Neuroenergetic Kinesiology, now considered to be a major force in modern Kinesiology, is the brainchild of Hugo Tobar.

First discovering Kinesiology during a 3 year study of Eastern philosophies in India, Hugo’s rich cultural background, extensive world travel, and in-depth study and research into all aspects of Kinesiology and its related fields, have been the fertile source for his development of the exciting and insightful stream of Kinesiology known as Neuroenergetic Kinesiology.

An invitation to present a paper on his Neuroenergetic method at the Applied Physiology annual meeting in Arizona in 1999, led to world-wide recognition, not only of Hugo’s theories but also of his teaching methods.

Teaching in institutes all over Europe, Hugo soon built up a following and a dedicated group of practitioners who are passionate about spreading his work and effecting the consequential flow through changes it makes in individual’s lives, in their health and wellbeing.
Contents

What is Kinesiology?............................................................ 2

Introduction to Formatting.............................................. 2

Neuroenergetic Kinesiology (NK) ......................... 3

Kinesiology Skills You will Learn ............................... 4

Our Service .............................................................................. 5

Qualifications..............................................................................
  HLT42812 Certificate IV in Kinesiology ............... 6
  HLT51507 Diploma of Kinesiology ...................... 6
  30922QLD Advanced Diploma of NK ............... 7
  10359NAT Graduate Diploma of NK ............... 7

NK Course Descriptions.................................................. 8
  Energy Concepts from TCM .................................. 8
  Yogic Energy Concepts ........................................ 10
  Biochemical Systems .............................................. 12
  Body Structure .......................................................... 14
  The Brain ........................................................................... 15
  Primitive Reflexes ....................................................... 19
  Pathology ........................................................................... 20
Kinesiology encompasses holistic health disciplines, which use the gentle art of muscle monitoring to access information about a person’s wellbeing. Originating in the 1970’s, it combines Western techniques and Eastern wisdom to promote physical, emotional, mental and spiritual health. Kinesiology identifies the elements which inhibit the body’s natural and internal energies and accesses the life enhancing potential within the individual”.

(Definition approved by the Australian Kinesiology Association)

The tool unique to kinesiology is the muscle test. Muscle behavior in a test shows signs of stress in the nervous system. There are various states to the muscle response, which can further uncover the degree of this stress and the duration this stress has been held by the system.

This mechanism functions as a type of bio-computer, which can be used to drill deeper into the root causes of an issue and uncover other contributing factors that have lead to a dis-eased state.

Once the imbalance has been equalized the body is able to organize itself better and health improves spontaneously.

Introduction to Formatting

Kinesiology entered into the realm of energy medicine, and away from Chiropractics after the relationships between the meridians of Traditional Chinese Medicine and muscles were established.

Accupressure formatting is the revolutionary technique developed by Richard Utt of Applied Physiology. He was able to use the vast, proven system of Chinese medicine and apply it to the nervous system’s most complex organ, the brain. By a combination of hand mudras and acupressure points kinesiologists are able to access structure and function within the brain and now the body.

The power of formatting is being able to create highly specific resonance patterns that can match the level of organisation in the brain and other organs. NK boasts the most extensive formatting system in Kinesiology.
Neuroenergetic kinesiology is the brainchild of Hugo Tobar. The system encompasses in depth study into a diversity of applications ranging from energetic anatomy to physiology, learning and developmental systems to the immune system and our most popular series, the neuro-emotional pathways of survival emotions.

Tobar was able to further develop the technique of formatting pioneered by Richard Utt and apply it to the brain work of Dr Charles Krebbs, whilst still a student training with him. This relationship opened up the opportunity for Tobar to present his findings internationally and develop this work with students world-wide, since 1999.

Today Neuroenergetic Kinesiology is recognised as being the most comprehensive system of modern kinesiology and is taught all over the globe, most recently South America and Russia have been added to the list.

The NK Institute is proud to produce trainers of this competency world wide and grow kinesiology globally.

At NK we are committed to delivering the most cutting edge kinesiology training in the world. By fostering a global, humanitarian approach we ensure that every student who trains with us is empowered to use the materials and techniques we provide them with, to inform their own discovery of the power of kinesiology.
Practitioners Trained in NK will be able to perform Kinesiology Tests and Create Effective Treatment Plans for:

• The neurology behind our survival nature
• Unsupportive behavioral patterns and emotional conditioning
• The physiology of emotional regulation centers in the brain and physiology of their responses
• The vast neuronal network throughout the entire brain, addressing cortical fibers and specific brain function
• Primitive reflexes and other developmental issues (including learning)
• The 14 hormonal systems with their 4 classes of hormones
• Biochemical factors that enable the balancing of biochemical pathways, ie nutrition and physiology of 11 of our body systems.
• All aspects of the immune system including vaccination reactions, the physiology of the bone marrow, T cells, B cells, red blood cells, etc.
• Recognising archetypes; the symbolic representation of the stress behavior patterns of our psyche
• Imbalances in the energetic anatomy including chakra, meridian and nadi systems, with their associated meanings
• The root causes of problems and reoccurring patterns
• Body structure including all of the skeletal muscle, bones, ligaments, tendons, fascia, skin and neural stimulation.
• All of the main joints (hip, knee, elbow, shoulder, hand and ankle) and above all a very effective procedure for structural alignment
• The cranial bones and the jaw
Why Study with Neuroenergetic Kinesiology?

At NK we give you the opportunity to;
• Develop a deep understanding of kinesiology and its many applications
• Attain the highest level of kinesiology qualification in Australia with options to continue on complete a Bachelor of Health Science
• Study the latest findings and innovations in Kinesiology
• Study kinesiology with world leaders and educators,
• Specialise Neurology, Physiology, Pathology or Structure
• Be mentored whilst developing your practice
• Choose online learning options
• Have flexibility with your study options
• Access an international network of experts and opportunities
• Study with a system that’s been getting results for our students for 15 years

About Us & Our Service to You

We are an international college of Kinesiology delivering Australian Certified Qualifications and advanced subjects for established practitioners, from work developed here in Australia.

Our Head Office and NK College is located between the beautiful surrounds of Mount Warning and the NSW north coast. Just 40 minutes drive from Coo-langatta Airport, and just over 1.5 hours drive from Brisbane Central. Additionally we offer the Certificate IV in Kinesiology in various locations along the East Coast, from Rockhampton to Sydney.

Our courses have a strong spirirutal focus and we structure our courses with your healing in mind. We offer a beautiful location far from the distractions of city life. Once you are here it is easy to focus on the progress and study you want to undertake. Our long courses are structured in blocks so that once making the travel you can be here and work hard.

Excluding a few of our more intensive subjects, such as the Primitive Reflexes and the Chakra series, you can train via an online learning program, with compulsory practicums in Murwillumbah to gain proficiency under supervision. However we do recommend making the journey to us, and gaining from this beautiful location and the other students who attend.

We are still producing new course material, and our most recent offering the Graduate Diploma in Neuroenergetic Kinesiology is currently the highest level of certification in Kinesiology and Natural Medicine in Australia.
NK Institute offers nationally recognized training in Kinesiology from beginner to advanced. All of our courses are also recognized with the Australian Kinesiology Association and equate to Level 1, 2 & 3 Practitioner status. See website for subject categories with AKA.

For a full listing of the Units of Competency in the Health Package please find them on the website. RPL is available for individuals who have completed or worked in health previously.


**HLT42812 Certificate IV in Kinesiology**

10 Practical Units (Workshops)
- Principles of Kinesiology 1, 2, 3 & 4
- Brain Formatting
- Chakra Metaphors
- Balancing with the 5 Elements
- Physiology Formatting
- Chakra Hologram 1
- Neural Emotional Pathways 1

14 Units of Competency - come from the Health Package and are completed as workbooks in your own time

Prerequisite: None

Locations: Rockhampton, The Sunshine Coast, Brisbane, Gold Coast, Sydney and Online (there are special requirements)

Completing the Nationally Recognised Cert IV in Kinesiology HLT42812 will enable you to start your clinic, and when you are ready take diploma or advanced subjects from our extensive offerings.

**HLT51507 Diploma of Kinesiology**

7 Practical Units (Workshops)
- Chakra Holgram 2
- Body Structure 1 & 2
- Celestial Chakra Hologram
- Neural Emotional Pathways 2, 3 & 4

14 Units of Competency - come from the Health Package and are completed as workbooks in your own time

Prerequisite: Cert IV in Kinesiology

Locations: Murwillumbah and Online (there are special requirements)

Moving on to the HLT51507 Diploma of Kinesiology, there is a deepening of the knowledge learned in the Cert IV, such as balancing more specific issues in the neuro-emotional and behavioral aspects of our being. It is accompanied with equally more in depth techniques for vibrational and energy balancing.
Practical Units (Workshops)

Chakra Hologram 1 & 2
Celestial Chakra Hologram
Neural Emotional Pathways 1, 2, 3
Body Structure 1 & 2
Nutrition Holgram 1 & 2
Immune and Vaccination Pathways 1 & 2
Brain Hologram A, B, C & D
Hormone Holgram 1 & 2

Elective Units (Choose 1)
Neurotransmitter Hologram
Primitive Reflexes 1, 2, 3

8 Units of Competency - specifically created for NK Course Case Studies

Prerequisite: Diploma of Kinesiology or equivalent qualification

Locations: Murwillumbah and Online (there are special requirements)

The advanced courses have been accredited specific to Neuroenergetic Kinesiology study. Any workshops already studied count towards the qualification however the Units of competency must be completed for each unit. You will be mentored monthly with Tobar and draw on and contribute to the experience of professional kinesiologists around the world. This degree of research into specific client case studies proves invaluable to professional kinesiology practice.

Completion of either advanced qualification enables you to continue the pathway into a Bachelor of Health Science at the Charles Sturt University, with credits for your kinesiology work.

www.csu.edu.au/courses/undergraduate_medicine/course-overview
Neuroenergetic Kinesiology Course Descriptions

Principles of Kinesiology

is an exciting introductory course, which provides skills you will use throughout your Kinesiology career. You will learn all about the theories of the human energetic anatomy and how they can be accessed. You will 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 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 includes the 8 Extra-ordinary meridians, divergent channels, connecting channels and muscles meridians. This more extensive understanding of Traditional Chinese Medicine concepts deepens the beginner students’ knowledge and appreciation into the origins and development of kinesiology.

Other important Kinesiology techniques will be studied, such as the use of finger modes (mudras), correcting for 20 different muscles, and building a Kinesiology balance with all of these elements.

8½ days (taught in 4 parts)
Prerequisite: None

Balancing with the 5 elements

This course looks at the flow of chi through the 5 elements, 14 main and 8 extraordinary meridians. You will learn about the two states of chi flow imbalance and the associated emotions specific to the meridian or element and it’s 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 element and meridian procedures will define specific states of imbalance within the entire system, what emotions may be
associated and which energetic system is out of balance.

2 days
Prerequisite: Touch for health or Principles of Kinesiology

Sound & Light Healing

This course looks at the use of sound and light in the balancing of chakras and meridians. There is an analysis of the different colours and sounds that are used to balance chakras and meridians according to their state of imbalance.

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

1 day
Prerequisite: Touch for Health or Principles of Kinesiology

Genetic I Ching Hologram

This course looks at the use of sound and light in the balancing of chakras and meridians. There is an analysis of the different colours and sounds that are used to balance chakras and meridians according to their state of imbalance.

Genetic I Ching Hologram is an application of the 8 extra meridians. It explores the relationship between the 8 I Ching trigrams and these extraordinary meridians. The trigrams are paired together like a coordinate system to form the 64 hexagrams of the I Ching, thus the I Ching is a hologram and being the world's first book means the world's first book was a hologram! (We love holograms at NK)

In this application, the 64 I Ching hexagrams relate to the 64 codons of the Genetic code, with each codon specifying an amino acid. Another interesting historical spiritual study relates the amino acids to the kabbalah, and therefore the major arcana of the tarot. You are also taught how to work with holographic neurovasculars, neurolymphatics and the spiritual flower messages from the Mother of Pondicherry.

Having a more spiritual essence the 8 extra meridians are perfectly suited to working with the I ching, our genetics and amino acids.

3 days
Prerequisite: 100 hours of accredited Kinesiology or Brain Formatting
Chakra Metaphors

introduces the energetic anatomy of the chakra’s and their involvement in our psychology and life experience.

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

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

2 days
Prerequisite: Touch for Health or Principles of Kinesiology

Chakra Hologram 1

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

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

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

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

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

4 days
Prerequisite: 100 hours of accredited kinesiology or Brain Formatting

Chakra Hologram 2

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

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

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

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

Each of these 24 energy centres are covered including the anatomy and physiology related to the area along with their associated belief patterns.

A major focus in the course is anatomy and physiology of the visual and auditory pathways, joint structure and function, and the amazing workings of the placenta as well as clinical applications of these chakra corrections.

4 days
Prerequisite: 100 hours of accredited kinesiology or Brain Formatting

Celestial Chakra Hologram

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

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

The course includes extensive information and formatting for the nervous and nadi systems and how they interact with each other. This is important in order to ensure that the energy from the Chakras can then flow via the nerve pathways to the rest of the body. The Kundalini hologram is also presented, which involves the three flows of ida, pingala and sushumna.

4 days
Physiology Formatting

Prerequisite: 100 hours of accredited kinesiology or Brain Formatting

takes you on a journey through the vital processes for living systems - Oxygenation, Hydration and Energy Production.

This course extends the introductory 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 the body system’s 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.

2 days
Prerequisite: Brain Formatting

Nutrition A & B

This is an eight extra meridian hologram. There are 128 hormones. They are categorised into 4 categories: polypeptides, Fatty Acids, Amino Acids, and steroid hormones.

There is special treatment including the neurobiology of menstrual cycle related mood disorders, which include premenstrual tension (PMT), pregnancy, neonatal and premenopausal disorders. Also the effects of gonadal steroids on the brain.

Also look at the function of these hormones including an understanding of the neurobiology of stress and the effects of stress hormones.

This workshop looks at 14 different hormonal systems in the human body and different ways of balancing them.

This workshop looks at particular detail of the hormonal receptors and the biochemical processes that take place in the cell as a result. Some of the systems are Hypothalamus, Pituitary, Pineal, Sex, Calcium Balance, Thyroid, Gastro-entero digestive system, Thymus, Blood Sugar (Pancreas), Prostaglandins, Adrenal Cortex, Adrenal Medulla, Plasma, Cell Growth Factors. There are extensive formatting systems of the glands, hormones and receptor systems. There will be an extensive set of 131 slides included.
Hormone Hologram

This is an application of the eight essential study and kinesiology applications for working with our endocrine system.

It covers the 14 hormonal systems including the Hypothalamus, Pituitary, Pineal, Sex, Calcium Balance, Thyroid, Gastro-entero digestive system, Thymus, Blood Sugar (Pancreas), Prostaglandins, Adrenal Corticoids, Adrenal Medulla, Plasma, Cell Growth Factors.

And the 128 hormones organized into 4 categories: polypeptides, fatty acids, amino acids, and steroid hormones, their specific receptors and cellular location to understand the biochemical processes that take place in the cell as a result.

There are specialised treatments for the neurobiology of the menstrual cycle and related mood disorders, which include premenstrual tension (PMT), pregnancy, neonatal and premenopausal disorders, as well as the effects of gonadal steroids on the brain. As well as the neurobiology of stress and the effects of stress hormones.

Immune &

Vaccination Pathways 1 & 2

This workshop deals with the immune system and all of its related aspects. All the information needed is presented in a clear extensive manual.

The practitioner will learn how to access the stress on all aspects of the immune system by an extensive formatting system. There will be information on how to access stress with formatting cell physiology and the cell organelles, blood chemistry and blood cells, cell pathology with cancer and ageing, the non-specific immune system, the adaptive immune system, the effects of pathogens such as virus and bacteria, and vaccinations.

Formatting, bacteria, virus, fungus, parasites, toxins, liver enzyme balance, 4 types of hypersensitivity balancing (allergies), T helper cell hologram, T killer cell hologram, Antigen Presenting Cell Hologram, Mast cell Hologram, Formatting for CD molecules, balancing transplants, auto immune disease.

Prerequisite: Brain Formatting and 250 hours of Kinesiology
The ‘Body Structure Hologram’ is a unique course that tackles the difficult topic of balancing the body’s structure in a gentle energetic way. The techniques that are taught in this course are easy to use but balance the body’s structure in a profound way.

The course tackles the structure in a systematic way. There are balances for each region of the body including:

- Cranial balancing
- TMJ
- Neck joints
- Shoulder joints
- Elbow joints
- Wrist and hand joint balancing
- Hip, knee, ankle and foot joint balancing
- Joints of the torso balancing
- Hyoid/Centering balancing
- Middle ear balancing
- Eye muscle balancing
- Fascia train balancing
- Smooth muscle balancing
- Motor function balancing
- Speech balancing
- Muscle meridian balancing
- Chakra/Muscle balancing
- Dermatome - Skin balancing

There are also complete formatting systems for every muscle, bone, ligament, dermatome, fascial train and cartilage in the human body. This work has been used with stunning results by Kinesiologists all over the world. There are 3 extensive manuals including a Muscle format database that has every format associated with every muscle.

7 days
Prerequisite: Brain Formatting and 250 hours of Kinesiology
Brain Formatting provides an introduction to working with the areas of the human being with the greatest neural stimulation: The Brain, The Heart and The Enteric Nervous System. These 3 areas have relative autonomy in our functioning and carry a lot of stress.

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 our nervous system by creating complex resonance patterns. It is essential for deepening work into our physiology and anatomy, and can discover precise areas of imbalance.

By incorporating neurology into balancing, you begin to work with stress at this deeper level and monitor its impact on anatomy and physiology.

2 days
Prerequisite: Touch for Health or Principles of Kinesiology

delves into the study of brain function according to the pathways of the 5 survival emotions; FEAR, RAGE, PANIC, SEEKING and the CARE.

It is neuroenergetic kinesiology’s introductory unit into working with specific brain nuclei and the pathways of neural stimulation for extreme emotions. These emotions are programmed within us to run specific responses for our survival. Once activated they are set off like a line of dominoes, resulting in unwanted affects for the experiencer.

One of the most important subconscious areas studied includes the PAG. This is the brain’s centre for outputing signals to the body for the expression of physical responses to emotion. This includes signalling the heart to increase beating, the lungs to increase breathing, the digestive system to tighten and stop, and every other sympathetic nervous system response that results in the uncomfortable body experience of fear, anger and panic. Or conversely it can be the relaxing of all of these processes when survival is realised, which belong more to the care and seeking systems.
Throughout our lives our primary emotional circuits have been triggered countless times. By working with these individual nuclei, releasing stress in these pathways, emotional reactions can be changed. This course is one of the most comprehensive and powerful techniques for working with the stress and impact survival has on us.

4 days
Prerequisite: Brain Formatting

Neuro-Emotional Pathways 2

The Neural Emotional Pathways level 2 is an extension of the level 1 workshop. There is a formatting system for the thalamus and the reticular formation. The students will also learn about the structure, function, and connectivity of the thalamus and reticular formation.

This workshop looks at the neurological systems of male & female sexuality or the LUST system, the PLAY system, and systems for the three states of normal consciousness, deep sleep or the NREM system, dreaming sleep or the REM system, wakefulness or the WAKING system.

The emotional states of being of the Neural Emotional Pathways 1 have a huge impact on these systems. This workshop shows you how to integrate the systems in both of these pathways with truly profound results.

3 days
Prerequisite: Neuro-Emotional Pathways 1

Neuro-Emotional Pathways 3

In the Neural Emotional Pathways level 3 Workshop you will learn how to format for specific systems involved with consciousness. There are a number of interesting theories around on the neural correlates of consciousness, learn how to format for these structures. There will also be a study of neural disorders, how to format them, and how to integrate the Neural Emotional Pathways level 1 work with the systems of consciousness and disorders.

Looks at a model of mind and consciousness. Transformation from emotional systems to pure consciousness. There is a model of the neurology of consciousness incorporating the extended reticular activating system.

Looks at the neurobiology of disorders of the mind and consciousness such as schizophrenia, obsessive compulsive disorder, depression, bipolar disorder, autism, eating disorders, learning and memory.

This workshop looks at more disorders of the psyche and consciousness. It will look at the neurology of systems such as Feeding, Eating Disorders, Stress, Schizophrenia, Anxiety, Obsessive-compulsive etc. It utilises the now world famous “Modes of Processing” (MOPS) as first developed in the level 1 of this workshop.

3 days
Prerequisite: Neuro-Emotional Pathways 1
Neuro-Emotional Pathways 4

The focuses of NEPS 4 are

1. dealing with the 5 basic survival emotions in a more targeted way, by considering their accumulated responses over time and

2. processes involved in learning. This study firstly requires understanding the impact of our sensory functioning and secondly our Amygdala and Hippocampus. In both instances memory plays a decisive role in how we react.

There are comprehensive balancing protocols for determining and releasing conditioned stimulus responses, expression, suppression and resolution for each of the survival emotions and the sensory apparatus involved.

All processes involved in the learning process are also studied in detail. These include attention, short term, memory, long term memory, semantic memory. They are then divided into auditory and visual pathways, and then further divided into numeracy and literacy skill. This organisation of learning processes enables a very specific understanding for your client of where and what is not functioning optimally. This is the number one course for dealing with the neurology involved in learning process and their difficulties.

Within this course you will learn techniques and some very effective accu-points, for working specifically with Post Traumatic Stress, one of the most debilitating forms of conditioned stimulus responses.

You will also discover how memory is involved in all learned behaviors and the amygdala’s role in creating our experiences. Naturally you will be empowered with techniques to use kinesiology to improve brain functionality.

3 days
Prerequisite: Neural Emotional Pathways 1

Brain Holgram A

workshop includes the Multi Dimensional Hologram theory for working in depth with the neo-cortex and limbic system and their associated processes.

Specific areas of application include the brain lobes, Brodmann Areas, limbic areas, nuclei and sub nuclei as well as the fibres innervating these areas; the Commissural Pathways, neighbourhood and local fibres and limbic tracts.

Unique formations within these areas are additionally covered such as the six layers of the neocortex, hippocampal formation and entorhinal cortex.

Each Brodmann’s Area and limbic area have been additionally covered according to their specific physiological functions.

For example there is a lot of functional information on areas, such as the Basal forebrain’s involvement with the neural circuitry of emotion, and affective disorders as well as the study of the microanatomy of the basal forebrain, including the amygdala and the basal ganglia.

From this course you will be able to
do interactive cortical brain circuits, tracing the unique pathways of stress for your clients’ brain processing.

Included also are applications for mood disorders i.e. manic depression, depression, schizophrenia, candida etc.

These exciting new procedures have been developed and researched by Hugo and used throughout the world for over 10 years.

**4 days**

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

### Brain Hologram B, C & D

These remaining courses complete study of the brain circuitry as a whole. The Brain Holgram is taught as a 10 day intensive starting with -A- however you may chose to do only one of these units.

Brain Holgram B covers the neurology of the Brain Stem and Spinal Cord.

The remaining units cover neural processes pertaining to the senses with Brain Hologram C focusing on the Somatosensory Pathways and Brain Holgram D the Visual and Auditory Pathways.

In all of the Brain courses there is specific formatting for the nuclei and sub-nuclei belonging to brain areas. Both structure and physiology are studied, as well as innervation and ennervation.

The series is designed to track signals as they create pathways through the neurology, working with structure and physiology for deeper balancing.

**6 days**

**Prerequisite:** 250 hours of accredited Kinesiology or Brain Formatting

### Neurotransmitter Hologram

is an advanced level study into the balancing of the 46 neurotransmitters of the neurology along with their specific receptors. For each of these neurochemicals a balancing technique is covered. This includes their production from the genes as well as their specific targets and functions.

You will learn when and why these balances are required and how this relates to an individual’s condition. As well, you will receive a database of issues, detailing the relationship between an issue and the neurochemistry involved.

Specialised approaches for specialised conditions, such as; stress, aversion, OCD, addiction, chronic fatigue and sleep, ADHD, panic, depression, anger and violence tendencies, social bonding, sexuality, hunger and appetite are taught.

**5 days**

**Prerequisite:** Brain Formatting and 250 hours of Kinesiology
A primitive reflex is defined as a reflex that is present at birth and is therefore developed in utero. The development of the entire nervous system stems on these ingrained (ie primitive) reflexes, being integrated, thus allowing for more complex coordinated functioning. Later in life how these processes occurred for each individual in their first 12 months, can determine mental, emotional, psychological and physical neural functioning.

Studies show that most learning difficulties result from one or more of these reflexes not being adequately integrated during the infant's developmental phase. Whilst integral to the nervous system, most people retain a few reflexes into adulthood. As complex creatures we learn to adapt by relying in the areas that we excel, such as predominance for visual over auditory learning. However even for an adult, teen or child, working on these reflexes has a powerful impact on mental functioning.

Naturally you will learn a system for working with embryology and postnatal development. These 2 formatting systems can be used to pinpoint a moment in the infant's development, where stress has been held. With neuroenergetic kinesiology we can use the identification of developmental stress in combination with neurological stress to balance these reflexes in a very specific and targeted way.

The Primitive Reflexes & the Brain Stem 1, 2 & 3

The Primitive Reflexes Level 1 Course divides these reflexes into categories according to their neurology, vestibular, proprioceptive, somatosensory and work with the pathways for this reflex response.

The Primitive Reflexes Level 2 broadens the study to include the reflexes of special senses; auditory, visual, smell and taste.

Primitive Reflexes Level 3. Looks at more subtle, energetic causes for reflex responses and the developmental systems of the human body. At this level, the stressors experienced by the embryo are studied as the potential origins or contributors to diverting the natural process of integrating reflexes which should occur after birth. These early processes are so important to acknowledge as they determine the entire foundations for neurological functioning, and can result in fundamental learning and behavioral problems.

8 days
Prerequisite: 250 hours of accredited Kinesiology or Brain Formatting
The Pathology Series

is the culmination of 15 years of kinesiology development by Hugo Tobar and as a whole comprises our Graduate Diploma. It provides the kinesiology practitioner with the necessary skills and knowledge to perform advanced physiology and pathology balances.

Each of the 11 courses has information on the advanced anatomy and physiology of that system and how to apply balancing techniques to these physiologies. This gives profound kinesiology balancing options for many different presenting client issues.

Naturally there are also balancing ideas for many different pathologies relating to each of the 11 human body systems.

The final course developed in the pathology series combines study into the structure for the Skeletal Muscles, the Skeletal System and the Eye.

As has been discovered by the practical applications of structural balancing, these systems release long term held stress from the body, creating massive shifts for the recipients.

There are techniques to work with specifically defined pathologies as well as unknown issues in these systems.

Every skeletal muscle and bone is accounted for and you will discover how to find and release specific stress for each of their structural and functional components, as well as for ligaments, nerve supply and fascia.

Working with the eye, the training delves into the intricate structural components that allow for the sensory function of vision.

With over 50% of the brain’s neurological function being involved in vision, the amount of stress held in this organ, can not be underestimated. It controls our view of the world, the direction we choose to look to face our challenges and most sensory input.

Sight is governed by the muscular function of the 6 extra-ocular eye muscles combining with the 4 intra-ocular eye muscles. Training into working with these muscles including reactive patterns is also included.

10 days for each Section A & B
Prerequisite: Brain Formatting and 250 hours of Kinesiology
Interviewer: What does it take to become a great kinesiologist?
Hugo Tobar: 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.”

“NK is a very straight forward, simple, but elegantly profound, method that really does look at the body holistically.”
- Anne Brewer, Health Professional

“Kinesiology has the wow’ factor.” It was always my intention to use kinesiology as part of my toolbox, now I can use it with my clients.
– Laurie Ehlers, Remedial Massage Therapist

“I was learning and it was like peeling the layers of an onion on my deepest and darkest issues. I’m now getting to a place where I can help people.”
– Kate Brock, NK Institute Alumni
Since 1998 Neuroenergetic Kinesiology has been taught globally and continues to grow. Our courses are sought after across Europe, USA, Hong Kong as well as Australia, where founder Hugo Tobar originates. Time and time again we hear from our students that what makes NK popular for advanced training, is the precision and depth that is reached in the kinesiology sessions. We not only offer the highest level of certification in Australia, we also have introductory courses that make an excellent foundation for the growing field that is kinesiology, and have been designed with advanced training in mind.