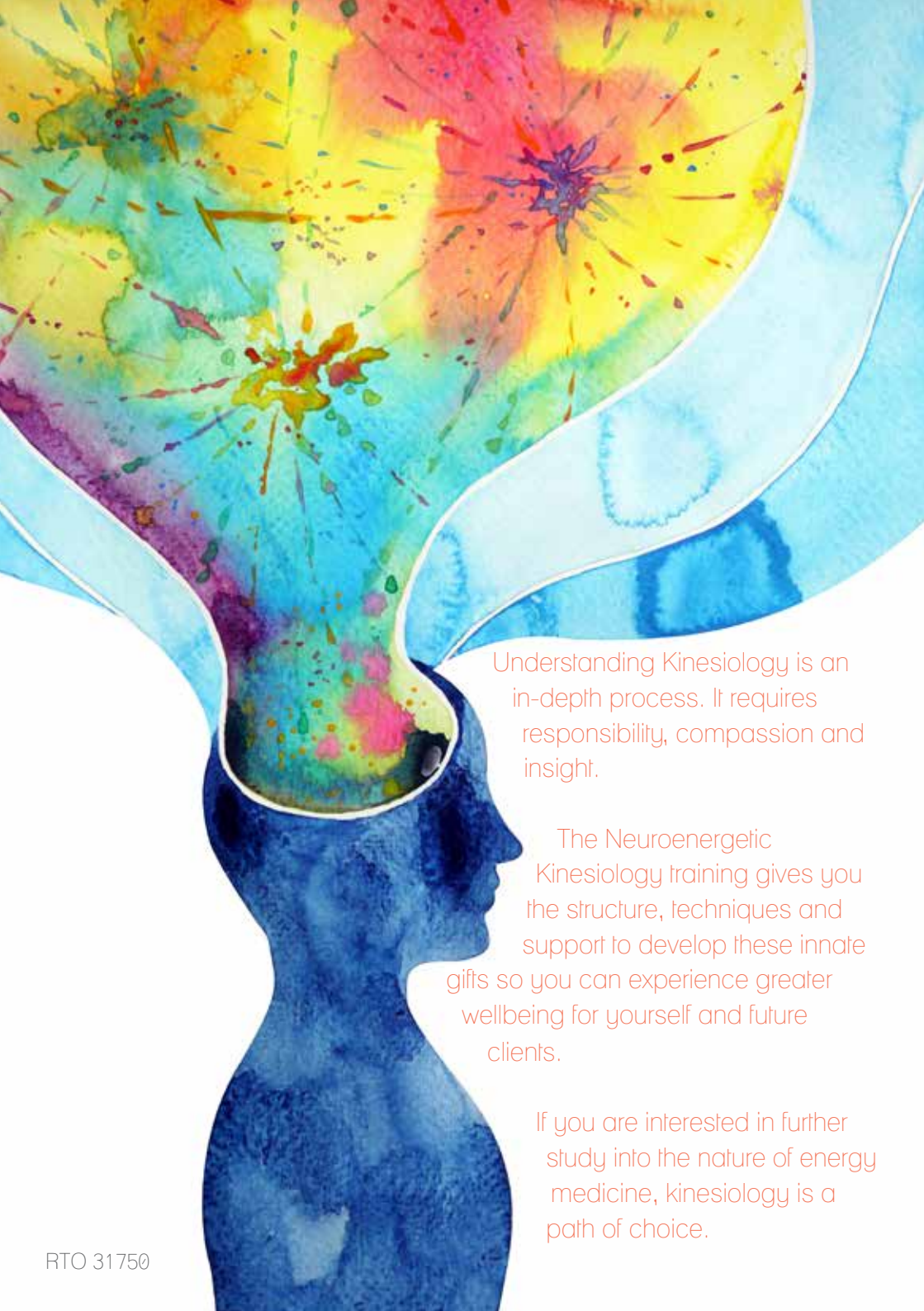




# Course Guide

RTO: 31750



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 energy medicine, kinesiology is a path of choice.

# Contents

About Kinesiology.....	4	- Body Structure Hologram Series.....	32
Why Study Kinesiology?.....	4	- Body Structure Hologram 1 & 2.....	32
What is Neuroenergetic Kinesiology?.....	5	- Hormone Hologram Series.....	33
Studying at NK Institute.....	5	- Hormone Hologram.....	33
Qualification Training Pathways.....	7	- Hormone Hologram B.....	34
Accredited Qualifications.....	8	- Hormone Hologram C & D.....	35
- 11317NAT Certificate IV in Energy Kinesiology.....	8	- Hormone Hologram E.....	36
- HLT52415 Diploma of Kinesiology.....	10	- Hormone Hologram H.....	37
- Double Qualification Pathways.....	13	- Immune & Vaccination Pathways 1.....	38
How are the qualifications structured?.....		- Immune & Vaccination Pathways 2.....	38
Non-nationally recognised kinesiology training.....	14	- Nutrition Hologram Series.....	39
- Neuroenergetic Kinesiology.....	16	- Nutrition Hologram A.....	39
Foundation Training.....		- Nutrition Hologram B & C.....	40
How to enrol.....	17	- Nutrition Hologram D, E & F.....	41
Payment structure.....	17	- Brain Hologram Series.....	42
FAQ.....	17	- Brain Hologram A & B.....	42
Workshop descriptors.....	20	- Brain Hologram C, D, E & F.....	34
- Principles of Kinesiology 1 to 4.....	20	- Neurotransmitter Hologram 1 & 2.....	46
- Principles of Kinesiology - MCOR.....	21	- Primitive Reflex Series.....	47
- Brain Formatting.....	22	- Primitive Reflexes & the Brainstem 1.....	48
- Physiology Formatting.....	22	- Primitive Reflexes & the Brainstem 2.....	48
- Balancing with the 5 elements.....	23	- Primitive Reflexes & the Brainstem 3.....	48
- Chakra Series.....	24	- Pathology Hologram Series.....	49
- Chakra Metaphors.....	25	- Advanced Physiology Series.....	53
- Chakra Hologram 1.....	25	- Online course delivery by video & app.....	60
- Chakra Hologram 2.....	26	- Courses with Kerrie McFarlane.....	61
- Celestial Chakra Hologram.....	26	- Courses with Alexandra Tobar.....	62
- Chakra Hologram 4 & 5.....	27	- Courses with Kendall Salzman.....	62
- Neuroemotional Pathways Series.....	28	- Courses with Sarah Cox.....	63
- Neuroemotional Pathways 1.....	28	- Courses with Steven Hansen.....	64
- Neuroemotional Pathways 2 & 3.....	29	- Courses with Daria Kovalchuk.....	66
- Neuroemotional Pathways 4.....	30	Contact.....	74
- Neuroemotional Pathways 5.....	31	Training Pathways.....	76



## About Kinesiology

Kinesiology was developed by chiropractors in the 1960's in the United States of America and has since evolved into a complex complementary therapy of its own. It is currently the fastest growing natural therapy in the world. Kinesiology uses muscle monitoring to identify, assess and correct imbalances in the body, thus promoting physical, emotional, mental and spiritual health.

Kinesiology offers a model of care which considers the deep connections between the physical aspects of the body

(such as bones, muscles, hormones, neurology etc.), the psychological aspects (thoughts, emotions, attitudes etc.) and the energetic structures that form our being (aura, chakras, nadis, meridians etc.). Muscle monitoring allows the practitioner to assess the stress levels in the physical and energetic structures and to identify the most appropriate technique to restore balance to the body. This eliminates the need for guesswork, thereby allowing the body to heal efficiently to achieve optimal health and vitality.

The techniques used to release stress include acupressure, reflexology, emotional stress release, sound healing (tuning forks), colour healing, flower essences, crystals, chakra balancing etc. Kinesiology is a true complementary therapy which can be successfully integrated into the practices of Naturopaths, Homeopaths, Herbalists, Traditional Chinese Practitioners and Massage Therapists among others. It has even been integrated into Dental practices.

## Why Study Kinesiology?

Various study pathways provide access to accredited qualifications recognised Australia-wide which are required for anyone wishing to pursue a professional career as a practitioner of kinesiology.

Kinesiology is also a modality that integrates smoothly into the practice of practitioners of other natural therapies. It includes an array of techniques that can be used on their own or as



additional tools alongside and within many complementary medicines.

Learning kinesiology concepts and techniques offers an excellent opportunity for self-discovery and assists on the journey to self-healing. It also provides effective practical tools to support yourself, your family and friends with health and wellbeing needs.

Whether you are looking for a new career in a fast-developing field, means to provide your relatives, friends or clients with the support and education they need to regain or maintain their wellbeing, studying kinesiology brings forth the opportunity to reach your personal and professional goals.

## What is Neuroenergetic Kinesiology?

Amongst the many modalities of kinesiology, Neuroenergetic Kinesiology (NK) is considered by many as the flagship of modern kinesiology and is taught all over the world. Developed by Hugo Tobar from the NK Institute, it integrates the ancient wisdom from China and India with complex modern

scientific knowledge in anatomy and physiology. By removing the blockages or stress from the body, it stimulates the self-healing mechanisms of the body through the energetic anatomy.

One of the primary characteristics that make NK a unique modality, is Tobar's extensive development of finger mode and acupressure formatting systems in all areas of the human anatomy, physiology and energetic structures, along with the holographic model of reality. This allows the practitioner to identify and access the exact location and nature of the stress (even if subconscious) affecting the individual and provides the practitioner with a tailored approach unique to the client and to the specific needs of the body.

## Studying at NK Institute

Founded by Hugo Tobar, NK Institute offers structured yet flexible student-focused educational packages. Our training options cater for all levels of interest and purpose from the person wishing to learn effective techniques to help family members and friends overcome stress-related issues,

*"To become a great kinesiologist takes a lot of dedication, so what you really need to be is passionate about helping others and your own personal development.*

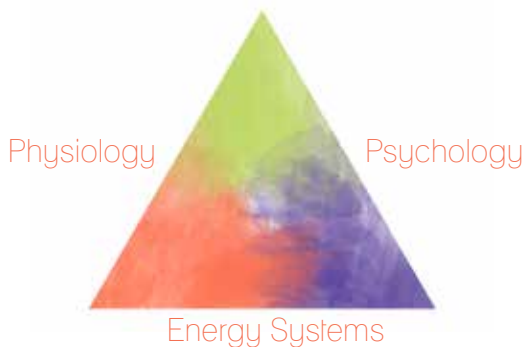
*If you figure out this is what you want to do we will welcome you with open arms."*

- Hugo Tobar



to the more dedicated student interested in developing specialisation skills at diploma, advanced diploma and graduate diploma levels. We offer a comprehensive subject list based on current scientific research and our training programs provide access pathways to Endeavour College's Undergraduate and degrees.

## Discover Your Unique Balance for Wellbeing



With our internationally recognised training workshops, we are the biggest kinesiology training organisation in the world today. Existing workshops are updated and new workshops are created on a regular basis to reflect the latest advances in kinesiology as well as the new developments in scientific research. The institute offers tuition in many Australian locations such as Brisbane, Melbourne, Perth, Rockhampton, Sydney and the head office in Murwillumbah, making it simple to transition to a different learning centre if you move. Our worldwide locations include Austria, Germany, Belgium, Hong Kong and the USA, with many

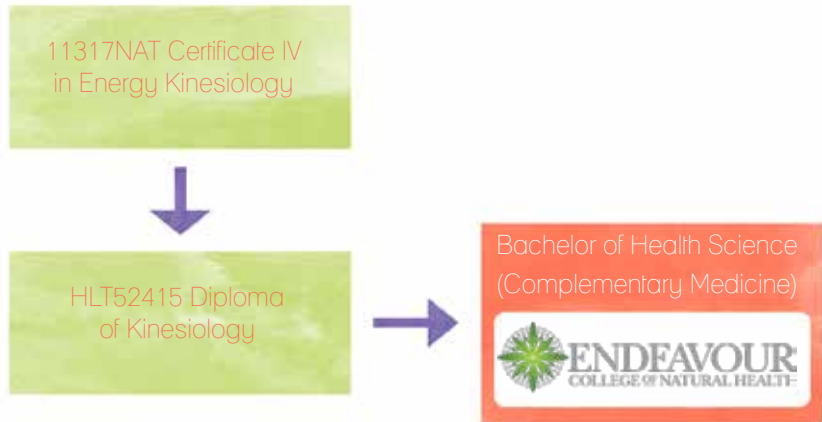
workshops being taught elsewhere upon request, such as Russia, Spain, Ireland, Netherlands, Japan and South America.

The institute aims to provide a supportive learning environment that is always respectful of each student's journey. We welcome students and graduates of other kinesiology colleges and recognise prior learning given that competency and proficiency requirements are met. Our training standards and the professional skills taught comply fully with the Australian industry best practice standards.



## Qualification Training Pathways

Our accredited training options are the most comprehensive in Australia and allow access to further studies at Endeavour College of Natural Health giving you unequalled potential for specialisation.



Training offered:

Introduction to Kinesiology - Foundations of Professional Study

11317NAT Certificate IV in Energy Kinesiology - AKA Level 4 Practitioner

*Includes: 50 practice hours with 20 supervised and 30 mentored hours*

HLTWHS004 Manage Work Health and Safety is required for AKA Level 4 Practitioner

HLT52415 Diploma of Kinesiology - AKA Level 5 Practitioner

*Includes: 200 practice hours with 50 supervised and 150 mentored hours*

Once you satisfy the requirements of the training you will be able to obtain the above levels of membership with the AKA and practice professionally.

### 11317NAT Certificate IV in Energy Kinesiology

This training program constitutes the entry level professional practitioner training and is most indicated for the student who wishes to start out a practice in the field of kinesiology. Whether a career change is in order or you are addressing a deep desire to help people regain their health in a natural, gentle way, the Certificate IV courses will provide you with skills and knowledge to attend to a wide range of health imbalances.

Additional to the workshops of the Certificate IV, this training includes our two most popular courses, Chakra Hologram 1 and Neuroemotional Pathways 1 – The Survival Emotions, providing 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. Completion of this training will allow you to obtain membership with the AKA and start working at the basic professional level (level 4) if you complete the required units of competencies, assessments, recorded clinical hours and an extra infection control or WHS unit. (The WHS unit is recommended if you want to continue with the diploma).

It also enables you to undertake additional workshops from our extensive offerings independently from any formal qualifications, as suits your time 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.

### Benefits of the Certificate IV in Energy Kinesiology

- Austudy Approved Course for up to 108 weeks
- Develops sound understanding of the impacts of stress on the expression of the 5 basic survival emotions and provides formatting techniques for associated behavioural patterns;
- Introduction to the biochemical pathways of the organ and glands associated with the 14 energy meridians and their energetic impact on vital anatomical processes
- Deepens knowledge of the 7 major chakras introduced in Foundation Training including balancing techniques for all their significant imbalances, archetype, belief patterns and impacts on their associated endocrine system;
- Sound understanding of the concepts of chi flow through the Chinese five elements and various meridian systems, identifying chi imbalances and their corresponding emotional states and the correction techniques.

Course Duration: 1.5 years

Entry requirements: No prerequisites



## 11317NAT Certificate IV in Energy Kinesiology Workshops

Workshops	Course Duration	AKA Category	AKA Hours
Principles of Kinesiology 1-4	8 days (4 weekends)	A	146
Brain Formatting	2 days	B	16
Chakra Metaphors	2 days	B	16
Balancing with the 5 Elements	2 days	B	16
Physiology Formatting	2 days	B	16
Chakra Hologram 1	4 days	B	32
Neuroemotional Pathways 1	4 days	B	32

### Units of Competency - Workbooks

Code	Unit	Category
HLTKIN001	Develop kinesiology practice	Kinesiology
HLTKIN002	Conduct indicator muscle monitoring	Kinesiology
NAT11317001	Address muscle imbalances	Kinesiology
NAT11317002	Address emotional imbalances	Kinesiology
NAT11317003	Address chakra imbalances	Kinesiology
NAT11317004	Address meridian imbalances	Kinesiology
HLTAAP002	Confirm physical health status	Anatomy & Physiology
CHCCOM006	Establish and manage client relationships	Communication
CHCDIV001	Work with diverse people	Communication
BSBESB401	Research and develop business plans	Business
BSBESB404	Market new business ventures	Business
CHCPRP003	Reflect on and improve own professional practice	Business
HLTAID003	Provide first aid	First Aid External Subject



This qualification is an approved course for Austudy for up to 108 weeks. You will need to meet residence rules, an income test and an assets test. You will also need to be over 25 years of age. NK Institute is an approved institution and our Centrelink number is 4P950

# HLT52415 Diploma of Kinesiology

Designed to provide students with one of the most comprehensive education programs available, this nationally accredited qualification is recognised by the peak kinesiology body, the Australian Kinesiology Association (AKA) and the Australian Traditional Medicine Society (ATMS). This 2.5-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.

This qualification is highly regarded as the benchmark in the complementary medicine industry for both kinesiology practice standards and professional opportunities. Whether you wish to establish a practice at home or to work from an existing clinic, the Diploma of Kinesiology provides you with the competences and knowledge to create and manage a successful business. It allow you to develop the confidence you need to attract clients, build professional relationships and a solid reputation.

## Benefits of the Diploma of Kinesiology

- Develops sound knowledge and understanding of Traditional Chinese Medicine and yogic principles as well as numerous corresponding applications and techniques
- Provides substantial scientific knowledge as framework in understanding and working with complex health conditions
- Explores the connections between nutritional and energetic aspects of food and their respective impacts and contributions on overall health and wellbeing
- Carries detailed information on the anatomy and physiology of all body systems, structures and their interactions along with the systemic effects of imbalances and stress



- Delivers a wide range of balancing and correction techniques for all body and energy systems and methods to use them in conjunction with one another to suit each presenting condition for the best possible outcome.
- Accredited with the AKA & ATMS

Entry requirements: No prerequisites

Course duration: 2.5 years



## HLT52415 Diploma of Kinesiology Workshops

	Workshops	Course Duration	AKA Category	AKA Hours
Year 1	Principles of Kinesiology 1-4	8 days (4 weekends)	A	146
	Brain Formatting	2 days	B	16
	Chakra Metaphors	2 days	B	16
	Balancing with the 5 Elements	2 days	B	16
	Physiology Formatting	2 days	B	16
	Chakra Hologram 1	4 days	B	32
	Neuroemotional Pathways 1	4 days	B	32
Year 2 & 3	Chakra Hologram 2 (odd)	4 days	B	32
	Celestial Chakra Hologram (odd)	4 days	B	32
	Neuroemotional Pathways 2 & 3 (even)	5 days	B	40
	Neuroemotional Pathways 4 (odd)	4 days	B	32
	Body Structure Hologram 1 (even)	4 days	B	32
	Body Structure Hologram 2 (even)	3 days	B	24
	Hormone Hologram (even)	5 days	C	40
	Immune & Vaccination Pathways 1 (even)	4 days	C/A&P	32
	Nutrition Hologram A (odd)	4 days	C/Nut	32
	Nutrition Hologram C (odd)	4 days	C/Nut	32

*N.B. Three Chakra hologram workshops can be done separately or as ten day intensive Courses in years 2 & 3 are only taught every 2 years, those marked 'odd' are taught in odd years (e.g. 2021, 2023) and those marked even are taught in even years (e.g. 2020, 2022).*

### Units of Competency - Workbooks

Code	Unit	Category
HLTKIN001	Develop kinesiology practice	Kinesiology
HLTKIN002	Conduct indicator muscle monitoring	Kinesiology
HLTKIN003	Perform kinesiology assessments	Kinesiology
HLTKIN004	Provide kinesiology balances	Kinesiology
HLTKIN005	Monitor and evaluate client progress	Kinesiology
NAT11317001	Address muscle imbalances	Kinesiology
NAT11317002	Address emotional imbalances	Kinesiology
NAT11317003	Address chakra imbalances	Kinesiology
NAT11317004	Address meridian imbalances	Kinesiology

BSBESB401	Research and develop business plans	Business
BSBESB404	Market new business ventures	Business
CHCPRP003	Reflect on and improve own professional practice	Business
CHCLEG003	Manage legal and ethical compliance	Legal & Ethics
HLTWHS004	Manage work health and safety	Work Health & Safety
HLTAAP003	Analyse and respond to client health information	Anatomy & Physiology
CHCCOM006	Establish and manage client relationships	Communication
CHCDIV001	Work with diverse people	Communication
HLTHPS010	Interpret and use information about nutrition and diet	Nutrition
HLTAID003	Provide first aid	First Aid External Subject

Attendance at all kinesiology workshops, completion of all units and 200 recorded practice hours are required to obtain the qualification. Completion of the Diploma of Kinesiology qualification

allows professional membership with the Australian Kinesiology Association (AKA) as a Level 5 Kinesiology Professional Practitioner and as a professional member of the ATMS

Anchored in Science



Spiritual in Essence

One of the benefits of studying the HLT52415 Diploma of Kinesiology with NK Institute is the ability to include the 4 kinesiology specific units from the 11317NAT Certificate IV in Kinesiology as your chosen electives. This means you spend more time learning kinesiology when you study with NK Institute! We also offer a Double Qualification Pathway that includes both qualifications for the same price (see following page for details).



## Double Qualification Pathway

### 11317NAT Certificate IV in Energy Kinesiology

### HLT52415 Diploma of Kinesiology

Get the two qualifications for the price of one. The benefits of the double qualification pathway are as follows:

- Same cost as the HLT52415 Diploma of Kinesiology
- Austudy Approved Course\*
- AKA membership available
- Same timeframe to study
- No extra work to obtain both qualifications as the diploma.

#### Units of Competency - Workbooks

Code	Unit	Category
HLTKIN001	Develop kinesiology practice	Kinesiology
HLTKIN002	Conduct indicator muscle monitoring	Kinesiology
HLTKIN003	Perform kinesiology assessments	Kinesiology
HLTKIN004	Provide kinesiology balances	Kinesiology
HLTKIN005	Monitor and evaluate client progress	Kinesiology
NAT11317001	Address muscle imbalances	Kinesiology
NAT11317002	Address emotional imbalances	Kinesiology
NAT11317003	Address chakra imbalances	Kinesiology
NAT11317004	Address meridian imbalances	Kinesiology
BSBESB401	Research and develop business plans	Business
BSBESB404	Market new business ventures	Business
CHCPRP003	Reflect on and improve own professional practice	Business
CHCLEG003	Manage legal and ethical compliance	Legal & Ethics
HLTWHS004	Manage work health and safety	Work Health & Safety
HLTAAP002	Confirm physical health status	Anatomy & Physiology
HLTAAP003	Analyse and respond to client health information	Anatomy & Physiology
CHCCOM006	Establish and manage client relationships	Communication
CHCDIV001	Work with diverse people	Communication
HLTHPS010	Interpret and use information about nutrition and diet	Nutrition
HLTAID003	Provide first aid	First Aid External Subject

\*Austudy is only available for 11317NAT Certificate IV in Energy Kinesiology. Once you have graduated from this qualification Austudy will no longer be available.

NK Institute is an approved institution and our Centrelink number is 4P950



## How are the qualifications structured?

### Workshops

The workshops are where you build on the practical tools and protocols for your kinesiology practice and learn the practice skills that enable you to provide kinesiology balances and perform health assessments.

The workshops are led by experienced kinesiology practitioners who are also qualified in training and assessment. You will find the workshops very hands-on with plenty of time given to practicing and developing the skills you are taught while also being closely monitored and coached throughout.

### Workshop Practicals

A practice session of 3-4 hours follows each of the first-year courses of the HLT52415 Diploma of Kinesiology. This period of supervised practice ensures that each student has a good understanding of the basic concepts and techniques before moving on to more advanced balancing protocols.

### Assessments

To complete the requirements of each qualification students must be assessed against proficiency and competency criteria.

Proficiency standards refer to the practice of the skills learnt during workshops.

Students are assessed as they practice their new techniques throughout the courses to ensure learning.

Competency standards refer to the units of competency developed throughout each workbook. They include theory assessments to test for the knowledge criteria associated with each unit and practical assessments which evaluate the skill sets developed in these units.

You need to be competent in all assessment tasks in order to be awarded your qualification.

### Practicums

The last part of the training is the application of all the techniques and knowledge you have learned in the format of clinical practice. This is the exciting part of your training where your studies come to life. As part of the course requirements and to satisfy the membership requirements of the Australian Kinesiology Association (AKA) and ATMS, students must complete and record 200 hours of supervised/mentored practice outside of the workshops on the public.

### Supervised student clinics

50 hours of this will be scheduled on specific dates over the 1.5 years after the first year of training. Students will work with a variety of clients mainly provided by the school under the supervision of a registered clinic supervisor.

### Mentored hours

The remaining 150 hours is completed in your own time. You will be responsible for arranging your own appointments with practice clients during your qualification. These hours will be mentored by an experienced kinesiologist who is registered as a clinic mentor.

NK Institute offers regular individual and group opportunities to share your case study findings.

Each client appointment counts as 1.5 hours towards your 150 hour total, thus requiring you to complete around 100 client appointments in your own clinical practice. Multiple client sessions can be mentored in one sitting.

Mentoring sessions allow valuable shared learning experiences across the learner group.

#### A note on kinesiology practice for the 200 hours

- All sessions must be with a person that is a non-kinesiologist and sessions between students will not be counted.
- 40 unique clients must be included

- 10 of these must be seen at least 3 times
- Clients must include a range of variables including male and female, from different stages of life with different presenting symptoms

#### Important note for all learners

The HLT52415 Diploma of Kinesiology is structured so that it may be completed over 2.5 years. Some students, however, take longer to complete their qualification and that is acceptable. Completion times for learners may vary between individuals for reasons including but not limited to:

- Available time to complete supervised hours
- Missed scheduled workshops and/or assessments
- Personal reasons



## Non-Nationally Recognised Kinesiology Training

For those who do not wish to obtain a full qualification and go on to practice professionally but still want to learn some powerful techniques to be used on self, family and friends, NK Institute offers two exit pathways of non-accredited training. If you enrol in the diploma qualification, you can opt to only complete the first 6 months of training which forms the NK Foundation Training or you can go on

to complete the first full year of training constituting 10831NAT Certificate IV in Energy Kinesiology. In some cases, the latter may give you access to the Level 4 membership of the Australian Kinesiology Association (AKA) given that you complete the required units of competencies, assessments and clinical hours. As well as our WHS unit of competency.

# Neuroenergetic Kinesiology Foundation Training

Designed to give you a sound insight into the world of kinesiology, the tools and information you receive throughout this training package will help you decide if a career path in this modality is your next big step.

This introductory training program might be just what you have been looking for if you have a strong interest in natural therapies, a commitment to a healthy and more fulfilled approach to life and a will to improve yours and your loved ones' happiness and wellbeing.

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

## Benefits of the Foundation Training

- Introductory level courses developed with the practitioner in

mind offering high levels of both theory and practical knowledge;

- Excellent foundation into Traditional Chinese Medicine concepts and the yogic energy centres of the chakras and how kinesiology can make use of these comprehensive systems;
- Provides the skills to balance various areas of the brain related to processing at the conscious, emotional and instinctual levels;
- Develops understanding of the relationship between energetic anatomy and behavioural traits and how to incorporate these discoveries into a treatment session;
- Allows you to work with the 3 most important neurological organisations in the body: the brain, the heart and the gut.

Course Duration: 6 months

## Neuroenergetic Kinesiology Foundation Workshops

Workshops	Course Duration
Principles of Kinesiology 1	2 days
Principles of Kinesiology 2	2 days
Principles of Kinesiology 3	2 days
Principles of Kinesiology 4	2 days
Brain Formatting	2 days
Chakra Metaphors	2 days



## How to Enrol

When you are ready to enrol, contact our office on 0427 102 346 or send us an email at [admin@nkinstitute.com](mailto:admin@nkinstitute.com) to obtain the enrolment forms.

## Payment Structure

### Enrolment Fee

The only upfront fee is the enrolment fee of \$200. If enrolling into the double diploma qualification, it is still only the one enrolment fee of \$200.

### Workshops

Pricing varies according to the length of each workshop and the number of manuals associated with the courses. You will be invoiced for each workshop one month in advance and payment is expected prior to the start of each workshop. You may contact the office for advice on payment plan options.

### Workbooks & Assessments

Each workbook associated with the various units of competency is \$300. This includes a digital copy of the workbook, access via download links to the student assessment documents and the assessment of each unit. These are charged and distributed according to the training schedule.

### Practical Training

The practical training for the diploma will be charged on a yearly basis for a total of \$2,520 over the 2.5 to 3-year period of the qualification with an annual fee of \$840. This charge will cover the 50 hours of student clinic and mentoring of 150 clinical practice hours. For the Certificate IV it will be charged once.

## FAQ

### Are there many assessments?

The qualifications are built around a series of on-going practical and written assessments. To obtain the qualifications, learners are required to complete all tasks successfully. There are practical assessment tasks involved around each workshop as well as written and practical tasks associated with each unit of competency (workbook).

### Is there a fixed schedule or deadlines for the workbook assessments?

NK Institute has created a study schedule around the workshops. However, the written work is designed as self-paced study, which means you are free to complete the theory assessments at your own pace, as long as they are handed in by the deadline assigned by your instructor. It should be noted though that the practical assessment dates and supervised sessions are set and learners are required to attend these to for their practical assessments.

### How am I assessed?

All assessments are competency-based. This means there are no grades or percentages. For written theory assessments, there are model answers the assessor is looking for. For the practical assessments, there are fixed performance criteria you are assessed against. If you fail to give the model answer or demonstrate a performance criterion, you are then given feedback by your assessor and have a chance to try again. NK Institute allows up to three re-submissions. If you are still deemed 'not yet competent' after three attempts,

your assessor will work out an action plan and follow-up study/practice before re-assessing you again.

#### Student Online Platform - LMS (LEARNER MANAGEMENT SYSTEM)

This is where theoretical learning and assessment modules are accessed via your own online student portal.

Here you will download learner guides and resources; and upload your theory tasks, projects and assessments. It will also include assessment checklists for clinical practicum.

Practical learning and assessment is undertaken during workshops, student clinics, mentoring and practical sessions.

#### What if I miss a scheduled practical assessment day?

While it is recommended that you attend all your assessment days and keep up with the schedule, we do understand that things happen and learners may miss an assessment day for reasons that cannot be helped. If you miss one of the assessment days, opportunity will be made for you to do catch-up on future assessment days where possible, depending on time availability and how much was missed. Students who are unable to make up all their practical assessments within the scheduled timetable also have the option to join other assessment groups or future assessment days in the following year's schedule. Missed supervision days may need to be made up in the following year.

#### What if I miss a workshop?

If you miss a workshop, you must do it

at a future date (when next scheduled) before you can obtain your qualification, although it will not affect your ability to continue to attend other workshops at the same level if you satisfy the prerequisite for these workshops.

#### Will I be able to work as a professional kinesiologist after I complete my course?

The HLT52415 Diploma of Kinesiology is designed to offer the best tools and knowledge possible for students looking to work professionally as kinesiologists. Working as a professional kinesiologist involves a lot more than gaining a qualification. At NK Institute, we will not only teach you the knowledge and skills to offer kinesiology balances to clients but we will provide you with ample hands-on practice to better appreciate the complexities of building strong professional relationships. We will help you identify your practice goals and develop your business plan and we will guide you throughout the many steps of the process of the small business start-up.

#### What are the career opportunities for someone who completes the HLT52415 Diploma of Kinesiology?

Possibilities include:

- Working from home
- Working from a commercial space
- Working in a kinesiology clinic with other kinesiologists
- Working in a multi-modality health centre
- Working with a professional sports team or corporate company

Kinesiology is a relatively new modality which has been growing steadily since

the mid-2000s. We recognise the potential untapped markets out there and the opportunity they represent for anyone with entrepreneurial inclinations. Whilst kinesiology clinics or opportunities in the corporate world may still seem few and far between at this stage, those with motivation, vision and resourcefulness can create a most successful career path in what is mostly a still unexplored field.

### Who designs and develops your material?

As the founder of Neuroenergetic Kinesiology, Hugo Tobar has been introducing new kinesiology concepts and techniques to the world since 1998. After completing a diploma of kinesiology in Melbourne during the nineties, he went on to further his knowledge of the specialty with renowned practitioners such as Charles Krebs (LEAP), Richard Ulf (Applied Physiology) and Ian Stubbings (SIPS).

Taking inspiration from a wealth of knowledge and experience such as his 3-year immersion into Indian spirituality, his strong Ecuadorian cultural background, his studies of Civil Engineering and a life of travels, Hugo started developing his own ideas and concepts around the existent kinesiology techniques and identified new uses and opportunities to explore. His material was quickly endorsed by Charles Krebs who facilitated the introduction of Hugo's innovations to the US and the rest of the world in 1999 and which marked the start of a long fruitful teaching career.

Hugo has since written over 105 courses (81 still currently taught) and

122 publications in Kinesiology which are being taught in various countries around the world. He still actively teaches all advanced courses and regularly publishes new material.

He founded the NK Institute in 2008 from where he teaches an increasingly growing number of students the many techniques that form the core of Neuroenergetic Kinesiology.

### Can I continue my professional development after completing the HLT52415 Diploma of Kinesiology?

The skills and knowledge you gain from the HLT52415 Diploma of Kinesiology are adequate to prepare you for work as a professional kinesiologist. However, most learners who are serious about taking up kinesiology as a professional career never cease studying and learning. The further you go with your learning, the greater the impact you can potentially have on the health and wellbeing of others. Undertaking further studies allows learners to broaden their skill base and move into more specialised areas. NK Institute offers a wide range of advanced courses and trainings from which students can choose from to further their learning and specialisation skills.



## Workshop descriptors

### Principles of Kinesiology 1 to 4

This exciting introductory course provides skills to be used throughout your kinesiology career. You will learn all about the theories of the human energetic anatomy and how it can be accessed. You will also learn how muscle testing works and how meridians and chakras are connected to muscles, emotions and organs.

What is exciting about this course is that it was created after Hugo Tobar developed more complex courses specifically to prepare beginners with the theory and techniques for more complex study. It is one of few introductory courses that include the 8 extraordinary meridians, divergent channels, connecting channels and muscle meridians. This more extensive understanding of Traditional Chinese Medicine concepts deepens the beginner student's knowledge and appreciation of the origins and development of kinesiology.

These courses provide students with:

- 2 Comprehensive manuals
- Brief history of kinesiology
- Concept of the Triad of Health including NK's unique Balance Triangle
- Understanding muscle testing as a stress assessment tool
- Understanding the 4 stages of stress

- Concept of 'Powers of Stress' and why it is used in kinesiology
- Essential concepts from Traditional Chinese Energy Medicine such as 5 Element Theory, Ying Yang Theory, 14 Meridians & the story of chi
- Emotions of the 5 Elements & 14 Meridians
- Introduction to Human Energy Anatomy
- Introduction to Neuro Reflexes and how they work
- Introduction to Finger Modes (Mudras)
- Muscle Testing & the indicator muscle
- Kinesiology Prechecks
- Introduction to Pauselock & a neurological model of how it works
- 20 Muscle tests and correction techniques for 20 Meridian – Organ Relationships
- Reactive Muscle procedure
- Introduction to muscle meridians & how to balance them
- Introduction to 8 Extra Meridians & how to balance them
- Introduction to Divergent Channels & how to balance them

*"The cure of the part should not be attempted without treatment of the whole."*

*"No attempt should be made to cure the body without the soul and if the head and the body are to be healthy, you must begin by curing the mind."*

*"For this is the great error of our day in the treatment of the human body, that physicians first separate the soul from the body."*

*- Plato -*



- Introduction to different types of Connecting Channels & how to balance them

Duration: 8 days (4 x 2 days)

Prerequisite: None

## Principles of Kinesiology - The Muscle Chakra Organ Relationship (MCOR)

The course that inspired Chakra Hologram 5. Modern day Energy Kinesiology is based on the idea discovered by George Goodheart that connected the muscle tests first developed by Kendall and Kendall to meridians. This allowed the possibility of correcting a muscle test that shows an imbalance with a meridian correction. This became the foundation of Applied Kinesiology and was exported from there into other Energy Kinesiology modalities such as 'Touch for Health' and 'Applied Physiology'.

Other correction techniques are found in Applied Kinesiology and other Energy Kinesiology modalities such as different neuro reflexes (such as Neurovascular and Neurolymphatic reflexes) and manual techniques (origin and insertion technique).

Using chakras and other aspects of the energetic anatomy wasn't included in these kinesiology modalities.

In 1998 when Chakra Hologram 1 was developed by Kerrie McFarlane and Hugo, Kerrie had included muscles in some of the chakra balances according to the chakra/nerve relationship. As muscles are innervated by nerves, then the muscles can be included in the chakra balance if the muscle is innervated by the same nerve as the chakra is connected with.

In 2010 in the Principles of Kinesiology 1 manual, chakras were included as a correction for muscles according to the muscle/nerve/chakra relationship. Now in MCOR there are over 40 organs looking at the different types of innervation and their related muscles

This course provides students with:

- Chakra Connections with the Sympathetic Nervous System
- Chakra Connections with the Parasympathetic Nervous System
- Chakra Connections with the General Visceral Afferent System
- Understanding of how visceral reflexes work
- Understanding how Neurovascular & Neurolymphatic Reflexes connect with the Peripheral Nervous System
- Muscle Relationships for Organs according to the nerves they are innervated by.
- Muscles for the Sympathetic Nervous System, for over 40 organs
- Muscles for the Parasympathetic Nervous System, for over 40 organs
- Muscles for sensory organs that are connected to their sensory function
- Immune System Protocol
- Digestive System Protocol
- Circulatory System Protocol
- Respiratory System Protocol
- Reproductive System protocol
- Protocol for different sensory systems
- Plus many other protocols

Can be used as an Embodiment Procedure without any kinesiology

Duration: 4 days

Prerequisite: Knowledge of muscle testing recommended but not essential

## Brain Formatting

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.

These courses provide students with:

- Introductory knowledge of the nervous system
- Introduction to the theory of acupressure formatting
- Procedures for 9 primary brain areas using their acupressure formats
- Introduction to Jaw Stacking
- Procedures for 3 specific brain areas using jaw stacking
- Procedure for PAG emotions using jaw stacking
- Procedure for the Heart Brain
- Procedure for the Enteric Nervous System

**Duration:** 2 days

**Prerequisite:** Principles of Kinesiology

## Physiology Formatting

This workshop takes you on a journey through the vital processes for living systems - oxygenation, hydration and energy production. This course extends the concepts of formatting introduced in Brain Formatting and applies these concepts to the physiology of the organs and glands associated with the 14 meridians. You will learn to work with twenty-five organs and glands associated with these meridians.

The procedures include the relevant formats for hormones, neurotransmitters and nutrients involved in these vital processes. Mastering the art of working with the body system organs and glands perfectly complement the previous study into energy systems and the brain as well as provide an excellent foundation into advanced study of biochemistry.

These courses provide students with:

- Introductory knowledge to basic biochemical processes such as oxygen availability, water availability & energy production
- Acupressure formatting & procedures for the basic biochemical processes above
- Procedures for 21 organs applying the procedures above

**Duration:** 2 days

**Prerequisite:** Brain Formatting

## 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.

These courses provide students with:

- Introduction to the 5 Elements including the sheng & ko cycles

- States of balance and imbalance in the 5 elements
- Emotions of the different states and cycles of the 5 elements
- Command points of the 5 elements
- Indicator points of the 5 elements
- Techniques to assess states of imbalance & emotions in the 5 elements and their cycles
- Tonification & sedation acupoints of the 14 meridians
- Emotions of the 14 meridians
- Meridian chi flow procedure
- Meridian chi flow procedure with emotions
- Introduction to the 8 extra meridians and their emotions
- Tonification & sedation acupoints of the 8 extra meridians
- Eight Extraordinary Meridian Emotion Procedure

Duration: 2 days

Prerequisite: Principles of Kinesiology or Touch for Health

*"The power of  
kinesiology is...*



*making the  
unknown, known"*

*- Hugo Tobar*

## Chakra Series

This series of courses explores many of the body's chakras or energy centres, their interrelations through the nadi system and their local and systemic effects on the body as well as the overall wellbeing of a person. 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, 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.



### These courses provide:

- 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, including the physical structures;
- 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 powerful nadi and kundalini holograms
- Symbolic representations of the belief patterns associated with imbalanced chakra states in the form of archetypes and narratives Hologram and Kundalini Hologram.
- Three Chakra hologram workshops can be done separately or as a ten day intensive

## Chakra Metaphors

This introductory course presents the energetic anatomy of the chakras and their impacts on emotional and psychological states and life experiences. The aim of the course is to help students develop an understanding of the six states of a chakra and the effects of chakra stress on human behaviour. Various behavioural patterns associated with imbalances of the major chakras and some key minor chakras are discussed along with balancing techniques to work on these imbalances.

This course provides students with:

- Understanding of the yin and yang aspects of chakras and chakra expression;
- Techniques to investigate the state of each chakras and draw a chakra profile of the major chakras and some minor chakras;
- Detailed information on the effects of chakra imbalances on behavioural, emotional and psychological state;
- Charts of characteristic emotions and behaviours associated with each chakra and its state specific state;
- Unique chakra balancing techniques to be used for chakra imbalances as well as foundation correction tools for kinesiology work.

Duration: 2 days

Prerequisite: Principles of Kinesiology or Touch for Health

## Chakra Hologram 1

This course explores the 7 major chakras and their representations when in a state of imbalance by accessing the plane of the aura in which the aberration occurs and correlating the location with its actual meaning. The aim of the course is to teach students to use the hologram techniques to pin point the area of stress in the chakra layers to bring a behavioural issue or pattern to the conscious mind for release and correction. Physiological aspects of the human body linked to the major chakras are discussed such as the endocrine system with its glands, hormones and blood supply and techniques are offered to balance both chakra and physiological imbalances.

This course provides students with:

- Complete explanations of theosophical concepts and Hindu traditions providing the background to the idea of chakras and their use in the kinesiology practice;
- Balancing techniques for the 7 major chakras on all seven planes of the aura along with significance of imbalances;
- Detailed information on the interactions between each of the chakras and their associated aspects of the endocrine system;
- Specialised techniques offering targeted and multifaceted releasing action for various aspects of stress surrounding a particular issue.

Duration: 4 days

Prerequisite: 100 hours of accredited kinesiology & Brain Formatting

## Chakra Hologram 2

This workshop is structured around 24 minor chakras for which imbalance states over the various planes of the aura are discussed. These chakras are energy centres related to sensory organs, body organs present and past such as that of the placenta, and joint structures of the limbs whilst the minor chakras of the head pertain to issues of suppression and life purpose. This course seeks to provide balancing techniques for the physiological aspects of the minor chakras along with their associated belief patterns.

This course provides students with:

- Thorough definitions of each of the 24 minor chakras discussed including their functions on an energetic level, their associated belief patterns on each plane of the aura, the various states of imbalances and their characteristics, and the anatomy and physiology of related body parts;
- Balancing techniques for 24 minor chakras as well as teaching of the Chi Formation technique;
- In depth discussion on the connections between physiological structures of the body and clinical manifestations of imbalances in the associated energy centres of the minor chakras;
- Strong focus on influences of the minor chakras on visual and auditory pathways, joint structure and functions and the lasting influence of the placental chakra.

Duration: 4 days

Prerequisite: 100 hours of accredited kinesiology & Brain Formatting

## Celestial Chakra Hologram

This course addresses the five outer-body chakras which influence deeply the spiritual development and self-awareness of a person. These chakras allow universal energy to flow into the 7 planes of the aura and soul and express an individual's higher purpose in line with the divine. The aim of this course is to develop awareness and understanding of how karmic residues, archetypes, belief patterns and connection with both universal love and the Earth contribute to shaping one's life experiences, soul realisation and expression of higher self through creativity in this lifetime and in the soul's greater journey. The nadi system and its interactions with the nervous system are explained and balancing techniques are offered for imbalances associated with the outer-body chakras.

This course provides students with:

- Detailed explanations of the concepts surrounding the outer-body chakras, their functions and impacts on major life events, and the manifestations of their imbalances;
- Specialised balancing techniques for the 6 outer-body chakras along with powerful innovative approaches to work with Kundalini, the nadi system for etheric repair and the other major and minor chakras;
- Extensive information on the interconnectedness of the nervous and nadi systems and how universal energy proceeds to flow from the chakras to nervous pathways and into the whole body.

Duration: 4 days

Prerequisite: 100 hours of accredited kinesiology & Brain Formatting



## Chakra Hologram 4

In Chakra Hologram 1 and 2 and the Celestial Hologram, the transductional holograms used were useful in analysing the different 'layers' of the chakra which make up the chakra's structure. This course analyses the function of the 7 major chakras which has not been done before in kinesiology. It looks at the different types of Pranecules, which are the carrier particles of Pranic force and how prana transduces from plane to plane. Samskaras, which are our compensatory behaviours (eg. Samskara "I am inadequate and a failure", compensation "I have to be overly competent and confident so that I can be recognised") are also explored.

**This course provides students with:**

- Advanced major chakra physiology and pranacules balancing.
- Samskara balancing which dissolves the distortions of reality created by our samskaras. This allows us to learn how to understand our own personal life imbalances, the behaviours that result and the compensations we create to accommodate these states.
- Sacral Chakra Pheromone balance - sexual activation
- Throat Chakra Truth-Lie balance – the 14 forms of lying by Stephen Wolinsky PhD
- Chakra Activation (Reflex) balance
- Internal Meridian Hologram balance

**Duration:** 4 days

**Prerequisite:** Chakra Hologram 1 or Chakra Hologram Intensive

## Chakra Hologram 5

A new course in 2024 by Hugo with a 222 page manual. Here there is a focus on the chakra nerve connection of the 7 major chakras according to Leadbeater looking at the different aspects of the peripheral nervous system and chakra physiology balances for the minor chakras.

**This course provides students with:**

- Chakra Physiology Balances for 28 minor chakras
- Formatting and aspects for 3 new minor chakras (Bladder, Mammary Glands & the Pancreas)
- Chakra Nerve Balances for the 7 Major Chakras
- Balances for the nerves for different divisions of the PNS involved with organs (Sympathetic, Parasympathetic, General Visceral Afferent System & the Unmyelinated Vagus Nerve System)
- Nerve Organ Balances for over 40 different organs

All of the above components are combined in an indepth balancing protocol described as the missing link in Hugo's chakra work

**Duration:** 4 days

**Prerequisite:** Chakra Hologram 1 & 2 or Chakra Hologram Intensive



## Neuroemotional Pathways Series

This series of course explores the neurological pathways associated with 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 take action, move forward and adapt by ensuring survival through reproduction and 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 fulfil a number of purposes in evolution of mankind, however stress can trigger emotional systems in inappropriate circumstances and cause reactions that are unwanted or unfitting in their intensity. This series of courses is designed to provide 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. Unique balancing techniques are taught to assist the body in releasing stress and responding appropriately, in a timely manner and with the right intensity to any situation.

**These courses provide:**

- Detailed information on each emotional system including neurological pathways and functions from stimuli to body response, biochemical activity of neurotransmitters and anatomy and physiology of the response;
- Integrative techniques that consider interrelations between systems in particular the effects of the primary emotional systems of survival onto all other systems;
- Specialised balancing techniques for each system as well as an innovative correction and release technique for neuroemotional stress.

### Neuroemotional Pathways 1

This course 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.

Duration: 4 days

Prerequisite: Brain Formatting

## Neuroemotional Pathways 2

This course is an extension of the first workshop and explores areas of the brain involved in arousal, sleep cycles and sexuality and how they are affected by the basic survival emotions. The aim of the course is for students to gain a strong understanding of the neurological processes involved in deep sleep, dreaming sleep, wakefulness and the development of sexuality through rough and tumble and play along with various states of imbalances associated with these systems. Balancing techniques are also taught to integrate the pathways learnt in the first two workshop of the series to achieve profound results.

+

This workshop provides students with:

- In depth information on the structure, functions and connectivity of the thalamus and reticular formation in the brain;
- Analysis of the various effects of stress on the CONFUSION, PLAY, LUST, NREM, REM and WAKING systems and the impacts of the basic survival emotions on these systems;
- Specialised techniques to treat imbalances and release stress in each of these systems along with techniques to address issues with ramifications in multiple systems taught so far.
- Balance for the LUST system with brain areas for sexuality & sexual drive
- Balance for the PLAY system and implications on sociability and intimate relationships
- Balance for NREM sleep system and implications on deep sleep and feeling refreshed
- Balance for REM sleep system and implications for processing emotions
- Balance for WAKING system and implications for alertness and attention
- Balance for CONFUSION system and implications for short term memory
- Jetlag Balance

Duration: 3 days (NEPS 2 & 3 are taught together over 5 days)

Prerequisite: Neuroemotional Pathways 1

## Neuroemotional Pathways 3

This course 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 & balances for the two stress systems, addictions, withdrawal, feeding, thirst, consciousness, vibration, physics dimension and archetypal dimension systems;
- Specialised techniques to address imbalances on these systems and to integrate with systems learnt in previous NEPS courses in particular those of the basic survival emotions.
- NEPS balances for SHORT TERM Stress & LONG TERM STRESS Systems
- DMT Consciousness NEPS balance for higher levels of duality consciousness
- GABA Consciousness NEPS balance for consciousness
- Addictions NEPS balance for drugs of addiction
- Marijuana NEPS balance for the effects of THC on the brain
- Withdrawal NEPS balance for opiates
- Acupressure Formats for drugs of addiction
- FEEDING NEPS balance including implications for eating disorders
- THIRST NEPS balance
- Serotonin balance & receptor

formats

- Glutamate balance & receptor formats
- Psychology of addiction physiology points

**Duration:** 3 days (NEPS 2 & 3 are taught together over 5 days)

**Prerequisite:** Neuroemotional Pathways 1

## Neuroemotional Pathways 4

In this course, students will work with the 5 survival emotions to an even deeper level as they learn to understand them according to the impact of time and experience. This course focuses on two different aspects of memory formation and recall:

1. Dealing with the 5 primary survival emotions (Rage, Fear, Panic, Seeking & Care) in relation to experience. This involves investigating the key area in the emotional processing stage to identify where your client is stuck and then balancing that specific part of the pathway. Emotions can be expressed, suppressed or resolved. The suppression pathway is the most important for working with long term stored emotions in the body. It also includes a balancing pathway for emotional conditioning 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.
- Understanding the 3 possible responses of an emotion (expression, suppression or resolution) and how to balance them
- Understanding the mechanisms of emotional conditioning including neurochemistry, and the extinction of conditioning
- Balances for all aspects of emotional conditioning including

conditioning of all 5 senses, extinction of conditioning and inhibition of the extinction

- Attention balances for visual, auditory and reading text and numbers
- Short term memory balances for visual, auditory and reading text and numbers
- Short term working memory balances for visual, auditory and reading text and numbers
- Episodic long-term memory recall balance
- Balances for laying long term semantic memory for visual, auditory and reading text and numbers

Duration: 4 days

Prerequisite: Neuroemotional Pathways 1

## Neuroemotional Pathways 5

In the process of writing the new chakra, MCOR and Brain Hologram courses Hugo Identified that there was a massive expansion of the connections of the sympathetic, parasympathetic, unmyelinated vagus nerve and the General Visceral Afferent Systems. This lead to new NEPS protocols for the 4 Stages of Stress as well as new MOPS points for the exhaustion stage of stress and the stress free state (Hugo calls Stress Stage 0) to go with long term and short term stress states in NEPS 3

This course provides students with:

- Formatting for the 4 States of Stress
- Systems Points for the 4 States of Stress
- Modes of Processing (MOPS) procedures for the 4 States of Stress
- NEPS 5 Prefrontal Cortex Pathways

- Stress Stage 0 Balance which includes pathways for inhibition of the sympathetic nervous system; activation of the parasympathetic nervous system as well as 5 separate pathways for the Social Engagement System. (Verbal & Nonverbal communication expression & comprehension as well as Facial expression pathways)

- Stress Stage 1 Balance which includes Anterior Cingulate Gyrus Pathways, Amygdala Descending Pathways and a Sympathetic Activation Procedure
- Stress Stage 2 Balance (Long Term Stress)
- Stress Stage 3 Balance (Exhaustion) which extends the Burnout Balance

Duration: 3 days

Prerequisite: Neuroemotional Pathways 1

## Body Structure Hologram Series

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. Structural constituents of the body are critical in all aspects of daily activities such as movement, body balance, sensory perceptions, speech and even the key metabolic processes of digestion, breathing and blood circulation.

As body structure elements provide support to all other body systems, stress and imbalances in these structures can deeply impact health and wellbeing. 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, dermatomes and nerves. Each region of the body is studied in light of its structural aspects, imbalances and clinical manifestations and profound balancing techniques are provided to relieve stress and enhance the supporting capabilities of the structures.

### Body Structure Hologram 1

This course includes:

- Formatting and balancing for structural systems
- Formatting and balancing for over 48 types of joints
- Formatting for 18 cranial sutures and cranial bone balancing
- Centring, Structural Alignment & Eye Muscle Balances
- Middle ear ossicle & muscle balance
- Extensive formatting for all striated muscle, bones, ligaments & dermatomes

Duration: 4 days

Prerequisite: Brain Formatting and 250 hours of Kinesiology



## Body Structure Hologram 2

This course includes:

- Formatting and balancing for 12 Myofascial Anatomy Trains
- Formatting & balancing for smooth muscle
- Formatting for Cartilage
- Motor Balance

- Speech Balance
- Emotional Speech Balance
- Chakra & Muscle Meridian - Muscle connections
- Comprehensive 120 page Muscle Format Database

Duration: 3 days

Prerequisite: Structure Hologram 1



## Hormone Hologram Series

This has now become a series of workshops with Hugo now updating some of the Advanced Physiology Series workshops which were actually hormone workshops. These workshops are about Hormonal Systems and

Receptor formatting and signalling pathways.

There are also some new courses to do with signalling pathways & hormone molecules (Muscle, adipose tissue, bone & cardiac hormones)

## 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, pineal, sex, calcium balance, thyroid, 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.

Duration: 5 days

Prerequisite: 250 hours of accredited kinesiology or Brain Formatting

## Hormone Hologram B – Signalling Pathways

This course focusses on the intracellular signalling pathways. In the course of writing this manual Hugo discovered there was over 200 hormones that he didn't have formats for.

The signalling pathways go into in-depth analysis and formatting of the different G protein Receptors, cGMP-PKG receptors, single spanning receptors with tyrosine kinase, single

spanning receptors without tyrosine kinase & Interleukin 1 receptors.

The 2 main functions of the signalling pathways is phosphorylation & gene transcription (gene expression).

It follows the different pathways of phosphorylation of tyrosine, serine or threonine to either activate or deactivate other proteins. As well as looking at the activation or inhibition of transcription factors that are facilitate gene expression.

This course provides students with:

- New style of Hormone Receptor formatting
- New balances for some of the systems from the Hormone Hologram course
- All new Hypothalamus & Pituitary Systems balances:
  - CRH Pathways
  - Thyrotropin Pathways
  - Gonadotropin RH Pathways
  - Prolactin Pathways
  - Growth Hormone Pathways
  - Melanocyte Stimulating Hormone Pathways
  - Vasopressin Pathways
  - Oxytocin Pathways
- Thyroid Gland System Balance
  - T4 Liver Pathway
  - Thyroid Hormone Target Pathways (including membrane receptors)
- Pancreas / Blood Sugar System
  - Glucagon Pathways
  - Pancreastatin Pathways
  - Amylin Pathways
  - Insulin Pathways
  - Somatostatin Pathways
- Calcium & Phosphorus System
  - Calcitonin Pathways
  - Parathyroid Hormone Pathways

- Gastrointestinal System
  - Stomach Pathways
  - Small Intestine Pathways
  - Pancreas Pathways
  - Large Intestine Pathways
- Many new receptor signalling pathways balances
- Extensive G Protein Receptor Pathways
- Receptor Tyrosine Kinase Pathways
- cGMP Receptor Pathways
- Transcription Factor Gene Expression Pathways
- Phosphorylation Pathways

Duration: 4 days

Prerequisite: Hormone Hologram

## Hormone Hologram C Chronic Inflammation Resolution Pathways

This course is an updated version of the 'Chronic Inflammation Resolution Pathways' from the Advanced Physiology Series.

Specialized pro-resolving mediators (SPMs) are fatty acid derived hormones that drive the resolution of inflammation. They are derived from mainly omega 3 fatty acids. In chronic inflammation, the enzymes needed to produce SPMs are inhibited.

Chronic inflammation is when there is a loss of the resolution phase and the tissue fails to return to homeostasis. This is a major cause of chronic disease such as arthritis, cardiovascular disease, cancer, asthma, periodontal diseases, etc. In the resolution phase macrophages convert from the pro-inflammatory M1 macrophage to the pro-resolving M2 macrophage.

Most SPMs are produced by either neutrophils or macrophages and the

receptors are on important tissues such as arterial smooth muscle, myocytes, endothelial cells, neutrophils and macrophages. This workshop also discusses the role of the SPM receptors.

This course provides students with:

- Formatting and Holograms for 40 SPMs
- New formats for the different stages of inflammation including formats for switching between inflammation states
- New formats for the M1 & M2 macrophages including formats for switching between M1 & M2 macrophages
- Pathways for the formation of the different SPMs from the relevant fatty acids (EPA, DPA, DHA & Arachadonic Acid)
- SPM Receptor Signalling Pathways
- Anandamide Production Pathways
- Resolution Pathways for macrophages, neutrophils and other relevant structures in the body

Duration: 2 days

Prerequisite: Hormone Hologram

## Hormone Hologram D DMT Pathways

This course is an updated version of 'Expansion of DMT Consciousness' from the Advanced Physiology Series.

Minor updates include holograms for Tryptamine & 5 Hydroxytryptophan as well as signalling pathways for the serotonin receptors.

In the pineal gland up to 7 psychoactive hormones have been identified including Dimethyltryptamine (DMT). These hormones are made in the pineal gland by enzymes that are only expressed in the pineal gland. Hugo has diligently

mapped out the enzymatic pathways for the formation of these Hormones.

This course provides students with:

- Acupressure formats for the 10 hormones including the 6 new hormones
- Holograms for the 10 hormones including the 6 new hormones
- Explanation of the difference between a spiritual vision and a hallucination
- Activation of specific serotonin receptors in the visual cortex resulting in either hallucinations or spiritual visions
- Activation of specific serotonin receptors in the intralaminar nucleus of the thalamus, resulting in spiritual awakening
- Detoxification Pathways for the psychoactive hormones
- Holograms for 5 Hydroxytryptophan & Tryptamine

Duration: 1 day

Prerequisite: Hormone Hologram

## Hormone Hologram E Estrogen

Originally a 1 day course called The Mammary ESRa protocol. It was updated to include more details about the formation of estrogens, their formatting & holograms.

Includes details about all estrogen receptors including membrane receptors as well as the classical steroid hormone receptors.

In the female breasts and other reproductive glands there are 2 types of estrogen receptor (ESR), the 'alpha' and 'beta' receptor. The alpha receptor

(ESRa) has been implicated as a risk factor in breast cancer as well as fibroids. The alpha receptor promotes the proliferation of cancer cells in the breast.

The Mammary ESRa Protocol will address the stress around the estrogen activation of this receptor and its various transcription factors. There is also an analysis of the content of breast milk and the formatting for the various constituents.

Estrogen detoxification and breakdown for all 4 types of Estrogen, carcinogenic estrogen balancing and estrogen reactivation due to an imbalanced gut microbiome.

Estrogen Formation for all 4 types of Estrogen.

All Estrogen formats including steroid receptors, G Protein Receptors and Single Spanning Receptors with Tyrosine Kinase

This course provides students with:

- Formats & Holograms for 4 estrogens
- Estrogen Formation Pathways Balance
- Estrogen Receptor Formatting & Balances
- Estrogen Detoxification Pathways & Balance, including Xenoestrogens
- Liver Estrogen Detoxification Pathways
- Estrogen reactivation in the gut by beta-glucuronidase

Duration: 2 days

Prerequisite: Hormone Hologram

## Hormone Hologram H Molecules of Hope

Myokines are a class of cytokine that are released by skeletal muscle when we exercise, they are called 'Hope Molecules' because they have shown to have anti-depressive qualities.

The myokines also cross talk with other parts of our structure, namely

- Osteokines released from bone
- Adipokines released from white adipose tissue
- BATokines released from brown adipose tissue
- Cardiokines released from cardiac muscle.

In the process of writing this course Hugo discovered a further 200 hormones that he did not have formats for (mainly cytokines & growth factors). In this course there are complete balances for 66 hormones (mainly peptides) that cross talk between the 5 groups of cytokines. This includes detailed receptor balances including signalling pathways for each hormone.

The browning balance is particularly interesting because it converts the white adipose tissue (mainly stores fat) into beige adipose tissue (burns fat) which is very important pathways for weight loss

This course provides students with:

- Cardiokine Secretion Pathways (healthy heart hormone secretion)
- Cardiokine Pathological Secretion Pathways (diseased heart hormone secretion)
- Cardiac Fibroblast Pathways (heart scarring and/or healing)
- White Adipokine Pathways (white adipose tissue secretion pathways)
- Lipogenesis Pathways (pathways to produce lipids for storage in white & brown adipose tissue)
- Lipolysis Pathways (pathways to burn fat in white & brown adipose tissue)
- Browning Pathways (balance for all known hormones that are involved with the browning of white adipose tissue to beige adipose tissue)
- BATokine Pathways (pathways for non-shivering heat generation, that burns fat in brown adipose tissue)
- Myokine Pathways (skeletal muscle secretion pathways)
- Osteokine Pathways (bone secretion pathways)
- Formats, Holograms & balances for 66 Hormones (more than 40 new hormones not in Hormone Hologram)
- Receptor Formats & Signalling Pathways for all 66 hormones

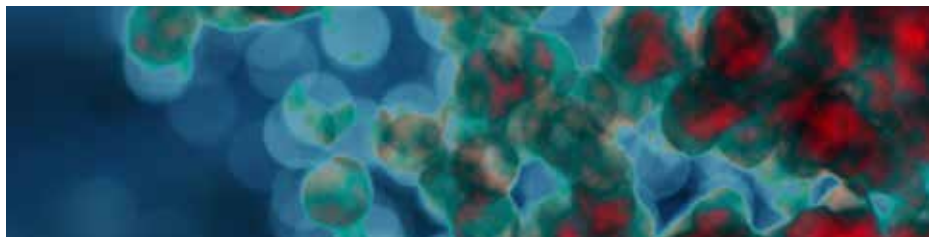
Duration: 3 days

Prerequisite: Hormone Hologram

## Immune & Vaccination Pathways Series

This advanced workshop series explores the various aspects of the immune system from cell physiology, differentiation and division to the components and mechanisms of action of both the innate and the adaptive

immune system. These courses aim to facilitate students' understanding of the different steps and types of immune responses and to demonstrate the effects of stress on the body's defence mechanisms.



### 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 which address the presence and effects of pathogens such as virus and bacteria and the impacts of vaccination on the body systems.

**Duration:** 4 days

**Prerequisite:** Brain Formatting and 250 hours of accredited kinesiology

### 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.

**Duration:** 3 days

**Prerequisite:** Immune & Vaccination Pathways 1



## Nutrition Hologram Series

These advanced level courses explore the various aspects of nutrition from the processes of digestion and metabolism of foods into essential nutrients to energy production, use and storage, protein production and toxin elimination. Anabolic and catabolic reactions, their products and precursors are discussed along with the steps to gene expression through DNA transcription and translation.

Nutrition provides the body with the required elements to produce energy and all various nutrients essential to biochemical processes, tissue and cell replacement and growth, immune functions, optimal nervous system activity, reproduction and much more. The many complex steps of digestion, metabolism, distribution and production of endogenous material mean that imbalances at any point of the process can deeply impact the proper

functioning of the body and cells and lead to health issues. These courses seek to provide students with a strong knowledge base of the anatomical and physiological aspects of nutrition as well as the possible effects of imbalances and toxicity on homeostasis.

**These courses provide:**

- Extensive information on nutrients, both essential and endogenous, their structure, functions and interactions in the body along with complete sets of balancing techniques for their associated imbalances;
- Detailed material on the biochemical activity behind the body's breakdown, synthesis and use of organic compounds and energy for its daily functions as well as specialised techniques for imbalances in these processes.



### Nutrition Hologram A

This course provides students with complete and detailed information on every organic and inorganic compound used by the body including their shape, structure and subatomic particles. The genetic material contained in DNA is also discussed from an anatomical and functional stance. The aim of this course is for students to develop a sound understanding of the constituents of the human body from a molecular

perspective, their various roles and the health implications of disruptions of their proper functioning.

**This course provides students with:**

- Complete formats for all amino acids, fatty acids, sugars, vitamins, minerals, amino sugars, bioflavonoids and other organic compounds and balancing techniques for each of them;
- Specialised techniques for formatting and balancing the

genetic material contained in DNA such as chromosomes, their genes and molecular compounds;

- Innovative approaches for working with subatomic components of molecules such as neutrons, protons and electrons.

**Duration:** 4 days

**Prerequisite:** 200 hours of accredited kinesiology or Brain Formatting

## Nutrition Hologram B

This course discusses the physiological applications and processes in which the nutritional elements analysed in Nutrition Hologram A are involved. The course aims for students to develop a thorough understanding of the biochemical pathways supporting protein production through DNA transcription and translation, energy production through the ATP cycle, glycogenolysis and glycogenesis and oxygen transport through blood 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 including enzymatic and biochemical pathways;
- Specialised balancing techniques for the processes of gene expression in the cell through protein production, digestion, liver metabolism of nutrients and toxins including food additive toxicity energy production and oxygen transport.

**Duration:** 4 days

**Prerequisite:** Nutrition Hologram A

## Nutrition Hologram C

This course explores the various aspects of dietary nutrition such as food combinations, eating patterns, supplements and gut bacterial profiles as potential sources of stress for the digestive system. The significance of epigenetics is explored and how it can be affected by foods and toxins. Heme as a co-factor is important for many biochemical pathways and the significance of this on physical and emotional health (Pyroluria) is addressed through the HPU pathways. The aim of this course is for students to familiarise themselves with dietary toxicity and deficiency procedures and to identify and treat possible imbalances in the processes of food intake, digestion, absorption and some aspects of metabolism.

**This course provides students with:**

- Specialised techniques to identify dietary stress in relation to meal time and composition based on nutrients and food groups;
- Extensive database of specific formats for foods, food groups, gut bacteria and enzymes;
- Techniques to evaluate potential toxicities and their related nutrients and locations in glands or organs;
- Innovative approaches for working with gut bacteria and epigenetic factors, including the expression of breast cancer genes;
- In depth explanation of the significance of heme as a cofactor and balancing techniques for heme biosynthesis and HPU pathways.

**Duration:** 4 days

**Prerequisite:** Nutrition Hologram A

## Nutrition Hologram D

New course that focuses on balances for secretions of digestive glands and absorption of many different types of nutrients. This includes new formats for nutrient transporters, nutrient absorption and nutrient secretion. Balances include:

- Salivary gland holograms and secretions balance
- Pancreas holograms and secretion balance
- Stomach holograms and gastric secretions balance
- Liver holograms and bile secretion balance
- Mineral absorption balance for many different minerals
- Carbohydrate absorption balance for many different monosaccharides
- Amino acid absorption balance for many different amino acids
- Fat absorption balance for many different types of fat
- Vitamin absorption balance for many different vitamins

151 page manual with extensive holograms and formatting procedures

**Duration:** 3 days

**Prerequisite:** Nutrition Hologram A

## Nutrition Hologram E

Amino Acid and Monoamine Pathways is a new course that has extensive new formatting and holograms for 44 amino acids and 27 monoamines. Monoamines are important molecules that are decarboxylated amino acids such as dopamine, serotonin, norepinephrine, GABA, Histamine, Tryptamine etc., including:

- 72 amino acids
- 27 monoamines
- Tryptophan Pathways Balance

- Phenylalanine Pathways including Thyroid Hormones
- Glutathione Pathways Balance
- Cysteine Pathways Balance
- Lysine Pathways Balance
- Proline Pathways Balance
- Arginine & Urea Cycle Pathways
- Glutamic Acid Pathways Balance
- Serine Pathways
- Selenocysteine Pathways Balance
- GABA Pathways Balance
- Histamine Pathways Balance
- Tryptamine Pathways Balance
- Serotonin Pathways Balance
- Dopamine Pathways Balance

120 page manual with extensive holograms and formatting procedures

**Duration:** 2 days

**Prerequisite:** Nutrition Hologram A

## Nutrition Hologram F

Amino Sugar and Monosaccharide Pathways is a new course that has extensive new formatting and Holograms for 40 amino sugars and 21 monosaccharides, including:

- 49 amino sugars
- 30 monosaccharides
- Glucosamine Pathways Balance
- Galactosamine Pathways Balance
- Glycosaminoglycan Pathways
- Chondroitin Pathways Balance
- Dermatan Pathways Balance
- Hyaluronic acid Pathways Balance
- Heparin Sulfate Pathways Balance
- Keratan Sulfate Pathways Balances
- Fructose Pathways Balance
- Glucose Pathways Balance
- Galactose Pathways Balance
- Mannose Pathways Balance

108 page manual with extensive holograms and formatting procedures

**Duration:** 2 days

**Prerequisite:** Nutrition Hologram A

## 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 its various interactions 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.

**Duration:** The series is either offered as a 10-day workshop (A to E) or individual courses

**Prerequisite:** Brain Formatting and 250 hours of accredited kinesiology



### 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.

**This course provides students with:**

- Extensive Formats & Holograms for 52 Brodmann's Areas & 6 Lobes
- Extensive Formats for Cortical Tracts including Corpus Callosum, projection & association fibres for all Brodmann's Areas & Brain Lobes
- Extensive Formats & Holograms for 21 Limbic Areas
- Extensive Formats for 27 Limbic Tracts

- Balances for all of the Cortex & Limbic System Areas
- Mood Disorders Balance that balances the imbalanced blood flow between left & right hemispheres in the Cortex & Limbic System
- Cortical Brain Integration Balance for all Brain Lobes & Brodmann's Areas
- Skill learning balance for writing new motor programs in the basal ganglia

Duration: 4 days

Prerequisite: Brain Formatting and 250 hours of accredited kinesiology

## Brain Hologram B

The second part of the series 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 of the spinal cord are also discussed and formatted.

This course provides students with:

- Extensive Formats, Holograms & Balances for 48 Nuclei of the Diencephalon including the Thalamus & Hypothalamus
- Formats for 31 Midbrain Tracts
- Extensive Formats, Holograms & Balances for 32 Nuclei of the Midbrain
- Formats for 47 Pontine Tracts
- Extensive Formats, Holograms & Balances for 46 Nuclei of the Pons
- Formats for 34 Medullary Tracts
- Extensive Formats, Holograms

& Balances for 60 Nuclei of the Medulla Oblongata

- Extensive Formats, Holograms & Balances for the Cerebellum, including the Cerebellar Lobules, Pontocerebellum, Spinocerebellum, Vestibulocerebellum & Zones
- Formats for 38 Spinal Cord Tracts, 12 Cranial Nerves & 31 Spinal Nerves
- Extensive Formats, Holograms & Balances for the 31 Spinal Cord Segments & 14 Spinal Cord Nuclei
- Balance for Thalamic Circuits & their related cortical areas
- Time of Day (Jetlag) Balance
- Ascending Reticular Activating System Balance
- Pontocerebellum Balances for the Visual Modulation, Auditory Modulation, Emotional Modulation, Mental Modulation & The Body
- Vestibulocerebellum Balance
- Spinocerebellum Balances for Proprioception, Deep Touch & Light Touch on the body
- Balances for all 6 Cerebellar Zones

Duration: 4 days

Prerequisite: Brain Hologram A

## Brain Hologram C

The third course in the series 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.

This course provides students with:

- Auditory Pathway Balances for Monaural & Binaural Cortical Pathways & Inferior Colliculus Pathways
- Vestibular Pathway Balances for Vestibular Ocular Reflex, Vestibular Spinal Reflex, Tonic Neck Righting Reflex & Vestibular Cortical Pathways
- Visual Pathway Balances for both M & P Cortical Pathways, Superior Colliculus Pathways & Pupillary Constriction & Dilation Pathways
- Somatosensory Pathway Balances for both Anterolateral System & the Dorsal Column Medial Lemniscus Pathways. Includes balances for pain & temperature regulation balances
- Gustatory Pathways Balance
- Olfactory Pathways Balance

Duration: 4 days

Prerequisite: Brain Hologram B

## Brain Hologram D

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

This course provides students with:

- Reading Balance
- Optokinetic Reflex Balance for stabilising the visual field

Duration: 1 day

Prerequisite: Brain Hologram C

## Brain Hologram E

The Synesthesia Pathways, synesthesia is the phenomenon where one sense triggers another. People with synesthesia have extra connections between the cortical areas of the involved senses

This course provides students with:

- Balances for the main types of synesthesia including
- Time Space Synaesthesia,
- Sound to Colour Synaesthesia,
- Grapheme Colour Synaesthesia,
- Number Form Synaesthesia
- Mirror Touch Synaesthesia

Duration: 1 day

Prerequisite: Brain Hologram C

## Brain Hologram F

The Autonomic Nervous System Pathways. Includes a 226 Page manual with extensive Formatting & Holograms of all aspects of the autonomic nervous system including the Sympathetic, Parasympathetic, Unmyelinated Vagus Nerve, Enteric Nervous & General Visceral Afferent Systems. Included are new holograms for the nerves

This course provides students with:

- Extensive formats, holograms & balances for 32 neuron types.
- Extensive formats, holograms & balances for 21 neurotransmitters
- Extensive formats, holograms & balances for 30 nerves
- Sympathetic Nervous System Pathways including descending sympathetic pathways, amygdala pathways, sympathetic spinal segment balances & a sympathetic ganglion balance



- Parasympathetic Nervous System Pathways including balances for 4 parasympathetic cranial nerve & 3 sacral spinal nerve pathways
- General Visceral Afferent System Balances for 33 Nerves
- Unmyelinated Vagus Nerve System Balances for 7 nerves
- Enteric Nervous System Pathways including Pathways for the Oesophagus, Stomach, Small Intestine, Gallbladder & Large Intestine Enteric Nervous Systems. There is also a balance for the Enteric Nervous System Neurons

Duration: 4 days

Prerequisite: Brain Hologram B

## Brain Hologram G

Large Scale Brain Network Pathways. Includes a 296 page manual. Large Scale Brain Networks use a network connectivity model of the cerebral cortex where cortical function is a product of various areas of the cortex connected in a network rather than the traditional pathway model of cortical connectivity. 7 major networks as well as many other networks have been identified. Including The Default Mode Network, The Salience Network, The Central Executive Network, The Dorsal Attention Network, The Multiple Demand Network, The Ventral Attention Network, The Language Network, The Medial temporal Lobe (Memory) Network and many others.

In 2018 The Human Connectome Project identified 180 functional parcellations in the human cerebral cortex.

This workshop provides students with:

- New Formatting System for all 180 functional human cortical areas

- A 296 page manual
- Balances for 14 Networks including techniques for balancing within a network, interactions between networks and underpinning systems of the Ascending Reticular Activating System & Thalamic Circuits
- Details about what issues are associated with each network.
- Details of the functions of all of the 180 cortical parcellations

Duration: 4 days

Prerequisite: Brain Hologram A

## Brain Hologram PLUS Upgrade

In 2025 Hugo is going to release a new and improved Brain Hologram. There will be an upgrade for Brain Holograms A to E. The new Brain Holograms F & G will already include the new upgraded system

The new PLUS Upgrade provide students with:

- Individual balances for each brain area
- Nerve Holograms
- Neuron & Glial Cell Holograms from the Pathology of the Nervous System included in the manual
- Individual balances for each cell type
- Neurotransmitter Holograms from the Neurotransmitter Hologram included in the manual
- Individual balances for each neurotransmitter
- Expanded balances utilising all of the details possible
- New Brain Hologram A balances for memory & working memory

# Neurotransmitter Hologram Series

The original formatting system was developed by Alfred Schatz and later expanded by Hugo.

This advanced level course explores the various aspects of neurotransmission, from the production of neurochemicals in the cell through gene expression, to the generation and transmission of signals throughout the body. All neurotransmitters, their receptors and their specific functions and various targets in the nervous system, muscles

and glands are discussed.

Neurotransmitters play a crucial role in the smooth running of all our daily activities and as such are deeply involved in the emergence and progression of health issues. This course aims to assist students in developing a thorough understanding of the neurochemical pathways leading to disease and to provide them with specialised balances for specific health conditions.

## Neurotransmitter Hologram 1

This workshop provides students with:

- 2 manuals including Alfred's original Biochemistry of the Psyche manual
- Detailed descriptions of 46 neurotransmitters along with their functions, formats, holograms, source & target neurons
- Receptors formats for all Neurotransmitters and flowcharts for each type of receptor
- 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 neurochemical 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.

Duration: 5 days

Prerequisite: Brain Formatting and 250 hours of accredited kinesiology

## Neurotransmitter Hologram 2

New course that focuses on balancing the synaptic interactions between the releasing neuron, the receiving neuron and astrocytes. Includes auto receptors, transporters and downstream receptor pathways.

This workshop provides students with:

- 2 manuals including a 108 page Synapse manual & a 222 page Pathways manual
- Extensive holograms with physiology formats for 80 Neurotransmitters
- Balances for synapses of Acetylcholine, Anandamide, Dopamine, GABA, Glutamate, ATP, Serotonin, Glycine, Histamine, Adenosine & Norepinephrine
- Extensive Pathways Balances for 80 Neurotransmitters including more than 30 new neurotransmitters not included in the level 1

Duration: 2 days

Prerequisite: Neurotransmitter Hologram

## Primitive Reflexes & the Brainstem Series

Primitive reflexes are defined as reflexes present at birth. These are developed in utero and lay the foundations which are the building blocks of more complex coordinated functions of the nervous system.

Primitive reflexes develop in utero and can either integrate (disappear) after birth or remain active throughout adult life.

Other reflexes can develop and integrate in utero or develop and integrate after birth. By definition these are not primitive reflexes but still play an important role in nervous system development.

The sequence of development and integration of reflexes in utero and in the early stages of life play a crucial role in the 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 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.

Hugo started to develop this material in 1999 and came to understand that all reflexes have 3 key components

1. Sensory Trigger
2. Central Nervous System Processing
3. Motor Response

This became the basis of the NK Balancing where Hugo did his own neurological analysis of the different reflex pathways based on the sensory trigger.



## Primitive Reflexes & the Brainstem 1

This is the first course which was developed for the reflexes in the book by Sally Goddard. These reflexes are triggered by the vestibular & somatosensory (proprioception & touch) systems. The various neurological pathways for each reflex are studied along with results of inadequate integration, clinical manifestations and postnatal balancing techniques.

**This workshop provides students with:**

- Formatting system for 14 reflexes & somatosensory receptors
- Neurological pathways for vestibular triggered reflexes
- Neurological pathways for Proprioception triggered reflexes
- Neurological pathways for touch triggered reflexes

**Duration:** 3 days

**Prerequisite:** Brain Formatting and 250 hours of accredited kinesiology

## Primitive Reflexes & the Brainstem 2

Soon after writing the first course Hugo realised that there are important reflexes associated with the other senses such as the visual and auditory moro reflexes. In this course, Hugo wanted to include the reflexes associated with the senses of smell, sight, taste & hearing and their neurological pathways. They are investigated along with clinical manifestations of the inadequate integration of these reflexes and the associated balancing techniques.

**This workshop provides students with:**

- Formatting systems for 11 reflexes
- Neurological pathways for vision triggered reflexes

- Neurological pathways for auditory triggered reflexes
- Neurological pathways for taste triggered reflexes
- Neurological pathways for smell triggered reflexes

**Duration:** 2 days

**Prerequisite:** Primitive Reflexes & the Brainstem 1

## Primitive Reflexes & the Brainstem 3

In 2003 Hugo Developed a course called 'The Developmental Pathways' where he formatted embryological pathways and the development of 14 functional physiology systems in the human body.

By 2006 Hugo realised the importance of the embryology formatting for balancing reflexes and updated the course to the level 3

This course 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.

**This workshop provides students with:**

- Formatting system for embryological development of 14 functional physiology systems & 4 embryological pathways
- Formatting system for 37 reflexes (including the Level 1 & 2 reflexes)
- Embryological pathways for all 37 reflexes

**Duration:** 4 days

**Prerequisite:** Primitive Reflexes 2

## Pathology Hologram Series

This series of courses comprise 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.

**Duration:** The series is offered as a series of workshops described below and can be done in any order

**Prerequisite:** Brain Formatting and 250 hours of accredited kinesiology



### Circulatory & Respiratory Systems

This course provides students with:

- 2 comprehensive manuals for advanced physiology & pathology of the Circulatory & Respiratory Systems
- Formats for 11 airway parts of the respiratory system as well as smooth muscle & mucous gland formats
- Formats & holograms for heart muscle, chambers & valves
- Comprehensive formats & holograms for all arteries & veins
- Artery & Vein format database
- Apoprotein & Lipoprotein formats for both good & bad cholesterol
- Balancing ideas for 52 circulatory system pathologies
- Balancing ideas for 34 respiratory system pathologies

- Comprehensive Circulatory System Physiology Balance
- Comprehensive Respiratory System Physiology Balance
- Comprehensive combined Circulatory & Respiratory System Physiology Balance

**Duration:** 4 days

### Digestive System

This course provides students with:

- Comprehensive manual for advanced physiology & pathology for the digestive system
- Cellular formatting for all cell types for all glands of the digestive system
- Formatting for all Salivary Glands, their cells & holograms
- Formatting for all parts of the Oesophagus, their cells & holograms
- Formatting for all 6 parts of the Stomach (including valves), their cells & holograms

- Formatting for all 19 parts of the Small Intestine, (including valves) their cells & holograms
- Formatting for all 20 parts of the Large Intestine (including valves), their cells & holograms
- Formatting for all 11 parts of the Pancreas, their cells & holograms
- Formatting for all 8 parts of the Liver, their cells & holograms
- Formatting for the Gallbladder, its cells & holograms
- Complete pancreatic enzyme formatting
- Complete bile composition formatting
- 31 Liver physiology formats
- Comprehensive Digestive System Physiology Balance
- Balancing ideas for 66 digestive system pathologies

Duration 2 days

## The Ear

This course provides students with:

- Comprehensive manual for advanced physiology & pathology for the ear
- Formats & holograms for the inner, middle & outer ears
- Comprehensive Ear Sound Physiology Balance
- Comprehensive Vestibular Physiology Balance
- Balancing ideas for 21 ear pathologies

Duration: 1 day

## Endocrine & Reproductive Systems

This course provides students with:

- 2 comprehensive manuals for advanced physiology & pathology of the Endocrine & Reproductive Systems

- Formats & holograms for the thyroid gland, adrenal glands, pancreas, hypothalamus & anterior pituitary
- Formatting for 10 parts of the Male Reproductive System, their cells & holograms
- Formatting for 8 types of testicular cells including sperm development
- 8 page testicular Canopener with very detailed functional formatting
- Sperm holograms
- Formatting for 10 parts of the Female Reproductive System, their cells & holograms
- Formatting for 8 types of ovarian follicle cells including ova development
- 6 page ovarian Canopener with very detailed functional formatting
- Comprehensive Thyroid Physiology Balance
- Comprehensive Pancreas Physiology Balance
- Comprehensive Adrenal Cortex Physiology Balance
- Comprehensive Male Reproductive System Physiology Balance
- Comprehensive Female Reproductive System Physiology Balance
- Comprehensive Pregnancy Physiology Balance
- Comprehensive Menopause Physiology Balance
- Balancing ideas for 28 endocrine pathologies
- Balancing ideas for 73 reproductive pathologies

Duration: 4 days

## The Eye

This course provides students with:

- Comprehensive manual for advanced physiology & pathology

- for the eye
- Formatting for 14 parts of the Male Eye, their cells & fluid formats
- Light Formatting for 12 parts of the visual spectrum as well as infra-red & ultra violet light.
- Intra & extra ocular eye muscle formatting
- Formatting for 3 types of eye glands & their secretions
- Detailed holograms for the eye & retina
- Eye colour physiology balance
- Balancing ideas for 28 eye pathologies

Duration: 1 day

## Haemolymphoid (Immune) System

The Haemolymphoid system is about blood cells and immune cells produced in the bone marrow

This course provides students with:

- 2 comprehensive manuals for advanced physiology & pathology of the Haemolymphoid System & Immune Hologram
- Understanding of the mechanisms of blood clotting (Haemostasis)
- Comprehensive Haemolymphoid System Physiology Balance
- Comprehensive blood clotting (Haemostasis) Physiology Balance
- Comprehensive B cell Physiology Balance
- Comprehensive T cell Physiology Balance
- Balancing ideas for 79 Haemolymphoid System pathologies including disorders of blood clotting, red blood cells, white blood cells & the immune response
- Advanced complement system physiology pathways

- Comprehensive immune gland formatting including lymph nodes, tonsils, bone marrow etc.
- Advanced blood cell formatting and holograms for 27 types of bone marrow derived cells
- Advanced Adaptive Immune System Formats & Holograms for 22 parts of the adaptive immune system including different types of B cells, T cells & immunoglobulin
- Advanced Nonspecific Immune System Formats & Holograms for 14 parts of the nonspecific immune system

Duration: 4 days

## Integumentary System

The integumentary system is made up of the skin, hair, nails & teeth. It includes different aspects of the skin including adipose tissue (brown, white & beige), sweat glands, sebaceous glands, scar tissue and many other components

This course provides students with:

- Comprehensive manual for advanced physiology & pathology for the integumentary system
- Formats & holograms for 12 parts of the integumentary system
- Formats for cells of the integumentary system
- Comprehensive skin physiology balance including sweat glands, adipose tissue and much more
- Comprehensive teeth physiology balance
- Comprehensive hair physiology balance
- Comprehensive nail physiology balance
- Comprehensive scar physiology balance
- 12 Emotional & Psychological



### Scaring Balances

- Caesarean Scar Balance
- Balancing ideas for 44 skin pathologies
- Balancing ideas for 14 teeth pathologies

Duration: 3 days

## Nervous System

This workshop has 3 components, CNS physiology, PNS physiology & Nervous System Pathologies

[This course provides students with:](#)

- 3 comprehensive manuals for advanced physiology & pathology of the Nervous System
- Cellular formatting for both the CNS & PNS
- Formatting & Holograms for 29 types of CNS neurons
- Formatting & Holograms for 4 types of CNS glial cells
- Comprehensive balances for main areas of the CNS
- Formatting & Holograms for 25 types of PNS neurons including the enteric nervous system
- Formatting & Holograms for 3 types of PNS glial cells
- Comprehensive ganglion formatting system for all types of ganglion in the PNS
- Comprehensive balances for main areas of the PNS
- Balancing ideas for 94 nervous system pathologies

Duration: 4 days

## Structure

This workshop has 2 components, skeletal muscle & bone

[This course provides students with:](#)

- 2 comprehensive manuals for advanced physiology & pathology of the skeletal system & skeletal

muscle

- Comprehensive formats & holograms for 239 muscles
- Comprehensive Skeletal Muscle Physiology Balance
- Comprehensive Skeletal Muscle Information Transfer Balance (via connective tissue)
- Balancing ideas for 5 skeletal muscle pathologies
- Comprehensive formats & holograms for 120 bones
- 14 bone physiology formats
- 3 bone cell formats
- Comprehensive Bone Physiology Balance
- Balancing ideas for 41 bone pathologies

Duration: 3 Days

## Urinary System

[This course provides students with:](#)

- Comprehensive manual for advanced physiology & pathology of the Urinary System
- Formats & holograms for 27 areas of the left & right kidneys as well as transplanted kidneys
- Formats for 14 internal areas of the kidney
- 27 physiology formats for 27 functions of the kidney
- Formats & Holograms for the bladder, ureter & urethra
- Balancing ideas for 36 urinary system pathologies
- Body fluid formats
- Comprehensive Urinary System Physiology Balance

Duration: 2 days

## Advanced Physiology Series

This series of courses comprises advanced kinesiology material that deals with advanced physiology pathways associated with important biochemical processes that are common problems in today's society. The series is built around mainly short courses that address highly important issues such as methylation, pyrrole, histamine intolerance, burnout, toxicity, estrogen dominance, reverse T3 dominance, vitamin biochemistry etc.

The courses provide 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.

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 physiology and to offer a wide variety of balancing options to personalise and adapt treatments to each client's specific health issues.

**Prerequisite:** Brain Formatting and 400 hours of accredited kinesiology



### Burnout

The symptoms of adrenal fatigue, 'burnout' and PTSD are hugely prevalent in today's fast paced world. These conditions relate to the third stage of stress or the exhaustion phase. Hugo has developed a working model of burnout that includes the unmyelinated vagus nerve of Porges polyvagal theory and the effects of reverse T3.

**This course provides students with:**

- Physiological models for the 4 stress states
- Anatomy of the unmyelinated

vagus nerve

- Neurochemistry of the unmyelinated vagus nerve
- Effects of reverse T3 in the body
- Model for the mechanism of low cortisol levels in burnout and PTSD
- NK acupressure formatting for the burn out pathways
- What issues your clients could present with
- Changes to lifestyle and diet
- Different supplements that could help your burnout clients

**Duration:** 1 day

## Leaky Gut

Increased intestinal permeability or 'leaky gut syndrome' as it is often referred to, is a major driver of chronic disease and can cause a multitude of physiological imbalances within the body. It is characterised by the weakening of the tight junctions between the epithelial cells.

This course provides students with:

- Tight junction proteins that keep the intestinal epithelial cells together
- The mechanism of the wheat protein gliadin to stimulate gut permeability
- The function of zonulin
- The contributions of immune cells to gut permeability including allergic reactions
- Hormones that contribute to gut permeability (histamine, interferon and tumour necrosis factor)
- Helpful and harmful bacteria
- Parasites
- Fungus
- NK acupressure formatting for the leaky gut pathways
- What issues your clients could present with
- Changes to lifestyle and diet
- Different supplements that could help your leaky gut clients

Duration: 1 day

## Histamine Intolerance

Latest research from NK Institute with extremely powerful formatting.

This course provides students with:

- Histamine production as a neurotransmitter and hormone
- Pathways for histamine production
- Histamine clearance issues with DAO, HNMT and methylation
- Other factors that can influence histamine intolerance such as diet,

leaky gut SIBO (small intestine bacterial overgrowth), food allergies, alcohol consumption

- Mast Cell Activation Syndrome balancing ideas

Duration: 1 day

## Alzheimer Stress Protocol

According to Dale E. Bredesen, M.D. there are six different reversible metabolic syndromes that are called "Alzheimer's disease". These syndromes have known biochemical pathways such as inflammation, ApoE4, hormonal imbalances, memory loss, hippocampal atrophy, insulin resistance, HPA axis dysfunction and toxicity. We will also look at the ApoE4 alleles and amyloid plaque formation. NK formatting stress protocols will then be applied for each of the 6 subtypes.

Duration: 1 day

## Methylation Pathways

This course provides students with:

- Advanced NK formatting for folic acid activation and methylation pathways. Knowledge of the 48 human methylation enzymes and their function. Formatting for the S-adenosyl-methionine cycle (SAM), 44 of the 48 methylation enzymes requiring SAM as the methyl donor. Balancing the MTHFR gene for methylation.
- Expanded pineal gland methylation pathways
- How to do genetic testing with 23 and me to balance the genes for methylation, pyrrole & toxicity. It is recommended that you get your DNA tested prior to the course so we can balance your results ([www.23andme.com](http://www.23andme.com)) & ([www.geneticgenie.org](http://www.geneticgenie.org)) via a methylation

and detoxification report (important with pyrrole issues).

- Methylation balances for epigenetics, pineal gland production of melatonin and DMT, protein methylation, neurotransmitter methylation (dopamine, norepinephrine, serotonin and histamine), adrenalin methylation in the adrenals, estrogen toxicity methylation, folic acid methylation and biochemical methylation.

Duration: 2 days

## Detoxification Pathways

This course provides students with:

- 3 phase toxicity balancing, issues with pyrroles and genetics, liver balancing.
- Vitamin B6 absorption and biochemistry balancing
- Caffeine detoxification balance
- Ammonia and superoxide balancing
- Physiological models for the 4 stress states

Duration: 2 days

## Acid/Base Balancing

This workshop looks at how we can balance the acid/base balance. Too much acidity is caused by high protein and grain diets that produce a high acid load on the kidneys for excretion. We will look at how we can calculate a client's blood acidity and how we can balance it. We will also look at the acidic potential of foods which is known as the 'Potential Renal Acid Load' (PRAL) which can inform dietary choices, enabling us to effectively support the acid/base balance in our clients.

Duration: 1 day

## Advanced Dopamine Addiction Pathways

Looks at the effects of the following addictive drugs and their acute and chronic effects on dopamine:

- Cocaine
- Alcohol
- Opiates
- Nicotine
- Amphetamine

NK Balancing to address these pathways

Duration 1 day



## Complete Pyrrole Pathways

Hemopyrrolactamuria (HPU) is a condition where the production of heme is compromised due to a genetic problem with the enzymes that produce it. Heme is a porphyrin which is a ring structure made up of 4 smaller ring structures known as pyrroles. When the enzyme that converts the pyrrole (Porphobilinogen) into the porphyrin (Hydroxymethylbilane) doesn't work so well, heme is not produced and the mauve factor is produced which binds zinc and B6 and is excreted in the urine. While heme is an important component of hemoglobin (that transports oxygen in the blood), it is also a cofactor for 34 human enzymes which are coded for by 54 human genes. People with the HPU condition have reduced function of these enzymes due to compromised heme production in the specific enzymatic locations. These enzymes are involved in important biochemical reactions including detoxification, steroid hormone biosynthesis, estrogen breakdown, thyroid hormone production, reactive oxygen species neutralisation, prostaglandin biosynthesis, bile acid biochemistry, vitamin D biochemistry and more.

During this workshop we will explore how to balance each of these enzymatic pathways.

Duration: 4 days

## Mucous Membrane

### Balancing

This workshop looks at the structure of the mucous in the mucous membranes. We will examine the mucin glycoproteins and their role in mucous membranes as well as other proteins that are important

to the cell membrane. We will then use this information to balance the mucous membranes in the urinary system, the eyes, the male reproductive system, the female reproductive system, the respiratory system and the digestive system.

Duration: 1 day

## Puppy Pathways

Looks at the different issues that can affect dogs as a household pet.

his course provides students with:

- o Effects of tick toxins (especially the Australian paralysis tick)
- o Effects of certain medications used against ticks and fleas in dogs
- o Canine vaccination formatting and balancing

Duration 1 day

## Balancing Borrelia

1 day course looking at the life cycle of the Borrelia bacteria that causes Lyme disease. There are 20 known strains of Borrelia and 4 of them can cause Lyme disease. In the course there will be holograms for each of the 4 Lyme causing strains. Format for the Borrelia DNA, Borrelia enzymes and balancing for how the Borrelia bacteria evades the immune system, especially the complement system.

There is also an explanation on how bacteria adapts to stress through genetic mutation to establish resistance to antibiotics OR by going into a dormant state through persister cells

Duration: 1 day

## EMF Stress

This workshop has formatting of all wave frequencies from the lowest 'extremely low frequencies' to the highest 'gamma rays', this includes ionising radiation,

microwaves, radio waves, sound waves and the visible spectrum among others. This is from 3Hz to 300 EHz.

The formatting approach is to look at the effects electro-magnetic radiation on cellular pathology, as well as other interesting applications of frequencies on the body such as brain waves.

There will also be an in depth look at the cellular pathology of oxidative stress in the body caused by ionising radiation

**Duration:** 2 days

## Vaccine Stress

This course will contain:

- New formatting system for vaccines according to the type of pathogen
- Different types of vaccines and how they work
- Special analysis of the new mRNA vaccines
- The role of adjuvants and preservatives in vaccines
- Balancing for all human vaccine types including the new Coronavirus vaccines
- Information about effective immune reactions after infection or vaccination

**Duration** 1 day

## Mast Cell Activation Syndrome (MCAS)

The characteristics of MCAS are inappropriate release of mast cell mediators with little or no inappropriate proliferation of mast cells. There is uncontrolled increase in activity of pathologically altered mast cells

This course provides students with:

- Understanding the symptoms of MCAS

- How MCAS can cause chronic pain
- Many disease states associated with MCAS
- How Mast Cells respond to viruses
- Environmental triggers of MCAS
- Different effects of the various Mast Cell mediators

**Duration** 1 day

## Mast Cell IgE Pathways

Mini workshop on balancing the pathways for the generation of IgE on mast cells in type I allergies. Includes the mast cell degranulation products such as histamine, cytokines and eicosanoids.

**Duration** 3 hours

## Intestinal IgA Pathways

Mini workshop on balancing the pathways for the generation of IgA immunity in the intestines. Includes pathways for Dendritic cells, T cells and B cells

**Duration** 3 hours

## Meninges & Perineural Pathways

Finally formatting for the connective tissue of the nervous system, including how the meninges allow interaction between the Cerebral Spinal Fluid (CSF) and the immune system.

This course provides students with:

- New acupuncture formats for the meninges and perineural system
- Lymphatic drainage from the meninges including the CSF
- The Glymphatic system

**Duration** 1 day

## Coronavirus

The new Coronavirus known as SARS-CoV-2 (Severe Acute Respiratory Syndrome Coronavirus 2) which causes the disease COVID-19 in humans is the 7th known Coronavirus to be able to infect humans. This strain is 100 times more infectious than other strains of Coronavirus due to the way it enters the human cells.

SARS-CoV-2 activates a human endopeptidase to enable the virus to fuse with the human cellular membrane to enter the cell. This method of cellular entry is also used by HIV and Ebola virus. It also enters cells by the traditional method of other coronaviruses using the ACE2 receptor.

SARS-CoV-2 shares 70% similarity of the original SARS-CoV (2002) and 90% with a Bat Coronavirus.

The symptoms of this virus can be quite severe; besides affecting the respiratory system it can also have severe consequences for the heart and kidneys.

In this new one day course you will be able to do the following:

- Individual acupressure formats for all 7 strains of Coronavirus that can infect humans
- Holograms for all 7 strains of Coronavirus that can infect humans
- Genetics of SARS-CoV-2
- NK balance for SARS-CoV-2 including immune system
- SARS-CoV-2 genetics for all relevant locations in the body

Duration 1 day

## Coronavirus 2

New course that focuses on the cytokine storm which can cause symptoms of long Covid and scarring on the lungs.

Includes the following balances:

- How coronavirus can cause cytokine storm in the lung tissue
- How B memory and T helper cells can cause cytokine storm
- Cytokine storm in endothelial cells, epithelial cells and alveolar cells
- Cytokine storm from macrophages and dendritic cells
- Complement system and the cytokine storm

Duration 1 day

## Social Engagement System

Pathways for a balance where people can engage socially with one and another. Both receiving communications from others and expressing oneself

Duration 3 hours

## Rheumatoid Arthritis

### Pathways

Pathways that are involved with Rheumatoid Arthritis

Duration 3 hours

## Inflammation Trigger

### Pathways

Pathways of cytokines and mainly chemokines that are involved with the triggering of inflammation.

Duration 1 day

## Autism Metabolism

### Disorders

Increasing evidence suggests that the autism spectrum disorder (ASD) may be associated with inborn errors of metabolism, such as:

- Disorders of amino acid metabolism and transport:
- Organic acidurias
- Cholesterol biosynthesis defects (Smith-Lemli-Opitz syndrome)
- Mitochondrial disorders



- Neurotransmitter disorders (succinic semialdehyde dehydrogenase deficiency)
- Disorders of purine metabolism
- Cerebral creatine deficiency syndromes (CCDSs)
- Disorders of folate transport and metabolism
- Lysosomal storage disorders
- Cerebrotendinous xanthomatosis (CTX)
- Disorders of copper metabolism (Wilson disease)
- Disorders of haem biosynthesis [acute intermittent porphyria (AIP)]
- Brain iron accumulation diseases

Duration 1 day

## Asthma Pathways

Mini workshop on balancing the pathways for asthma. Includes balance for early phase and late phase asthma.

Duration 3 hours

## Longevity Regulating Pathways

Pathways that can be involved with increasing lifespan

Duration 3 hours

## The Genetic I Ching Hologram

In this course you will learn about the hologram and specific muscle tests for the eight extra meridians.

The eight trigrams of the I Ching correlate with the eight extra meridians. These trigrams are assembled like a coordinate system representing the 64 hexagrams of the I Ching.

The I Ching represents a hologram. By testing the relevant coordinates and thus the current hexagram, the client receives precise statements about their situation.

There are also connections to the archetypes of the Kabbalah and the major arcana of the tarot, thus enabling the practitioner to give a powerful reading using kinesiology muscle testing

Duration 3 days

## Survival Mechanisms of the Psyche

Discovering peoples survival archetypes that drive pay offs and unhappiness. Due to states of disempowerment people can adopt fight / flight archetypes.

The flight archetype is a freeze state of disempowerment that can manifest on the disempowerment scale. The disempowerment scale starts from states of disempowerment right through different levels of trauma including complex PTSD.

In these states there is a general shut down of the chakra system, including the solar plexus chakra (disempowerment) and the throat chakra (inability to communicate) amongst others. This leads to people often staying in destructive situations for long periods of time without the ability to change the situation.

The fight archetype is then developed by the psyche to protect the psyche from the disempowered freeze state of the flight archetype. This protection archetype fights to protect the psyche but like the freeze archetype leads to the unpleasant experience of the payoff.

The payoff is an unpleasant experience that is the outcome of the person either being in the freeze or protection archetypes and keeps them in a constant state of unhappiness.

Hugo will discuss the way out as finding an empowered state free from

both archetypes and discuss his own experiences

Prerequisite: Chakra Hologram 1

Duration 1 day

## Urinary Retention

Urinary retention is the inability to empty all the urine from the bladder. Urinary retention can be:

- Acute – a sudden inability to urinate
- Chronic – a gradual inability to urinate

During urination, the preganglionic neurons of this sympathetic pathway to the internal sphincter muscle are inhibited via signals arising in the pontine micturition centre located in the PAG. There are descending pathways from the PAG via the lateral reticulospinal tract, allowing the muscle to relax.

Under stress there are Corticoliberin (CRH) projections through the lateral reticulospinal tract from the PAG that inhibit the ability to urinate.

Duration 3 hours

## Renal Resorption Pathways

Renal resorption is the process of reabsorbing nutrients in the kidney. This process is similar to the absorption of nutrients in the digestive system.

Balances for the resorption of:

- Water Resorption Pathways
- Sodium Resorption Pathways
- Acid Secretion Pathways
- Bicarbonate Resorption Pathways
- Calcium Resorption Pathways
- Magnesium Resorption Pathways
- Phosphate Resorption Pathways

Duration 1 day

## Hope Molecules

Hope molecules are a class of cytokines called myokines that are produced by skeletal muscle when we exercise. These myokines are called hope molecules because they have been shown to have anti-depressant properties. As well as interacting with the nervous system they also cross talk with fat tissue (adipocytes) and bone tissue. The bones and adipocytes release their own cytokines called osteokines and adipokines respectively; creating a 3 way structural communication between the muscle, bone and fat tissue.

There are new hormone formats for the myokines, osteokines and adipokines as well as NK balancing protocols for all of the interacting pathways.

Duration: 3 days



## Online Course Delivery by Video & App

All advanced courses can be purchased by our online video delivery system called Thinkific.

<https://nk-institute-777.thinkific.com/collections>

We can deliver advanced course manuals by our exclusive iOS app available in the app store called: NK Institute

For any questions about this please email NK admin:

[admin@nk-institute.com](mailto:admin@nk-institute.com)

## Courses with Kerrie McFarlane



Advanced Diploma of Kinesiology  
Diploma of Holistic Kinesiology  
Diploma of Kinesiology  
Diploma of Sports Kinesiology  
CEO of NK Institute Australia

### Astrological Kinesiology

Astrological Kinesiology is a wonderful way to integrate Astrology and Kinesiology to enable clients to identify psychological patterns that are influencing relationships and choices in life. Although a basic knowledge of Kinesiology is a pre-requisite for this four-day course there is no prior knowledge required of Astrology.

This course will cover the following:

- A brief history of Astrology
- Understanding and interpreting a natal chart
- The personality archetypes of the sun, moon and planets
- Understanding and application of aspects (oppositions, trines, squares and conjuncts)
- Overview of ascendants, descendants and nodes
- How to overlay the natal chart to the meridian wheel
- How to use an ephemeris to apply the natal chart to the present day

This is a fun course designed to use astrology as a tool to gain greater understanding of oneself and one's clients. It assists in giving further insights into the underlying psychological states of physical problems and offers alternative choices and actions to assist in maintaining health.

Students are required to bring their own natal chart (birth chart) to the course.

This is easily obtained from

[www.astro.com](http://www.astro.com)

Duration: 4 days

Prerequisite: Basic muscle testing and corrections

### Chakras and Relationships

This one-day course teaches the skills required to balance couples to each other and to assist them to understand why they react the way they do to the stressors within the relationship. It can also be applied to business partnerships, family relationships, friendships, indeed to any relationship that you may come across. You will very clearly see the physical and energetic changes that occur within each person when any issues pertaining to the relationship is identified. Indeed, our energetic structures change significantly when we are with other people. This course helps people to understand each other and their actions and therefore facilitates a deeper connection and sense of empathy for one another. It is truly a valuable tool when working with clients who are struggling in relationships

Duration: 1 day

Prerequisite: Chakra Hologram 1

## Courses with Alexandra Tobar



### Stabilisation in Trauma

In this course, Alexandra will explain in detail the basics of trauma dynamics and the physiological changes occurring in the body. In addition, important memory systems for dealing with stress will be presented. This course also offers enough space and practice time to explore the practical aspects

of trauma stabilisation. You will learn simple stress relief methods, both from the world of Neuroenergetic Kinesiology and effective techniques from psychotherapy.

This course will cover:

- Basics of traumatology and its neurological process
- Neurobiology and neurophysiology of extreme stress
- Psychotrauma as a processing disorder of extreme stress
- Process of psychological trauma
- Overview of trauma-related disorders from simple PTSD to complex PTSD
- Trauma dynamics

Duration: 2 days

Prerequisite: NEPS 1

## Courses with Kendall Salzman



### Understanding attachment - working with core unconscious programming

Duration: 3 days

Prerequisite: ?

## Courses with Sarah Cox



### Integration of Experiences

The Integration of Experiences Workshop will tie together the science with the spiritual, showcasing the potent and unique role we have as Kinesiologists to guide clients home.

The workshop focuses on three mechanisms to support integrating a client's experience. From the power of co-regulatory space holding, to the acknowledgment of the client's nervous system state and the opportunities Kinesiology provides us, we look at the many ways to influence the client's success in their journey.

The workshop offers a comprehensive balance protocol addressing the neurology involved in guiding clients to safety whilst integrating their experiences.

Some considerations for the use of this protocol may be when a client is stuck, not feeling safe to process their journey or dissociative.

The protocol could be used to encourage receptivity at the start of a session, to integrate the session at the end or to support the client mid-session. I am thrilled to be able share this workshop with the NK community, as there have been powerful and impactful results shared to date from both practitioners and clients across the

globe.

Duration 2 days

Prerequisite: NEPS 1

### Psychoneuroimmunology – A Kinesiology Approach

Neuroenergetic Kinesiology is an ideal framework to support the interactivity in Psychoneuroimmunology (PNI).

Through understanding the intricacies of the PNI interactions, we can determine the most supportive strategy to assist our clients.

This workshop simplifies the concept of Psychoneuroimmunology, as three corners of a triangle: The Psychology/Mind aspect; the Neurology/Brain aspect; and the Immunology aspect. Through the language of Kinesiology, we are able to correct the imbalance, find the resolution, using the nervous system as the mediator.

Using the rule of threes, the PNI protocol will find balance and harmony across the triangle. The protocol considers:

1. What is the threat? This allows us to address the root cause
2. Neuro-circuit breaker. This allows the body to move into a parasympathetic state to heal.
3. What is the required resolution. This brings the triangle back into balance and harmony.

The workshop brings together the power of NK tools and formats to support complex client presentations.

Duration: 2 days

Prerequisite: ?

## Courses with Steven Hansen



Bachelors of Science in Physics, Energy  
Kinesiologist Teacher and Practitioner

### KABS

KABS teaches how to heal the human energy fields. It teaches balancing techniques for the meridian and eight-extra-meridian systems, the Axiotonal system, or cosmic-meridian-connection system. the Dan Tien system, The Tree of Life, The Higher Self connection, and individual Chakra cones. It teaches SETS, a way of quickly de-stressing body systems, and quickly getting a person out of a healing crisis.

- Reducing Powers of Stress (Testing muscles that were otherwise impossible to test.)
- Supporting the body through a healing crisis
- Dan Tien Balancing (Our cores)
- Meridian Balancing (Quick and efficient!)
- Extraordinary Vessel Balancing
- Chakra Cone Balancing
- Tree of Life Balancing
- Higher Self Connection Balancing
- Axiotonal Balancing (Cosmic meridian system)

Duration: 3 days

Prerequisite: Pauselock

### KABS and the Psyche (Emotions & the Psyche)

KABS and The Psyche teaches how to balance the emotions and thoughts in our lives that are creating stress and dis-ease. It goes deeply into the process of how we create in our lives, and heals the core problems. It also balances the archetypes, or roles that we play in life.

- A complete system of event resolution to find and heal the underlying causes of our stresses
- Disarming our defenses against healing
- Working with our stages of emotional processing
- Working with Archetypes
- Raising the frequency of our experiences

Duration 3 days

Prerequisite: KABS or Chakra Hol 1

### KABS and the Spirit

KABS and The Spirit teaches the connection strategies between the body and spirit. It shows how to incorporate spiritual tools to speed the balancing process in the body, and specifically learn to balance for angelic connection, grounding, an expansive selection of light bodies, dimensions and chakras, higher senses, auric holes and shielding, energy cords and Karma. – 3 days

- Activating the Higher Senses of the Soul and Higher Self
- Angelic Connection
- Accessing and Balancing the Divine Matrix
- Energy shielding and protection
- Removing Negative implants from

- the body and fields
- Balancing Spiritual Energy to facilitate greater general healing

Duration 3 days

Prerequisite: KABS or Chakra Hol 1

## KABS and the Brain

KABS and the Brain teaches how to heal the brain waves and functions of the brain. It shows how to make the brain an integrated network in three dimensions. It balances for individual brain-wave frequencies, and for pathological brain-wave states. It teaches and balances the source of stress in the brain.

- Working with the Triune brain
- Brain Wave Balancing
- Working with Pathological Brain Wave states
- Working with the Amygdala to balance survival states
- Additional Muscles for muscle response testing
- Integrating the Brain in three dimensions

Duration: 3 days

Prerequisite: KABS or Chakra Hol 1

## Autoimmune Pathways

Autoimmunity affects the most basic aspects of our health from aches and pains to aging, metabolism and basic health and energy levels. You'll learn:

- How to remove the blocks to healing pathogens such as Epstein Barr and Lyme disease.
- How to balance the four major pathways of autoimmunity in the body.
- How to make the body more resistant to infection.

Duration 1 day

Prerequisite: Immune & Vaccination Pathways 2 & Nutrition Hologram B

## Infection Pathways 1

Teaches pathogen immunity balances by clearing stress from the adaptive immune system for a powerful, appropriate and lasting immune response:

- Activation of T Helper cells by Antigen presenting cells.
- Types of T Helper Cells and their associated cytokines.
- Activation of Antibodies.

Duration 2 days

Prerequisite: Immune & Vaccination Pathways 1 & 2

## Infection Pathways 2

Explores the ways that individual infections hide from and disable the immune system:

- Balancing Strategies for individual Pathogens.
- Working with biofilm--where the pathogens can hide.
- Find imbalances in cytokine activation in Infection Pathways.

Duration 2 days

Prerequisite: Infection Pathways 1

## Infection Pathways 3

Looks at the oncogenic pathways—the pathways that go awry in cancer:

- The cycle of Cells – how a cell divides, and what it does in different phases.
- 10 Oncogenic pathways.
- Formats for tumor markers.

Duration 2 days

Prerequisite: Infection Pathways 1



## Courses with Daria Kovalchuk



Master of Psychology, teacher of psychology at the University (5 years), postgraduate study in psychology, teacher of bodymind therapy and psychosomatics, teacher of Neuroenergetic Kinesiology Basic Program and Advanced courses, Director of the Institute of Neuroenergetic Kinesiology in Ukraine and the Baltic States.

### Psychoemotional Trauma 1

We will analyze what psycho-emotional trauma is, how the traumatic experience of our past works in the body, brain and psyche.

Consider the neurophysiological mechanisms of trauma:

- freezing mechanism;
- neuroception (internal, external);
- vagus switching;
- integration of needs;
- social engagement system.

Theory of personality development, the mechanisms of formation of the structure of the personality core, the concept of dominant needs and the mechanisms of formation of traumatic experience associated with the process of personality development.

A person goes through 8 key stages of development at each of which there is an integration of the experience necessary for the full functioning of the individual.

Each stage is characterized by its own development themes and a critical time for the integration of resources: security, contact, boundaries, initiative, gender, self-affirmation, interaction with the group, self-determination

What is a programming trauma, what is a provoking trauma.

Consider the different levels of trauma:

- Trauma of individual development
- Trauma of socio-cultural development.
- Trauma of the origin and development of Life on Earth.

Duration 4 days

Prerequisite: NEPS 1

### Psychoemotional Trauma 2

In the second part of trauma, we will analyze the mechanisms of formation of the Soul experience at different stages of evolution. How past traumatic experiences are built into the structure of the personality in which a person is represented now. How to access the traumas of the past and integrate it into the existing structure of the personality.

We will learn to correct the stress associated with the blocked traumatic experiences of the Soul in order to

allow the energy to move freely and the personality to gain new experiences. Thus, a person in his development will be able to reach the level of Freedom and self-realization.

We will consider the programs of each of the levels of evolution: from the origin of life to the present moment.

The Soul Path protocol involves working with the level of Monads (families of souls), Oversouls, as well as the Individual Soul and its 12 realities.

The main task is to find and balance the tension at different levels of soul movement, restore integrity and harmonize all parts of the soul according to the principle of "everything is in its place".

In addition, we will use special mudras and additional points to balance stress.

We will also analyze the protocol for working with Provoking Trauma.

How compensations and illusions of personality are formed as a result of an already established trauma program.

Protocol for working with provoking trauma and the mechanisms of forming the False Self.

Protective mechanisms of psyche and special points for correcting stress associated with the protection of the psyche.

Correction of psycho-emotional trauma 1 & 2:

- Theory of personality development: The core of personality, the theory of dominant needs;
- Mechanism of development of the Core of personality;
- Hierarchical structure of individual needs; 8 Types of Dominant Personality Needs
- 8 programs that form the structure of the personality and key points

for the diagnosis and correction of imbalances.

- 16 types of imbalance in the structure of personality: diagnosis and correction
  - Trauma, types of trauma, aspects of trauma.
  - Programming, provoking trauma.
  - Structures of trauma:
    - Existence
    - Connection
    - Boundaries
    - I can do it myself
    - Love
    - Self-affirmation
    - Studing and cooperation
    - Puberty
  - Primitive reflexes in the work with trauma.
  - Neurophysiological mechanisms of trauma (protocols):
    - freezing
    - vagus switching
    - integration of needs
    - neuroception
    - social engagement
  - Complete protocol of work trauma of development.
  - Possible stages of soul evolution:
    - From the beginning of life to the appearance of the first human
    - Socio-cultural level
    - Individual development
  - Complete Protocol of Work with Soul Trauma at Different Levels
  - Monad, soul, individual soul
  - Protocol of work with provoking trauma;
  - Points of correction of protective mechanisms of the psyche;
  - Resource Protocol
- Duration 3 days  
Prerequisite: NEPS 1

# Personality Disorder 1

## – Schizoid Type Stress Response

- The concept of norm and pathology, health and disease and borderline states in Psychology;
- Various manifestations of Schizoid and Schizophrenic disorders from pathology to specific character traits;
- Causes and mechanisms of pathologies, complex mental states and character accentuations;
- Etiology and symptoms of Schizophrenia, Schizotypic disorder, Schizoid personality accentuation;
- Neurology: work with the neurological pathway of the schizoid reaction;
- Neurochemistry: work with neurotransmitter disorders of the schizoid type;
- Gamma oscillations: work with neurons that are pacemakers of the gamma rhythm in the brain (synchronization of information, formation of a holistic image, harmonious work of mental processes...);
- Genetics: work with genes and their derivatives;
- Database formats for 483 genes;
- Deep biochemistry: work with the metabolism of tryptophan along the kynurenine pathway, including all metabolites that affect the course of mental processes;
- An 85-page manual that provides all the necessary information about the pathology of mental processes, about borderline constituents and accentuations of character.

### Symptoms of the schizoid type of stress reaction

- Detachment and general disinterest in social relationships
- Limited expression of emotions in interpersonal relationships.
- Lack of desire or pleasure in close relationships, including relationships with family members.
- Absence of close friends or confidants, with the possible exception of first-line relatives.
- Loss of interest in life
- Emotional coldness, detachment or affective dullness.
- Little interest in sexual relations with another person, if any.
- Indifference to praise or criticism from others.
- Preference for solitary pursuits
- Desire to close and not leave the house.
- Detachment
- Few things are enjoyable
- Poor contact with reality.
- Violation of mental work.
- Incomprehensible thinking, tendency to live in illusory worlds.
- Various ways to escape from reality
- Excessive fantasy. Uncritical assessment of reality. Failure to establish causal relationships leads to magical thinking.
- Often dress strangely or unkempt (for example, wearing inappropriate or dirty clothes) and have unusual mannerisms.
- They may disregard normal social conventions (eg, not making eye contact) and, due to a misunderstanding of common social cues, may interact inappropriately or intensely with others.

- False relationship ideas (the belief that everyday events have a special meaning and are directly related to them)
- Odd thoughts and ways of speaking (eg, vague, metaphorical, overly complex, or stereotyped)
- Suspicions or paranoid thoughts
- Odd, eccentric, or unusual behavior and/or appearance.
- Excessive social anxiety associated mainly with paranoid fears.

#### Etiology:

- Genetic predisposition
- Imbalances in the development of the central nervous system in utero due to stress or inflammatory processes
- Imbalances in the function of neurotransmitters (dopamine, GABA)
- Imbalances in the gamma-oscillatory activity of the brain
- Emotionally cold, neglectful, and detached caregivers during childhood may have contributed to the development of schizoid personality disorder by making the child feel that interpersonal relationships are not satisfying.
- Stress and difficult life circumstances

Duration: 2 days

Prerequisite: NEPS1

## Personality Disorder 2 – Bipolar Stress Response

Bipolar disorder, formerly called manic depression, is a mental health condition that causes extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). Episodes of mood swings may occur infrequently or several times a year.

When you become depressed, you

may feel sad or hopeless and lose interest or pleasure in most activities. When the mood shifts to mania or hypomania (less extreme than mania), you may feel euphoric, full of energy or unusually irritable. These mood swings can affect sleep, energy, alertness, judgment, behavior, and the ability to think clearly.

Both manic and hypomanic episode:

- Abnormally optimistic or nervous
- Increased activity, energy or arousal
- An exaggerated sense of well-being and self-confidence (euphoria)
- Reduced need for sleep
- Unusual talkativeness
- Distractibility
- Poor decision-making—for example, in speculation, in sexual intercourse or in irrational investments

Major depressive episode

- Depressed mood, such as feelings of sadness, emptiness, hopelessness, or tearfulness (in children and adolescents, depressed mood may manifest as irritability)
- Pronounced loss of interest or feeling of displeasure in all (or nearly all) activities
- Significant weight loss with no diet, weight gain, or decreased or increased appetite (in children, failure to gain weight as expected may be a sign of depression)
- Either insomnia or sleeping too much
- Either anxiety or slow behavior
- Fatigue or loss of energy
- Feelings of worthlessness or excessive or inappropriate guilt
- Decreased ability to think or concentrate, or indecision

- Thinking, planning or attempting suicide

Protocols:

- General theory: etiology, manifestations, phases, treatment, similar conditions including Personality accentuations;
- Neurology: specific areas of the brain and from the substructure involved in the bipolar stress response; cortical nuclei, components of the limbic system, diencephalon, brain stem structures;
- Neurochemistry: specific neurotransmitters and their receptors, within the neuron, secondary messengers, enzymes involved in the bipolar stress response; Dopamine, Serotonin, Melatonin, Acetylcholine, Inositol, mtDNA.
- Genetics of Bipolar Disorder formats for 197 genes;
- Circadian rhythms and circadian learning: complete correction protocols for all phases;
- Inositol in the brain: protocol of pathways of inositol metabolism;
- Melatonin metabolism protocol;
- Final work algorithm

Duration: 3 days

Prerequisite: NEPS1

## Personality Disorder 3 – Autistic Stress Response

- What is Autism and how it is diagnosed
- Theories of autism. Psychological models of autism;
- Neurophysiology of autism: different brain structures and their relationships;
- Brain Cells and Autism
- Process inside the cells in Autism;

- Genetics and epigenetics of autism
- Neurochemistry of autism: work with neurotransmitters;
- Related disorders in autism and opportunities for correction: eating disorders, impaired amino acid metabolism, oxidative stress ...
- Theory of consciousness and pathological states of consciousness. Techniques for correcting pathological states of consciousness;
- Database of genes for working with autism;

Duration: 2 days

Prerequisite: NEPS 1

## Personality Disorder 4 – Anxiety Stress Response

- This course is about different types of anxiety reactions to stress: from situational anxiety, which is difficult to cope with on your own, because of which sleep worsens, eating behavior and mood are disturbed, to anxiety disorders (generalized anxiety disorder, panic disorder ...).
- Neurological model of anxiety. We will analyze the key brain structures that are responsible for the anxiety state; we will analyze the role of PVT and various nuclei of the amygdala in the formation of the brain circuit of anxiety. The protocol presents two paths: one with access to the body, the second closed circuit with access to thoughts and feelings.
- Neurotransmitters. We will look at the role of orexin in the formation of anxiety, as well as 12 other neurotransmitters that are responsible for anxiety.
- Alpha brain rhythm is associated with a person's ability to self-regulation, concentrate and think

clearly. By tuning various brain structures to the alpha rhythm with the help of formats a person will be able to track their anxiety states and influence them consciously, to clearly understand where the real danger is and where it is not. This is a key quality that provides a person with personal growth - the ability to manage their states!

- Inflammatory processes in the body and anxiety. We will analyze the “cholinergic anti-inflammatory pathway” protocol, thanks to which it is possible to turn off the inflammatory process in the human body. The protocol consists of 2 pathways: one pathway goes through the vagus into the body turning off inflammation; the second pathway goes through the CNS and is associated with the emotional states that inflammation causes. Inflammation is read by the brain and affects the psychological state. Research shows a strong relationship between gut inflammation and anxiety disorder.
- Genetics. Formats for a core set of genes associated with anxiety.
- Acupressure points for various anxiety states

Duration: 2 days

Prerequisite: NEPS 1

## Personality Disorder 5 – Dysmorphic disorder, body image, body schematic

How body schematic and body image are formed

How we perceive ourselves, our body, our appearance and in general our personality!

How self-image is formed during development and how childhood traumas affect self-perception.

Self-esteem and a positive attitude towards oneself.

The ability to adequately perceive oneself and one's body.

The ability to be in one's own body and live the current reality.

Mechanisms of impaired self-perception: fixation on perceived flaws, inability to look at one's reflection or excessive fixation on looking at oneself and one's flaws, negative attitudes toward oneself, feelings of disgust or dislike for oneself or some parts of the body. Feeling flawed and that those around you see and judge that flaw. Anorexia and other eating disorders, depression, anxiety, OCD...As co-occurring disorders.

Protocols Body image/body schematic  
Conductive cortical pathways in body image formation, body schematic formation.

General theory about conductive pathways, how they run and work;

Sensory conductive pathways: auditory ,visual, vestibular, somatosensory, olfactory;

Descending pathway Emotional regulation of self-perception.

Genetics - genes involved in impaired self-perception

Biochemistry - neurotransmitters regulating the self perception system

Psychology - theory of personality and body image development with the use of associated points to correct various stages of body image formation

Brain waves and psyche.

Protocol for working with delta brain waves (deep sleep, deep meditation state).

Duration: 2 days

Prerequisite: NEPS 1

## Personality Disorder 6 – Depressive Stress response

Neurological pathways of regulation of complex mental states including depression!

6 neurological pathways of regulation of various mental states (central executive chain, default mode network/self-reflection, attention switching network/priority selection, attention concentration network, somatosensory network/transducer for incoming sensory information, formation of internal state)

The mechanism of depressive state associated with internal processes in the body (inflammation, organ disease, hormonal slaughter) = internal, physiological causes of depression

Trauma and PTSD as an internal factor of depression;

Neurological pathway of depression and OCD

Neurological pathway of the habenula in the regulation of depression

Neurological mechanisms of formation of self-awareness, somatic consciousness;

Alexithymia – lack of ability to recognize and recognize one's own feelings and states. "I don't feel anything; I don't understand what this feeling is..."

Points of physiology of various mental states

System procedure

Duration: 3 days

Prerequisite: NEPS 1

## Personality Disorder 7 – Attachment Disorder, Borderline Personality Disorder, Emotional Dependency and Pain Regulation Disorder

A course on neurological and biochemical mechanisms of attachment formation in early childhood. We will analyze various types of disordered attachments and the corresponding neurological pathways:

Anxious attachment, avoidant attachment, unstable attachment, secure attachment;

Aversion pathway, approach pathway, emotional self-regulation pathway, mental representation pathway.

We will analyze the features of Borderline Personality Disorder: neurological pathways and biochemical regulation.

Neurological pathway of Borderline Personality Disorder;

We will analyze the mechanism of emotional dependence formation, the mechanism of chemical dependence formation as a consequence of attachment disorder in early childhood, the mechanism of increased/decreased pain sensitivity and the occurrence of various types of pain (not of structural origin), pain as a consequence of early childhood trauma.

Neurological pathway of pain regulation and emotional dependence; opioid regulation.

Duration: 3 days

Prerequisite: NEPS 1





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# Training Pathways



Neuroenergetic  
Kinesiology Foundation

10831NAT Certificate IV  
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HLT52415 Diploma of  
Kinesiology

Advanced Diploma  
of Neuroenergetic  
Kinesiology

Graduate Diploma  
of Neuroenergetic  
Kinesiology

Bachelor of Health Science  
(Complementary Medicine)  
Endeavor College

Principles of Kinesiology  
1 to 4

Touch for Health

Balancing with the 5  
Elements

Chakra Metaphors

Brain Formatting

Physiology Formatting

Chakra Hologram 1

Chakra Hologram 2

Celestial Chakra Hologram

Neuroemotional Pathways 1

Body Structure 1 & 2

Hormone Hologram

Immune & Vaccination Pathways 1

Brain Hologram A

Brain Hologram B

Brain Hologram C

Brain Hologram D

Neurotransmitter Hologram

Nutrition Hologram A

Primitive Reflexes & the Brainstem 1

Primitive Reflexes & the Brainstem 2

Primitive Reflexes & the Brainstem 3

Pathology Hologram A & B

Advanced Physiology Series

Chakra Hologram 4

Neuroemotional Pathways 2  
Neuroemotional Pathways 3  
Neuroemotional Pathways 4

Immune & Vaccination  
Pathways 2

Nutrition Hologram B  
Nutrition Hologram C



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