

# Five Element Fundamentals and muscle testing basics for manual therapists



Prerequisites: None

Duration: 2 Days

This workshop contains K-Power®'s basic toolbox. These six foundation skills enable you to apply muscle-testing knowledge to your specialty area.



## In this workshop you will learn:

- The fundamental concepts of Five-Element theory, the 'great-8' muscles;
- The CV and GV energy reservoirs;
- Six basic balancers - neuro-lymphatics, neuro-emotionals, neuro-vasculars, meridians, vertebral reflexes and nutrition;
- Four fundamental techniques - ESR, origin and insertion, spindles, golgi;
- Circuit locating and how to shift blocked energy using a powerful goal-oriented balancing process.

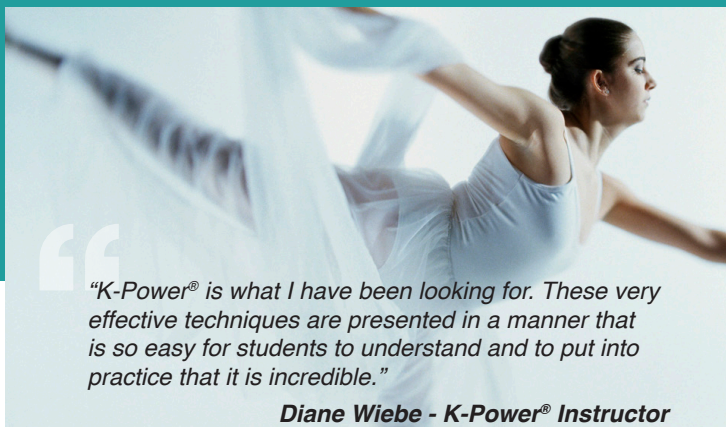


*In K-Power® we use muscles as indicators in much the same way that an electrician uses a multimeter. The accurate feedback the body gives through detecting muscular imbalances enables us to detect the source of energy imbalance in the body and whether they are, for example, structural, chemical, nutritional or emotional."*

*Dr Bruce Dewe, K-Power® Co-Founder*

## Making Professional Development Fun Again

K-Power® is a series of enjoyable, one or two day, workshops for Health Professionals. These experiential, hands-on workshops teach valuable skills and techniques you can use quickly, easily and safely to improve on present levels of health, wellness and function, in yourself and your clients, bringing the body back into balance.



*"K-Power® is what I have been looking for. These very effective techniques are presented in a manner that is so easy for students to understand and to put into practice that it is incredible."*

*Diane Wiebe - K-Power® Instructor*

## Educational Format

- Guided Experiential Learning - Hear a brief introduction to material and observe a live demonstration of each particular technique or skill.
- Students then work in pairs or small groups to experience and learn these new skills.
- Feedback Q&A and group discussion follow to maximize learning by drawing from each others' experiences as well.

*For a full list of workshops and information on becoming a K-Power® Instructor, please visit our website:*

[www.k-power.co.nz](http://www.k-power.co.nz)

*To register for a workshop or find out more, please contact your local K-Power® Instructor:*

