 kinesiology hours (100 hours as CAT A and 75 hours as CAT B)

Current First Aid certificate must be provided
**HLT52415 Diploma of Kinesiology**

The NK Institute designed our Diploma to provide students with one of the most comprehensive education program and practice opportunities available. This is a nationally accredited qualification and is recognised by the peak kinesiology body, the AKA.

Our 3-year training program prepares students with the confidence and knowledge to excel in the practice of kinesiology, working across a broad range of conditions with techniques relevant to holistic health.

After the first year of training all students will be able to obtain a Registered Kinesiology Practitioner status with the AKA. After 3 years, the practitioner can be registered as a Specialist Kinesiology Practitioner.

This course is Austudy approved.

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**HLT52415 Diploma of Kinesiology Workshops**

<table>
<thead>
<tr>
<th>Courses (Year 1)</th>
<th>Course (Year 2 &amp; 3)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Principles of Kinesiology 1</td>
<td>Chakra Hologram 2</td>
</tr>
<tr>
<td>Principles of Kinesiology 2</td>
<td>Celestial Chakra Hologram</td>
</tr>
<tr>
<td>Principles of Kinesiology 3</td>
<td>Neuroemotional Pathways 2 &amp; 3</td>
</tr>
<tr>
<td>Principles of Kinesiology 4</td>
<td>Neuroemotional Pathways 4</td>
</tr>
<tr>
<td>Brain Formatting</td>
<td>Body Structure Hologram 1</td>
</tr>
<tr>
<td>Chakra Metaphors</td>
<td>Body Structure Hologram 2</td>
</tr>
<tr>
<td>Balancing with the 5 Elements</td>
<td>Hormone Hologram</td>
</tr>
<tr>
<td>Physiology Formatting</td>
<td>Immune &amp; Vaccination Pathways 1</td>
</tr>
<tr>
<td>Chakra Hologram 1</td>
<td>Nutrition Hologram A</td>
</tr>
<tr>
<td>Neuroemotional Pathways 1</td>
<td>Dietary Pathways</td>
</tr>
</tbody>
</table>

**HLT52415 Diploma of Kinesiology Units**

- **COMMUNICATION**: Facilitate Wellbeing through Communication
- **BUSINESS**: Manage and Market a Thriving Business
- **NUTRITION**: Understand Nutritional Contribution to Health
- **LEGAL**: Practice Responsibly & Ethically
- **KINESIOLOGY**: Mastering Kinesiology Practice
- **ANATOMY AND PHYSIOLOGY**: Develop the Scientific Background for Your Practice
- **SPECIALIST KINESIOLOGIST**: Creating Kinesiology Protocols for Excellence

*Please note - the First Aid Certificate HLTAID003 must be done externally*

**HLT52415 Diploma of Kinesiology Practicums**

During the 3 year qualification students will be presented with opportunities to work with the public under supervision.

This essential training requirement enables the integration of the essential skills and knowledge learned from the workshops and units.

Throughout the year trainers from all our locations will provide regular webinars and mentoring opportunities for the NK student community.

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"NK is the most modern & comprehensive system of Kinesiology in the world" - Alfred Schatz

Founder of IAK, Germany - The largest kinesiology institute in the world
This qualification was created to provide students with the opportunity to further specialise their kinesiology knowledge and techniques. This is achieved by using the internationally recognised Neuroenergetic Kinesiology formatting system.

To be awarded the Advanced Diploma of Neuroenergetic Kinesiology the candidate must complete the assessment of modules and attend the accredited courses. Upon completion, the graduate will meet the requirements of the AKA for Registered Advanced Kinesiology Practitioner status.

Students will create their own balancing protocols and assess the impact of their protocols against various conditions relative to the area of study. They will be able to share these findings with their peers.

During the course of this study students will be mentored with the NK Institute Principal and Trainer, Hugo Tobar.

Graduates are also eligible to receive 80 credit points towards the 192 required for the Bachelor of Health Science (Complementary Medicine) through Charles Sturt University.

Prerequisite: any accredited Diploma of Kinesiology

Advanced Diploma Units

<table>
<thead>
<tr>
<th>Units - Provide &amp; research specialised Neuroenergetic kinesiology:</th>
<th>Courses</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neurological balances</td>
<td>Brain Hologram A, B &amp; C</td>
<td>160</td>
</tr>
<tr>
<td>Immune system balances</td>
<td>Immune &amp; Vaccination Pathways 1 &amp; 2</td>
<td>288</td>
</tr>
<tr>
<td>Biochemical balances</td>
<td>Nutrition Hologram</td>
<td>160</td>
</tr>
<tr>
<td>Endocrine system balances</td>
<td>Hormone Hologram 1 &amp; 2</td>
<td>144</td>
</tr>
<tr>
<td>Structural balances</td>
<td>Body Structure Hologram 1 &amp; 2</td>
<td>160</td>
</tr>
<tr>
<td>Energetic structure balances</td>
<td>Chakra Hologram 1 &amp; 2, Celestial Chakra Hologram</td>
<td>288</td>
</tr>
<tr>
<td>Neuroemotional balances</td>
<td>Neural Emotional Pathways 1, 2 &amp; 3</td>
<td>320</td>
</tr>
</tbody>
</table>

| elective units |
|-----------------|-----------------|
| Neurochemistry Balances | Neurotransmitter Hologram | 144 |
| Primitive Reflex Balances | Primitive Reflexes & the Brainstem 1, 2 & 3 | 192 |

Advanced Diploma Workshops

<table>
<thead>
<tr>
<th>Courses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Structure Hologram 1</td>
</tr>
<tr>
<td>Body Structure Hologram 2</td>
</tr>
<tr>
<td>Neuroemotional Pathways 1</td>
</tr>
<tr>
<td>Neuroemotional Pathways 2 &amp; 3</td>
</tr>
<tr>
<td>Neuroemotional Pathways 4</td>
</tr>
<tr>
<td>Brain Hologram Intensive A, B, C &amp; D</td>
</tr>
<tr>
<td>Neurotransmitter Hologram (Elective)</td>
</tr>
</tbody>
</table>

10125NAT Advanced Diploma of Neuroenergetic Kinesiology consists of 8 modules, divided between 7 core components and 1 elective unit. Attendance at all kinesiology workshops, completion of all units is required to obtain the qualification.

The Advanced Diploma qualification allows professional membership with the Australian Kinesiology Association (AKA) as Registered Advanced Kinesiology Practitioner (RAKP).
The Graduate Diploma of Neuroenergetic Kinesiology is the highest level of nationally recognised training in kinesiology and natural medicine in Australia and the world.

This qualification is the most recent body of work created in neuroenergetic kinesiology, and is the culmination of 15 years of kinesiology training, research and practice by Hugo Tobar.

Each of the 11 courses has information on the advanced anatomy and physiology of the system and how to apply Neuroenergetic Kinesiology balancing techniques to these physiologies and specific pathologies.

This gives profound kinesiology balancing options for many different presenting client conditions.

Neuroenergetic Kinesiology with this 3rd qualification pathway is the most complete and advanced kinesiology balancing system in the world today.

Prerequisite: any accredited Advanced Diploma of Kinesiology

The Graduate Diploma Workshop

<table>
<thead>
<tr>
<th>Courses</th>
<th>Pathology A</th>
<th>Pathology B</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Cardiovascular System</td>
<td>The Endocrine System</td>
<td></td>
</tr>
<tr>
<td>The Respiratory System</td>
<td>The Reproductive System</td>
<td></td>
</tr>
<tr>
<td>The Digestive System</td>
<td>The Haemolymphoid System</td>
<td></td>
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<tr>
<td>The Urinary System</td>
<td>The Musculoskeletal System</td>
<td></td>
</tr>
<tr>
<td>The Nervous System</td>
<td>The Integumentary System</td>
<td></td>
</tr>
<tr>
<td>The Ear</td>
<td>The Eye</td>
<td></td>
</tr>
</tbody>
</table>

Graduate Diploma Units

<table>
<thead>
<tr>
<th>Units - Provide specialised:</th>
<th>Courses</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiovascular system pathology balances</td>
<td>The Cardiovascular System</td>
<td>116</td>
</tr>
<tr>
<td>Respiratory system pathology balances</td>
<td>The Respiratory System</td>
<td>116</td>
</tr>
<tr>
<td>Nervous system pathology balances</td>
<td>The Nervous System</td>
<td>132</td>
</tr>
<tr>
<td>Urinary system pathology balances</td>
<td>The Urinary System</td>
<td>116</td>
</tr>
<tr>
<td>Haemolymphoid system pathology balances</td>
<td>The Haemolymphoid System</td>
<td>132</td>
</tr>
<tr>
<td>Endocrine system pathology balances</td>
<td>The Endocrine System &amp; Reproductive System</td>
<td>140</td>
</tr>
<tr>
<td>Digestive system pathology balances</td>
<td>The Digestive System</td>
<td>116</td>
</tr>
<tr>
<td>Musculoskeletal system pathology balances</td>
<td>The Musculoskeletal System</td>
<td>132</td>
</tr>
<tr>
<td>Integumentary system pathology balances</td>
<td>The Integumentary System</td>
<td>116</td>
</tr>
<tr>
<td>Eye pathology balances</td>
<td>The Eye</td>
<td>132</td>
</tr>
<tr>
<td>Inner ear pathology balances</td>
<td>The Ear</td>
<td>132</td>
</tr>
</tbody>
</table>

10359NAT Graduate Diploma of Neuroenergetic Kinesiology consists of 11 units of competency. Attendance at all kinesiology workshops and completion of all units is required to obtain the qualification.

The Advanced Diploma qualification allows professional membership with the Australian Kinesiology Association (AKA) as Registered Advanced Kinesiology Practitioner (RAKP).
NK trained practitioners at the diploma level, will be able to perform kinesiology tests & create effective balance plans for:

- The neurology behind human survival response
- Unsupportive behavioral patterns and emotional conditioning
- The physiology of emotional responses and its expression in the body
- Developmental issues including learning difficulties
- The 14 hormonal systems with their 4 classes of hormones
- Biochemical factors that enable the balancing of physiology pathways in the 11 body systems
- Nutrition - balancing nutrients in the diet, their absorption & assimilation
- the roles of DNA and genetics in our wellbeing
- All aspects of the immune system organs and cells including the bone marrow, T cells, B cells, red blood cells
- The 2 different immune systems – Adaptive and Specific
- Toxicity and allergy reactions
- Recognising archetypes, the symbolic representation of the stress behavior patterns of our psyche
- Imbalances in the energetic anatomy including chakra, meridian and nadi systems with their associated meanings
- The root causes of problems and reoccurring patterns
- Our entire body structure from an anatomical and functional aspect, including the skeletal muscles, bones, ligaments, tendons, fascia, skin and their neural stimulation
- All of the main joints (hip, knee, shoulder, elbow, wrist and ankle) and the articulations between cranial bones, torso, ribs and sternum
- A very effective procedure for structural alignment combining the key structures of the midline, cranial, TMJ, neck and hips

Students will be able to combine this with deeper study at an advanced level to balance:

- The vast neuronal network throughout the entire brain addressing cortical fibres and specific brain function
- Developmental and behavioural issues stemming from imbalanced primitive reflexes
- The structure of emotional regulation centers in the brain and the physiology of their responses
- Pathways for the sensory receptors
- In depth immune responses and vaccination

The power of kinesiology is... making the unknown, known.
their state of imbalance. Meridians and chakras can be in either three states. They can be balanced or they can have a deficient energy flow imbalance or an excessive energy flow imbalance. Different tones and colours are used for either of the two states of imbalance. There is also explanations and techniques where symbols are used with coloured light in the chakras and meridians. The colours and tones have been mapped for the 7 major chakras, 23 minor chakras, 5 celestial chakras, 14 main meridians and 8 extraordinary meridians.

3 days
Prerequisite: None

Balancing with the 5 elements
This course looks at the flow of chi through the 5 elements, 14 main and 8 extraordinary meridians. You will learn about the two states of chi flow imbalance and the associated emotions specific to the meridian, element and state.
Meridian and element systems in Traditional Chinese Medicine being holistic resemble relationships seen in nature, building and depleting each other as they flow on continuously to maintain a life force for our organs and mind. As such the 5 elements and meridian procedures will define specific states of imbalance within the entire system and their associated emotions as well as identify which energetic system is out of balance.
8 days
Prerequisite: None

Sound & Light Healing
is a course focusing on specific treatment techniques. It looks at the use of sound and coloured light in the balancing of chakras and meridians. There is an analysis of the different colours and sounds used to balance chakras and meridians according to their state of imbalance.

8 days
Prerequisite: None

1 day
Prerequisite: Touch for Health or Principles of Kinesiology

Genetic I Ching Hologram
This course is an application of the 8 extraordinary meridians. It explores the relationship between the 8 I Ching trigrams and these extraordinary meridians. The trigrams are paired together like a coordinate system to form the 64 hexagrams of the I Ching making the world’s first book a hologram. (We love holograms at NK).
In this application the 64 I Ching hexagrams relate to the 64 codons of the genetic code with each codon specifying an amino acid. Another interesting historical spiritual study relates the amino acids to the kabballah and therefore the major arcana of the tarot. You are also taught how to work with holographic neurovasculars, neurolymphatics and the spiritual flower messages from the Mother of Pondicherry.
Having a more spiritual essence the 8 extra meridians are perfectly suited for working with the I Ching, human genetics and amino acids.
3 days
Prerequisite: 100 hours of accredited kinesiology or Brain Formatting
YOGIC ENERGY CONCEPTS
Chakra Metaphors
Chakra Hologram 1
Chakra Hologram 2
Celestial Chakra Hologram
Chakra Hologram 4

Chakra Metaphors
introduces the energetic anatomy of the chakras and their involvement in our psychology and life experience. You will learn about the behavior patterns associated with the imbalances of the 7 major chakras and some of the key minor chakras. At the end of this course you will understand the six states of a chakra, be able to do chakra profiles and understand why people behave in certain ways under stress as well as offering treatment solutions.

Chakras are excellent tools for correction and this unique way of using them has the added benefit of awakening awareness that underlies our behaviour.

2 days
Prerequisite: Touch for Health or Principles of Kinesiology

Chakra Hologram Series
As first energetics structures to develop in utero, the chakras guide and support physical structures such as the endocrine system, sensory and body organs, joint structures and limb movement as well as their associated functions and belief patterns on all seven planes of the aura. The importance of the chakras in the development of self-awareness, soul purpose and higher self-realisation is also explained.

As energy centres, the chakras impact the anatomy and physiology of the body in a profound way through their interactions with the nervous system. Stress on energetic levels can lead to physiological manifestations and health-related issues. This series of courses aims to develop an understanding of the various states of imbalance of these energy centres and their associated energetic channels of the nadi system and how these manifest on the physical, emotional and psychological planes and beyond. Students also learn to balance these manifestations through energetic pathways. The importance of the chakras in the development of self-awareness, soul purpose and higher self-realisation is also explained.

These courses provide students with:
- In-depth information on all major chakras, 24 minor chakras and 5 outer body chakras;
- Clinical manifestations of imbalances in each of the energy centres;
- Extensive knowledge on the interactions between the chakras, the nadi and nervous systems and how the energy flows between these structures;
- Balancing protocols for the imbalance states of each chakra along with additional powerful techniques such as the Nadi Hologram and Kundalini Hologram.

Chakra Hologram 1
is one of the first courses Hugo Tobar ever produced and has been taught annually all across the globe.

It is an excellent course for understanding how to use chakras as a balance procedure as well as a correction. It was co-written with Kerrie McFarlane and brings the research backgrounds (Theosophical and Hindu traditions) of these 2 kinesiologists and their influences together into the one system.

The Chakra Hologram looks at what each chakra represents when it is displaying an imbalance by accessing the plane in which the aberration occurs, and correlating this plane with its actual meaning. Such tools for identifying the state and plane enable the practitioner to bring a behavioral issue or pattern to the conscious mind of their client and assist by balancing this state. A variety of correction tools will be presented.

This workshop takes participants through a journey of their own chakra system, which will reflect where they are in their own personal and spiritual development. Many practitioners who now use the Chakra Hologram as an integral part of their practice have reported success.

The endocrine system has been referred to as the physical interface of the Chakra System in much the same manner that the meridian/ acupuncture system is said to be the physical/etheric interface of Chi. On a physical level the hormones and glands, with blood supply will be also covered. This course is also an excellent method to balance the endocrine system and includes physiology balancing along with chakra balancing.

4 days
Prerequisite: 100 hours of accredited kinesiology & Formatting experience

Chakra Hologram 2
This workshop presents 24 minor chakras of the body, beyond the 7 Major Chakras. This includes the Nirvana Chakra, the Manas Chakra, the Soma Chakra; energy centres which are related to suppression and receiving sensorial information from the world, as well as chakras for the sensory organs, body organs and limbs. This training gives the most comprehensive information that can be found on these chakras.

The course is made complete by the introduction of the Nadi Hologram for etheric repair.

The course was developed by Hugo Tobar and Kerry McFarlane after developing a holographic system for the major chakras, and has been added to over the last 14 years to include more minor chakras, starting with research into the placenta chakra which has been proven to be very important for birth and maternal issues.

The course has been successfully taught both in Australia and in Europe with great results being achieved in clinic from students after completing the course and integrating it into
their work.

Each of these 24 energy centres are covered including the anatomy and physiology related to the area along with their associated belief patterns. A major focus in the course is anatomy and physiology of the visual and auditory pathways, joint structure and function, and the amazing workings of the placenta as well as clinical applications of these chakra corrections.

4 days
Prerequisite: 100 hours of accredited kinesiology & Formatting experience

Chakra Hologram 4

After 15 years of training in Chakras, from the major, minor and celestial, Hugo has brought some new insights and revelations together to create the Chakra Hologram 4 – the Physiology of the Major Chakras.

What exactly is the nature of our existence and our experience of that existence? This course will explore the modes of communication of these elementary energy centres.Whilst the celestial chakras hold these lessons and behaviors in a grand scale Chakra 4 will be looking at the changeable nature of the major chakras and the manner in which this impacts our experiences and relationships day to day.

The course shares some of the most recent insights of Stephen Wollinsky into the nature of the samskaras. You will learn to build a balance that dissolves the distortions of reality created by our samskaras. You will also learn how to understand your own personal life imbalances, the behaviors that result and the compensations we create to accommodate these states.

4 days
Prerequisite: Chakra Hologram 1 & Formatting Experience

Celestial Chakra Hologram

introduces an application for the outer-body chakras. The five outer-body chakras bring energy into the aura, the soul and the higher self. They also express these higher energies.

As these are some of the first energetic structures to develop for an individual they deal with the bigger life issues, such as those dealing with grounding, karma and belief systems and are often related to major life lessons.

The course includes extensive information and formatting for the nervous and nadi systems and how they interact with each other. This is important in order to ensure that the energy from the chakras can then flow via the nerve pathways to the rest of the body. The Kundalini Hologram is also presented, which involves the three flows of ida, pingala and sushumna.
haemoglobin. The impacts of reactive oxygen and toxicity and the significance of blood groups are considered along with effects of imbalances in digestive, metabolic and cell activity processes. This course provides students with:

- Detailed information on the biological processes involved in nutrition;
- Specialised balancing techniques for the processes of gene expression in the cell through protein production, digestion, liver metabolism of nutrients and toxins, energy production and oxygen transport.

10 days
Prerequisite: 250 hours of Kinesiology & Formatting experience

Nutrition A can be done individually

Dietary Pathways

This course provides students with:

- Detailed information on the structure and functions of the macronutrients carbohydrates, proteins and fats and micronutrients such as vitamins and minerals and their associated formats;
- Specialised techniques to identify dietary stress in relation to meal time and composition based on nutrients and food groups;
- Complete format database for all organic and inorganic nutrients for nutritional assessments;
- Techniques to evaluate potential toxicities and their related nutrients and locations in glands or organs;
- Balancing protocols to assess various chi pathologies and their state of excess or deficiency in relation to specific food groups, nutrients and various non-nutritional molecules.

3 days
Prerequisite: 100 hours of accredited kinesiology & Formatting experience

Hormone Hologram

This advanced level course discusses the endocrine system from the production of hormones by glands through to the interactions with their specific receptors and the biochemical processes that ensue. The functions of these hormones are analysed as well as the mode of action on their target organs, glands and cells of the body.

Hormones act as chemical messengers with far-reaching action that are essential to the regulation of our physiology and behaviour. This course seeks to develop students’ knowledge and understanding of the various hormonal systems of the body along with the different types of hormones and their specific regulatory functions. Causes and consequences of hormonal imbalances and dysfunctions on health and wellbeing are explained and clinical manifestations are presented complete with full associated balance protocols.

This course provides students with:

- Detailed information and balancing techniques for the 128 hormones and the 14 hormonal systems they pertain to, namely the hypothalamus, pituitary, gastro-entero digestive, thymus, blood sugar/pancreas, prostaglandins, adrenal corticoids, adrenal medulla, plasma and cell growth factors systems;
- In depth explanation of the 4 major types of hormones, the polypeptides, fatty acids, amino acids and steroids, and their specific characteristics and modes of action;
- Neurobiology of stress and the effects of stress hormones such as cortisol along with balancing techniques;
- Specialised treatments for the regulation of the menstrual cycle and related mood disorders, pregnancy hormones, neonatal and premenopausal disorders and gonadal steroid hormones on the central nervous system.

5 days
Prerequisite: 250 hours of Kinesiology & Formatting experience

Immune & Vaccination Pathways 1

The first part of this series covers the biochemical and physiological aspects of the immune system from that of the blood itself and the various cells involved in immune responses to the processes involved in ageing and development of cell aberrations such as cancer. Specialised techniques are provided that address the presence and effects of pathogens such as virus and bacteria and the impacts of vaccination on the body systems.

Immune & Vaccination Pathways 2

The second part of this course focuses on the actual processes that define the immune response and the mechanisms of action of each type of immune cells and pathogens. An extensive formatting system is introduced that include a large array of bacteria, viruses, fungi, parasites and toxins. Advanced balancing systems are taught to work with the liver enzymes, the four types of hypersensitivity reactions (allergies), transplants and autoimmune diseases. Finally techniques are provided to address stress and enhance or restore functions of the T helper and T killer cells, antigen presenting cells, mast cells and CD molecules.

7 days
Prerequisite: 250 hours of Kinesiology & Formatting experience
The ‘Body Structure Hologram’ is a unique course that tackles the difficult topic of balancing the body’s structure in a gentle energetic way.

These courses are developed around the structural aspects of the body from the complex joint units and their individual components to single elements such as smooth muscles and skin which play a vital role in maintaining essential bodily functions.

All the components of structure work synergistically meaning that injury, trauma or stress on one of the elements can significantly affect the proper functioning of the whole system. These courses aim to provide students with a thorough understanding of all main joint structures and supporting functions of muscles, bones, tendons, ligaments, cartilages, fasciae and dermatomes of the body. The ‘Body Structure Hologram’ is a unique course that tackles the difficult topic of balancing the body’s structure in a gentle energetic way.

These courses include:
- Balancing techniques for joints of the head and neck including cranial sutures, temporomandibular joint (TMJ), neck joints and hyoid bone structure;
- Balancing techniques for the upper body and limbs including torso, shoulder, elbow, wrist and hand joints;
- Balancing techniques for the lower limbs including the hip, knee, ankle and foot joints;
- Specialised balances for sensory organ muscles of the eye and middle ear along with muscles involved in speech and the dermatomes of the skin;
- Centrally nervous system and autonomic nervous system balancing protocols for both motor function and smooth muscle function;
- Gentle energetic muscle balances using chakras and meridians;
- Extensive database of formatting procedures and specific formats associated with every muscle, bone, tendon, ligament, fascial train, cartilage and dermatomes of the body.

7 days
Prerequisite: 250 hours of accredited Kinesiology & Formatting experience

This course provides an introduction into the body’s three main areas of neural stimulation: the brain, the heart and the enteric nervous system. Each of these areas has its own relative autonomy and plays vital roles in maintaining health and wellbeing. As they are essential to our growth, development and survival, these support systems often carry within their structures great amounts of stress accumulated over a lifetime.

Formatting is one of the unique techniques used in modern kinesiology modalities. It enables the practitioner to access and release stress from deep within the organisation of the nervous system by creating complex resonance patterns. By incorporating neurology into balancing, it allows you to work with stress at a deeper level by identifying precise areas of imbalance and by monitoring its impact on anatomy and physiology.

This course is a prerequisite for many advanced NK subjects.

2 days
Prerequisite: Principals of Kinesiology or Touch for Health

explores the neurological pathways of emotions along with their distinct functions and related physiological responses.

Strong emotions can be described as whole systems with specific sets of triggers and programmed bodily reactions. These systems stimulate us to ensure survival through feeding, reproduction, suppression of danger, learning of skills and behaviours, and development of proper social interactions.

Predetermined emotional responses can be activated in a wide range of situations and fulfill a number purposes in the evolution of mankind, however stress can trigger these systems in inappropriate circumstances causing unwanted reactions unfitting in their intensity.

This series provides students with a strong knowledge of the various neurological pathways involved in the activation of these emotional systems, their processing in the nervous system, the modulation of the response and its expression by the different body systems.

These courses provide students:

Unique kinesiology techniques to assist the body in releasing stress and responding appropriately, in a timely manner and with the right intensity.

Detailed information on each emotional system including functions, neurological pathways from stimuli to body response, biochemical activity of neurotransmitters.
Neuro-Emotional Pathways 1

is one of the most comprehensive and powerful techniques for working with the impact of stress on survival responses. It delves into the study of the brain function involved in the expression of the 5 basic survival emotions. These emotional pathways run specific programs designed for the survival of the human species. The aim of this course is to introduce students to the neurological pathways of emotional stimulation and the associated physiological responses along with unique techniques to balance challenging emotional states that are inappropriate or no longer needed.

This course provides students with:

Detailed information on areas of the brain involved with emotional processing and the modulation response initiated by the PAG along with investigation methods to detect stress in specific neurotransmitters, receptors, nutritional and spiritual aspects of each area;

Explanations of the five survival emotional systems of fear, rage, panic, seeking and care/nurture, including their origins, purposes and the effects of stress and imbalances on our emotional wellbeing;

Simple, step-by-step balancing techniques and corrections to release stress in a powerful way which integrate smoothly into other techniques or modalities.

4 days
Prerequisite: 150 hours of accredited Kinesiology & Formatting experience

Neuro-Emotional Pathways 2

explores areas of the brain involved in sexuality, arousal and sleep cycles and how they are adversely affected. Students will gain a strong understanding of the neurological processes involved in deep sleep, dreaming sleep, wakefulness and the development of sexuality through rough, tumble and play along with various states of imbalances associated with these systems.

This course provides students with:

In depth information on the structure, functions and connectivity of the thalamus and reticular formation in the brain essential to the awake state;

Analysis of the various effects of stress on the PLAY, LUST, NREM, REM and WAKING systems and the impacts of the basic survival emotions on these systems;

2 days
Prerequisite: NEPS 1

Neuro-Emotional Pathways 3

discusses stress itself as two separate systems, short-term and long-term stress and their associated pathways. The neurology of feeding and thirst, addiction and withdrawal and their associated emotional responses are explored. The transformational pathways of the mind from emotional processing to pure consciousness are explained along with neurological pathways of various states of spiritual awakening. This course aims to deepen students understanding of the human psyche and elaborates on many mental disorders and their suggested treatment techniques.

This course provides students with:

Discussion of the various theories of consciousness and the way they interrelate with neurology;

Detailed information on the ascending reticular activating system and its functions in relation with the various emotional systems discussed;

Analysis of the effects of stress on the two STRESS systems and the ADDICTIONS, WITHDRAWAL, FEEDING, THIRST, CONSCIOUSNESS, VIBRATION, PHYSICS DIMENSION and ARCHETYPICAL DIMENSION systems;

3 days
Prerequisite: NEPS 1

Neuro-Emotional Pathways 4

is focused around the processes of memory formation and recall in 2 distinct behavioural areas; that of emotional expression and learning.

1. The study of the 5 survival emotions is deepened in NEPS 4 as they are understood according to the impact of time and experience. This involves investigating the key area in the emotional processing stage to identify blockages and then balance that specific part of the pathway. Emotions can be expressed, suppressed and resolved. The suppression pathway is the most important for working with long term stored emotions in the body. Additionally emotional conditioning is also covered in instances where an emotion, has been conditioned to a specific stimulus, which previously was neutral. Cases of abuse and posttraumatic stress often have conditioning to the emotion fear.

2. Working with the processes involved in learning. Unique pathways are studied for visual and auditory function, as well as reading, which combines both. These are further divided into numeracy and literacy pathways. The different types of memory involved in learning are also studied from short term to long term and familiarity. Aptitude tests used by psychologists to assess these areas are covered for each of the types of memory and the pathways specific to the sensory input and neural function.
This course provides students with:

Excellent understanding of the different types of sensory input and how they affect memory;

Methods to identify the specifics of emotional functioning (suppression, expression, resolution) from a neurological level and facilitate the balancing of these processes; Techniques to work with emotional conditioning which can uncover the nature of the stimulus and directly impact PTSD and trauma sufferers;

Balancing techniques for specific pathways in the PAG for the 5 different survival emotions and how these are expressed or suppressed in the body;

Balancing techniques to work with learning processes in a step by step fashion from attention and memory to auditory and visual reception to numbers and words recognition.

4 days
Prerequisite: NEPS 1

Brain Hologram Series

This series of advanced courses explores in close detail all the aspects of the central and peripheral nervous system. Each area’s specific and associated functions along with other parts of the nervous system and body systems are explored. This methodical approach allows the development of unique and powerful balancing techniques that pinpoint the location of stress in any neurological pathways. Understanding the pathways to any conscious, subconscious or even unconscious processes and how they can affect every aspect of human life provides an extraordinary set of tools for practitioners to investigate and remove tremendous stress and restore optimal state for their clients’ greatest benefit.

10 days (taught as an intensive)
Prerequisite: 250 hours of Kinesiology & Formatting experience

Brain Hologram A

This course focuses on the cortex and limbic system with specific areas of application being explored including the brain lobes, Brodmann’s areas and limbic areas. Each nucleus and subnucleus is discussed along with their innervating fibres, neighbourhood and local fibres, limbic tracts and commissural pathways. Unique formations within these areas are also covered such as the six layers of the neocortex, hippocampal formation and entorhinal cortex. In depth functional information and balancing techniques are also provided on the basal forebrain, amygdala and basal ganglia and their involvement in the neurological circuitry of emotion and affective disorders such as depression, schizophrenia and manic depression.

Brain Hologram B

This course covers the structure and physiology of the brainstem, cerebellum and spinal cord along with their projections and innervation. The relay system of the thalamus, the hypothalamus, the feedback loops of the cerebellum and the various ascending/descending pathways. Unique formations within these areas are also covered such as the six layers of the neocortex, hippocampal formation and entorhinal cortex. In depth functional information and balancing techniques are also provided on the basal forebrain, amygdala and basal ganglia and their involvement in the neurological circuitry of emotion and affective disorders such as depression, schizophrenia and manic depression.

Brain Hologram C

Brain Hologram C is dedicated to the special senses of smell, sight, taste, hearing and the vestibular system along with the complex somatosensory and nociceptive systems and their respective neurological pathways. Areas of the brain and limbic system contributing to the processing of the information received from the sensory receptors and relayed by the thalamus are analysed along with their specific projections and outputs.

Brain Hologram D

Brain Hologram D explores the various optokinetic (reflex) pathways and their associations with the vestibular system, brainstem, cerebellum and motor cortex. Pathways related with reading and language are also analysed along with various conditions linked with learning.

Neurotransmitter Hologram

This course provides students with:

Detailed descriptions of 46 neurotransmitters along with their functions, target cells, specific receptors and modes of interactions;

Overview of consequences and health risks associated with excess or deficiency of neurotransmitters and their possible causes;

Balancing techniques for each neurotransmitter;

A database of health issues and their associated neurological pathways;

Innovative approaches adapted to specific conditions such as stress, aversion, OCD, addiction, chronic fatigue, sleep disorders, ADHD, panic, depression, anger and violent tendencies, social bonding, sexual dysfunctions, hunger and appetite control issues.

4 days
Prerequisite: 250 hours of Kinesiology & Formatting experience

Brain Hologram Series

This series of advanced courses explores in close detail all the aspects of the central and peripheral nervous system. Each area’s specific and associated functions along with other parts of the nervous system and body systems are explored. This methodical approach allows the development of unique and powerful balancing techniques that pinpoint the location of stress in any neurological pathways. Understanding the pathways to any conscious, subconscious or even unconscious processes and how they can affect every aspect of human life provides an extraordinary set of tools for practitioners to investigate and remove tremendous stress and restore optimal state for their clients’ greatest benefit.

10 days (taught as an intensive)
Prerequisite: 250 hours of Kinesiology & Formatting experience

Brain Hologram A

This course focuses on the cortex and limbic system with specific areas of application being explored including the brain lobes, Brodmann’s areas and limbic areas. Each nucleus and subnucleus is discussed along with their innervating fibres, neighbourhood and local fibres, limbic tracts and commissural pathways. Unique formations within these areas are also covered such as the six layers of the neocortex, hippocampal formation and entorhinal cortex. In depth functional information and balancing techniques are also provided on the basal forebrain, amygdala and basal ganglia and their involvement in the neurological circuitry of emotion and affective disorders such as depression, schizophrenia and manic depression.

Brain Hologram B

This course covers the structure and physiology of the brainstem, cerebellum and spinal cord along with their projections and innervation. The relay system of the thalamus, the hypothalamus, the feedback loops of the cerebellum and the various ascending/descending pathways. Unique formations within these areas are also covered such as the six layers of the neocortex, hippocampal formation and entorhinal cortex. In depth functional information and balancing techniques are also provided on the basal forebrain, amygdala and basal ganglia and their involvement in the neurological circuitry of emotion and affective disorders such as depression, schizophrenia and manic depression.

Brain Hologram C

Brain Hologram C is dedicated to the special senses of smell, sight, taste, hearing and the vestibular system along with the complex somatosensory and nociceptive systems and their respective neurological pathways. Areas of the brain and limbic system contributing to the processing of the information received from the sensory receptors and relayed by the thalamus are analysed along with their specific projections and outputs.

Brain Hologram D

Brain Hologram D explores the various optokinetic (reflex) pathways and their associations with the vestibular system, brainstem, cerebellum and motor cortex. Pathways related with reading and language are also analysed along with various conditions linked with learning.

Neurotransmitter Hologram

This course provides students with:

Detailed descriptions of 46 neurotransmitters along with their functions, target cells, specific receptors and modes of interactions;

Overview of consequences and health risks associated with excess or deficiency of neurotransmitters and their possible causes;

Balancing techniques for each neurotransmitter;

A database of health issues and their associated neurological pathways;

Innovative approaches adapted to specific conditions such as stress, aversion, OCD, addiction, chronic fatigue, sleep disorders, ADHD, panic, depression, anger and violent tendencies, social bonding, sexual dysfunctions, hunger and appetite control issues.

4 days
Prerequisite: 250 hours of Kinesiology & Formatting experience
THE PRIMITIVE REFLEXES &
THE BRAIN STEM 1, 2 & 3
The Primitive Reflexes

These courses explore the first reflexes present at birth and developed in utero from which are built the more complex coordinated functions of the nervous system during infancy and childhood. Proper integration of these reflexes in the first year of life ensures optimal development of neural function, physical, mental and emotional wellbeing.

As the nervous system develops and basic skills are learnt, reflexes are gradually integrated and evolve into complex neurological processes that produce well-adjusted responses to a wide range of stimuli. These advanced courses seek to analyse the results of inadequate integration of any of the primitive reflexes during infancy which often lead to learning and behavioural difficulties in later years. Specialised techniques are taught to target and release the long-term developmental stresses and facilitate late integration of reflexes.

This series of courses provides students with:

- Two major formatting systems for identifying and balancing stresses that have occurred during embryological and postnatal development;
- In-depth information and balancing techniques for neurological pathways of each category of reflexes;
- The Primitive Reflexes Level 1 explores reflexes associated with balance through the vestibular system, proprioception and somatosensation. The various neurological pathways for each reflex are studied along with results of inadequate integration, clinical manifestations and postnatal balancing techniques.
- The Primitive Reflexes Level 2 explores reflexes associated with the special senses of smell, sight, taste and hearing and their neurological pathways are investigated along with clinical manifestations of inadequate integration of these reflexes and the associated postnatal balancing techniques.
- The Primitive Reflexes Level 3 discusses the effects of stressors on the embryo in terms of their impact on proper integration of reflexes in postnatal developmental stages. Some of the potential causes or contributors of inadequate integration of reflexes are traced back to the early stages of development in utero and are considered from an energetic perspective, complete with associated embryological balancing techniques.

8 days
Prerequisite: 250 hours of Kinesiology & Formatting experience
(The Reflex 1 course can be done individually)

THE PATHOLOGY SERIES

Pathology A
Pathology B

Pathology Series comprises the most advanced kinesiology material available and in itself forms the Graduate Diploma of kinesiology. The series is built around the 11 body systems and provides extensive and detailed information on the anatomy and physiology of each system. Balancing techniques for all aspects of the specific physiologies of these systems are provided to cover a wide range of presenting health issues.

Each system’s specific pathologies are also explored along with techniques to work with both particular pathologies and undefined issues presenting in every system.

The aim of this series of courses is to provide practitioners with the most comprehensive knowledge available on the functioning of the human body, its associated pathologies and to offer a wide variety of balancing options to personalise and adapt treatments to each client’s specific health issues.

Pathology A
The first course in the series covers the urinary, digestive, cardiovascular, respiratory, haemolymphoid, endocrine and reproductive systems as well as the nervous system. Anatomy and physiology, various pathologies and health issues are explored along with energetic representations of the systems and how they are impacted by stress. An array of balancing techniques are taught to identify and release the stress in powerful and targeted ways.

Pathology B
The second course of the series offers a detailed view of the integumentary and musculoskeletal systems as well as the complex systems of the eye and ear. The sensory, somatosensory, proprioceptive and balance maintenance functions of these systems are analysed in detail along with their specific neurological pathways and associated pathologies. Balancing techniques are taught to fully investigate the areas and sources of stress related to specific or unknown health issues and to provide profound release from long-term stress.

10 days for each Section A & B
Prerequisite: 250 hours of Kinesiology
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