

WANT TO FIND OUT MORE?

WE OFFER INTRODUCTORY
PRESENTATIONS DEMONSTRATING
TECHNIQUES WHICH ARE EASY TO
LEARN AND USE

THESE TECHNIQUES HAVE PROVED
SUCCESSFUL IN IMPROVING:
SCHOLASTIC EFFORTS
COORDINATION
SPORTS AND ATHLETIC PERFORMANCE

MANY STUDENTS FEEL THE STRESS OF
LEARNING IN GENERAL AND OF FACING
END OF YEAR EXAMS IN PARTICULAR.

WE HAVE SIMPLE METHODS OF
RELEASING THIS STRESS AND
REPLACING IT WITH A
POSITIVE MENTAL ATTITUDE



Don and Sylvia Davies
are Instructors in

Touch For Health, Hyperton-X and
The Learning Workshop Series.

They have been teaching since 1984 and conducted their own
practice in Sydney.

They have presented regular workshops for the Natural Health
Society at their annual conventions, Universities and P & C
Groups, service organisations, (Rotary, Lions etc) and for the
commercial sector.

Don was President of The Touch For Health Association in
N.S.W. from 1985 to 1993.

He has presented on radio and television and for a time was
featured on talk back radio in Sydney for a Natural Health
programme.

He has also facilitated time management, presentation skills
and inter personal communication seminars and workshops.

Group trainings are conducted in all these modalities.

Special Seminars may be suited to meet individual group
requirements.

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BRING BALANCE TO YOUR LIFE WITH KINESIOLOGY



✿ WHAT IS KINESIOLOGY? ✿

Kinesiology is a method of achieving
improved integration between body and
mind, which can assist you to achieve a
more balanced and focused approach to
the task ahead.

**CAN YOU ANSWER
“YES” TO ANY OF
THESE QUESTIONS?**

Do your sports, athletics or dancing skills need a boost?

Do you read too slowly? Do you skip or misread words?

Do you want to improve your recall and / or concentration?

Do you have difficulty with coordination?

Do you have difficulty expressing yourself in writing?

Do you get drowsy or drop off to sleep while reading?

Do you get stressed or confused easily?

Do you have too many aches and pains?

Would you like to awake refreshed and ready for the day?



This is what Kinesiology is all about...

TOUCH FOR HEALTH

Touch For Health monitors your body's ability to perform at optimum levels and reduces physical and mental pain and tension.

This set of techniques clears blockages in the body's electrical system.

These blockages are often the cause of pain and tension and generally weaken the body's ability to care for itself.

The correcting and training of your energy system will improve your vitality, muscle strength, disease immunity and stress tolerance.

HYPERTON-X is another set of techniques designed to assist with improved overall performance.

BRAIN POWER WORKSHOP



(Based on Right brain/Left brain integration)

Using some simple techniques, results are often immediate and profound, with measurable improvements in reading, writing, comprehension and coordination.

Once again, simple procedures are employed, easily learned and used, which will free up the learning process.

The Learning Workshop assists people of all ages to become more proficient and confident in the learning process, with reductions in stress levels.

The techniques themselves require no use of special equipment or drugs.