Course Guide
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.
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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 Charles Sturt University’s Undergraduate and Master level degrees.

Discover Your Unique Balance for Wellbeing

Physiology  Psychology  Energy Systems

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 Charles Sturt University giving you unequalled potential for specialisation.

Training offered:

Introduction to Kinesiology - Foundations of Professional Study

Basic Practitioner - AKA Level 4 Practitioner
200 practice hours with 80 supervised and 120 mentored hours

HLT52415 Diploma of Kinesiology - AKA Level 5 Practitioner
200 practice hours with 80 supervised and 120 mentored hours

10125NAT Advanced Diploma of Neuroenergetic Kinesiology - AKA Level 6 Practitioner

Graduate Diploma of Neuroenergetic Kinesiology

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.
Nationally Recognised Qualifications

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). 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.

Entry requirements: No prerequisites

Course duration: 2.5 - 3 years
### HLT52415 Diploma of Kinesiology Workshops

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

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. 2019, 2021) and those marked even are taught in even years (e.g. 2020, 2022).

### Units of Competency - Workbooks

<table>
<thead>
<tr>
<th>Code</th>
<th>Unit</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>HLTKIN001</td>
<td>Develop kinesiology practice</td>
<td>Kinesiology</td>
</tr>
<tr>
<td>HLTKIN002</td>
<td>Conduct indicator muscle monitoring</td>
<td>Kinesiology</td>
</tr>
<tr>
<td>HLTKIN003</td>
<td>Perform kinesiology assessments</td>
<td>Kinesiology</td>
</tr>
<tr>
<td>HLTKIN004</td>
<td>Provide kinesiology balances</td>
<td>Kinesiology</td>
</tr>
<tr>
<td>HLTKIN005</td>
<td>Monitor and evaluate client progress</td>
<td>Kinesiology</td>
</tr>
<tr>
<td>HLTAAP003</td>
<td>Analyse and respond to client health information</td>
<td>Anatomy &amp; Physiology</td>
</tr>
<tr>
<td>CHCCOM006</td>
<td>Establish and manage client relationships</td>
<td>Communication</td>
</tr>
<tr>
<td>CHCDIV001</td>
<td>Work with diverse people</td>
<td>Communication</td>
</tr>
<tr>
<td>HLTHPS010</td>
<td>Interpret and use information about nutrition and diet</td>
<td>Nutrition</td>
</tr>
</tbody>
</table>
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.

Upon completion of this qualification, graduates are also eligible to receive 64 credit points towards the 192 required for the Bachelor of Health Science (Complementary Medicine) through Charles Sturt University.
10125NAT Advanced Diploma of Neuroenergetic Kinesiology

This qualification is designed for students wishing to deepen their understanding of the human body and further specialise their kinesiology knowledge and techniques. It offers the opportunity to consolidate prior learning and experience with advanced concepts and techniques to create new balance protocols adapted to a client’s needs. This fully mentored program provides comprehensive information on some of the most complex body systems which forms the scientific background to understanding the deep ramifications of specific conditions.

The 10125NAT Advanced Diploma of Neuroenergetic Kinesiology allows practitioners to take their clinical work to the next level by providing insight into the extensive actions and interactions of the different physiological systems and energetic structures. It equips practitioners with full investigative powers into health conditions and enables the development of tailor-made, specific to the client treatment plans and healing pathways encompassing elements from multiple areas of kinesiology.

Benefits of the Advanced Diploma of Neuroenergetic Kinesiology

○ Delves deeply into the anatomy and physiology of body systems forming a strong understanding of physiological pathways involved in health issues;

○ Provides knowledge and skills to customise treatment plans to any presenting conditions, their symptoms and the specific stress factors involved;

○ Supplies complex formatting techniques with profound systemic impacts as well as specific actions into each area of the brain and body involved in the countless neurological and biochemical pathways that support health;

○ Prepares for independent and peer-supported research work in kinesiology through a fully mentored professional program.

Entry requirements:
Any accredited Diploma of Kinesiology

Course duration: 2 years
### Workshops

<table>
<thead>
<tr>
<th>Workshops</th>
<th>Course Duration</th>
<th>AKA Category</th>
<th>AKA Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neuroemotional Pathways 1</td>
<td>4 days</td>
<td>B</td>
<td>32</td>
</tr>
<tr>
<td>Neuroemotional Pathways 2 &amp; 3</td>
<td>5 days</td>
<td>B</td>
<td>40</td>
</tr>
<tr>
<td>Body Structure Hologram 1 &amp; 2</td>
<td>7 days</td>
<td>B</td>
<td>56</td>
</tr>
<tr>
<td>Chakra Hologram 1</td>
<td>4 days</td>
<td>B</td>
<td>32</td>
</tr>
<tr>
<td>Chakra Hologram 2</td>
<td>4 days</td>
<td>B</td>
<td>32</td>
</tr>
<tr>
<td>Celestial Chakra Hologram</td>
<td>4 days</td>
<td>B</td>
<td>32</td>
</tr>
<tr>
<td>Nutrition Hologram A &amp; B</td>
<td>8 days</td>
<td>C/Nut</td>
<td>88</td>
</tr>
<tr>
<td>Hormone Hologram</td>
<td>5 days</td>
<td>C</td>
<td>40</td>
</tr>
<tr>
<td>Immune &amp; Vaccination Pathways 1 &amp; 2</td>
<td>7 days</td>
<td>C/A&amp;P</td>
<td>56</td>
</tr>
<tr>
<td>Brain Hologram A, B, C &amp; D</td>
<td>10 days</td>
<td>C</td>
<td>104</td>
</tr>
<tr>
<td>Elective 1 – Neurotransmitter Hologram</td>
<td>5 days</td>
<td>C</td>
<td>40</td>
</tr>
<tr>
<td>Elective 2 – Primitive Reflexes &amp; the Brainstem 1, 2 &amp; 3</td>
<td>9 days</td>
<td>C</td>
<td>72</td>
</tr>
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</table>
Attendance at all kinesiology workshops and completion of all units are required to obtain the qualification. The Advanced Diploma qualification allows professional membership with the Australian Kinesiology Association (AKA) as a Level 6 Kinesiology Specialist Practitioner. 200 hours of recorded clinical practice hours will be required to obtain this level of membership which can be taken from prior training.

Upon completion of this qualification, graduates are also eligible to receive 80 credit points towards the 192 required for the Bachelor of Health Science (Complementary Medicine) through Charles Sturt University.

Double Diploma Qualification

NK Institute offers the possibility of enrolment into the double diploma qualification which is a combination of the HLT52415 Diploma of Kinesiology and the 10125NAT Advanced Diploma of Neuroenergetic Kinesiology.

This qualification maximises the study options as some advanced units are usually offered only every second year. Choosing this pathway ensures that you can complete the workshops as they become available potentially reduce the length of study for both qualifications.

As an added benefit, we will waive the enrolment fee into the 10125NAT Advanced Diploma of Neuroenergetic Kinesiology.

Course duration: 4 years

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), students must complete and record 200 hours of supervised/mentored practice outside of the workshops on the public.

Supervised student clinics
80 hours of this will be scheduled on specific dates over the 2.5 years. 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 120 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 120 hour total, thus requiring you to complete around 80 client appointments in your own clinical practice. Multiple client sessions can be mentored in one sitting.

Mentoring sessions allow incredibly 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 - 3 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 the Basic Practitioner Training. 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.

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

<table>
<thead>
<tr>
<th>Workshops</th>
<th>Course Duration</th>
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<tbody>
<tr>
<td>Principles of Kinesiology 1</td>
<td>2 days</td>
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<tr>
<td>Principles of Kinesiology 2</td>
<td>2 days</td>
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<td>Principles of Kinesiology 3</td>
<td>2 days</td>
</tr>
<tr>
<td>Principles of Kinesiology 4</td>
<td>2 days</td>
</tr>
<tr>
<td>Brain Formatting</td>
<td>2 days</td>
</tr>
<tr>
<td>Chakra Metaphors</td>
<td>2 days</td>
</tr>
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</table>

Neuroenergetic Kinesiology Basic Practitioner Training

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 Basic Practitioner Training courses will provide you with skills and knowledge to attend to a wide range of health imbalances.

Additional to the workshops of the NK Foundation Training, the NK Basic Practitioner 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 if you complete the required units of competencies, assessments and recorded clinical hours.

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 Basic Practitioner Training

- All the great benefits of the Foundation Training;
- 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 year

**Neuroenergetic Kinesiology Basic Practitioner Workshops**

<table>
<thead>
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<th>Workshops</th>
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<tbody>
<tr>
<td>Principles of Kinesiology 1</td>
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<td>Principles of Kinesiology 2</td>
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<td>2 days</td>
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<td>Principles of Kinesiology 4</td>
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<tr>
<td>Brain Formatting</td>
<td>2 days</td>
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<tr>
<td>Chakra Metaphors</td>
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<td>Physiology Formatting</td>
<td>2 days</td>
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<tr>
<td>Balancing with the 5 Elements</td>
<td>2 days</td>
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<tr>
<td>Chakra Hologram 1</td>
<td>4 days</td>
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<tr>
<td>Neuroemotional Pathways 1 (NEPS 1)</td>
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**Units of Competency - Workbooks**

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<thead>
<tr>
<th>Code</th>
<th>Unit</th>
<th>Category</th>
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<tbody>
<tr>
<td>CHCCOM006</td>
<td>Establish and manage client relationships</td>
<td>Communication</td>
</tr>
<tr>
<td>CHCDIV001</td>
<td>Work with diverse people</td>
<td>Communication</td>
</tr>
<tr>
<td>HLTAAP003</td>
<td>Analyse and respond to client health information</td>
<td>Anatomy &amp; Physiology</td>
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<tr>
<td>HLTtok001</td>
<td>Develop kinesiology practice</td>
<td>Kinesiology</td>
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<tr>
<td>HLTkin002</td>
<td>Conduct indicator muscle monitoring</td>
<td>Kinesiology</td>
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<tr>
<td>HLTkin003</td>
<td>Perform kinesiology assessments</td>
<td>Kinesiology</td>
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Graduate Diploma of Neuroenergetic Kinesiology

This qualification pathway confirms Neuroenergetic Kinesiology as the most complete and advanced kinesiology balancing system in today’s world.

It is the most recent body of work created in Neuroenergetic Kinesiology and is the culmination of over 15 years of kinesiology training, research and practise by Hugo Tobar.

Each course has information on the advanced anatomy and physiology of its associated system, the various presenting pathologies of the system and how to apply Neuroenergetic Kinesiology balancing techniques to these pathologies.

Students at this level look at developing an intimate knowledge of the workings of all body structures from whole systems to the most minute cellular components. Full command of the anatomical and physiological aspects of the human body leads to a deep understanding of the development of health conditions and their impacts on the rest of the body. This knowledge allows for confident design of holistic treatment plans addressing all aspects of health and wellbeing for each individual client at the deepest level.

Benefits of the Graduate Diploma of Neuroenergetic Kinesiology

- Delivers an unequalled wealth of knowledge in human anatomy and physiology which is fully adapted for kinesiology practice
- Allows for profound stress removal along the pathways of the creation of disease and health issues
- Provides the most complete set of kinesiology skills and balancing techniques available today
- Encourages research work and development of new techniques for the advancement of the field of kinesiology
- Supports career opportunities at the forefront of the kinesiology world

Entry requirements: Any accredited Advanced Diploma of Kinesiology

Course duration: 2 years

Attendance at all kinesiology workshops and completion of all units of competency are required to obtain the qualification.

(Note this qualification is no longer accredited as a nationally accredited qualification as its 5 year accreditation period expired)
## Graduate Diploma of Neuroenergetic Kinesiology Workshops

<table>
<thead>
<tr>
<th>Pathology Hologram A</th>
<th>Pathology Hologram B</th>
<th>Course Duration</th>
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<tbody>
<tr>
<td>The Cardiovascular System (2)</td>
<td>The Endocrine System (4)</td>
<td>Offered as two intensives of 10 days</td>
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<tr>
<td>The Respiratory System (2)</td>
<td>The Reproductive System (4)</td>
<td>- Pathology A &amp; B</td>
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<tr>
<td>The Digestive System (1)</td>
<td>The Haemolymphoid System (5)</td>
<td>OR 7 workshops of 4 days each</td>
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<tr>
<td>The Urinary System (1)</td>
<td>The Musculoskeletal System (7)</td>
<td>- Pathology 1 to 7</td>
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<tr>
<td>The Nervous System (3)</td>
<td>The Integumentary System (6)</td>
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<td>The Ear System (6)</td>
<td>The Eye System (7)</td>
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### Workbooks

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<th>Workbook</th>
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<tr>
<td>Provide Urinary system pathology balances</td>
<td>Advanced Specialised Kinesiology &amp; Pathology</td>
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<tr>
<td>Provide Digestive system pathology balances</td>
<td>Advanced Specialised Kinesiology &amp; Pathology</td>
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<tr>
<td>Provide Cardiovascular system pathology balances</td>
<td>Advanced Specialised Kinesiology &amp; Pathology</td>
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<td>Provide Integumentary system pathology balances</td>
<td>Advanced Specialised Kinesiology &amp; Pathology</td>
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<td>Provide Musculoskeletal system pathology balances</td>
<td>Advanced Specialised Kinesiology &amp; Pathology</td>
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<td>Provide Inner ear pathology balances</td>
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<td>Provide Eye pathology balances</td>
<td>Advanced Specialised Kinesiology &amp; Pathology</td>
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“NK is the most modern & comprehensive system of Kinesiology in the world”

- Alfred Schatz -

Founder of IAK, the largest kinesiology institute in the world
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 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 printed 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 will be charged on a yearly basis for a total of $2,760 over the 2.5 to 3-year period of the qualification with an annual fee of $920. This charge will cover the 80 hours of student clinic and mentoring of 120 clinical practice hours.

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.

**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 Utt (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 innovation 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 49 courses 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 qualifications 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.

Other important kinesiology techniques will be studied, such as the use of finger modes (mudras), correction for 20 different muscles and the knowledge to build a kinesiology balance with these elements.

**Duration:** 8 days (4 x 2 days)
**Prerequisite:** None

**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.

**Duration:** 2 days
**Prerequisite:** Principles of Kinesiology or Touch for Health

*“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 -
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.

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.

Duration: 2 days
Prerequisite: Principles of Kinesiology or Touch for Health

“The power of kinesiology is...

making the unknown, known”

- Hugo Tobar
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, soul purpose and higher self-realisation is also explained.

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

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 chakra 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 pinpoint 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 workshop 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.

**Duration:** 4 days  
**Prerequisite:** Chakra Hologram 1 or Chakra Hologram Intensive

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
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 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 functions, neurological pathways 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 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.

Duration: 5 days (NEPS 2 & 3 are taught together)
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 on the two STRESS systems and the ADDICTIONS, WITHDRAWAL, FEEDING, THIRST, CONSCIOUSNESS, VIBRATION, PHYSICS DIMENSION and ARCHETYPICAL 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.

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

Duration: 4 days
Prerequisite: Neuroemotional Pathways 1

Body Structure 1 & 2
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.

These courses include:
- Balancing techniques for joints of the head and neck including cranial sutures, temporomandibular joint (TMJ), neck joints and hyoid bone structure;
- Balancing techniques for the upper body and limbs including torso, shoulder, elbow, wrist and hand joints;
- Balancing techniques for the lower limbs including the hip, knee, ankle and foot joints;
Specialised balances for sensory organ muscles of the eye and middle ear along with muscles involved in speech and the dermatomes of the skin;

Central nervous system and autonomic nervous system balancing protocols for both smooth muscle function and motor function, including conscious, habitual and reflex motions.

Gentle energetic muscle balances using chakras and meridians;

Extensive database of formatting procedures and specific formats associated with every muscle, bone, suture, tendon, ligament, fascial train, cartilage, nerve, muscle meridian, neurotransmitter, receptor and dermatome of the body.

**Duration:** 7 days  
**Prerequisite:** Brain Formatting and 250 hours of Kinesiology

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**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:** 100 hours of accredited kinesiology or Brain Formatting
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: Brain Formatting, 250 hours of accredited kinesiology and Immune & Vaccination Pathways 1
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 discussed 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 and 200 hours of accredited kinesiology or Brain Formatting

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: 200 hours of accredited kinesiology or BrainFormatting. Nutrition A is recommended
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 offered as a 10-day workshop
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.

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.

**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.

**Brain Hologram D**
The final instalment in the series 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.

**Neurotransmitter Hologram**
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.

**This workshop provides students with:**
- Detailed descriptions of 46 neurotransmitters along with their functions, target cells, specific receptors and modes of interactions;
- Overview of consequences and health risks associated with excess or deficiency of neurotransmitters and their possible causes;
- Balancing techniques for each neurotransmitter;
- A database of health issues and their associated 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
These courses explore the first reflexes present at birth and developed in utero from which are built the more complex coordinated functions of the nervous system during infancy and childhood. Proper integration of these reflexes in the first year of life ensures optimal development of neural function, physical, mental and emotional wellbeing.

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

This series of courses provides students with:

- Two major formatting systems for identifying and balancing stresses that have occurred during embryological and postnatal development;
- In depth information and balancing techniques for neurological pathways of each category of reflexes.

**Duration:** The series is offered as a 9-day workshop but courses may be offered individually and must be done sequentially.
Primitive Reflexes 1: 3 days.
Primitive Reflexes 2: 2 days.
Primitive Reflexes 3: 4 days

**Prerequisite:** Brain Formatting and 250 hours of accredited kinesiology
Primitive Reflexes & the Brainstem 1
This course explores the reflexes associated with balance and posture governed via the vestibular system, proprioception and somatosensation. The various neurological pathways for each reflex are studied along with results of inadequate integration, clinical manifestations and postnatal balancing techniques.

Reflexes 2
In this course, reflexes associated with the special senses of smell, sight, taste and hearing and their neurological pathways are investigated along with clinical manifestations of the inadequate integration of these reflexes and the associated postnatal balancing techniques.

Reflexes 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 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 either two 10-day workshops or seven 4-day workshops

Prerequisite: Brain Formatting and 250 hours of accredited kinesiology

Pathology Hologram A
The first program in the series covers the cardiovascular, respiratory, digestive, urinary and nervous systems as well as the ear.

This course provides students with:
- Cardiovascular: Holograms and advanced formatting for all arteries, veins, apoproteins and lipoproteins. As well as heart chambers, valves and muscles. Also including detailed physiology balancing for the circulation and 63 pathologies.
- Respiratory: Advanced formatting for all structures in the respiratory system right down to specific cells in the alveoli. Also covering chemoreceptors responsible for monitoring carbon dioxide levels in the CSF, arteries and aorta and the lipoproteins that aid in breathing. There are balances for the combined respiratory and circulatory systems and 34 pathologies.
- Digestive: Holograms and advanced formatting for the digestive system organs, glands, cells, enzymes, the components of bile and the different liver functions. Detailed digestive physiology flow charts and 43 pathologies.
○ Urinary: Detailed formats and holograms for internal structures, zones and functions of the kidney, ureter and bladder with advanced physiology balances and 38 pathologies.

○ Nervous: theory, formats, holograms and balances for the peripheral, central and enteric nervous systems with parasympathetic, sympathetic, somatosensory and motor system divisions. With specialised techniques for cranial and spinal nerves, ganglions, dermatomes and glial cells, and 94 pathologies.

○ Ear: Advanced sound and vestibular physiology balancing protocols and 21 pathologies.

Pathology Hologram B
The second program of the series covers the haemolymphoid, musculoskeletal, endocrine, reproductive, integumentary and immune systems and the eye.

This course provides students with:
○ Endocrine: Extensive formatting and holograms for the thyroid, adrenals, pancreas, hypothalamus and anterior pituitary, including pancreatic enzymes and structural formats. Advanced balancing of the thyroid, pancreas and adrenal cortex, including hormones, receptors, enzymes and secretory cells, plus 28 pathologies.

○ Reproductive: Advanced formatting for all structures, cells and reproductive hormones. Balances for the reproductive physiology and 73 pathologies including breast cancer and fertility.

○ Haemolymphoid & Immune: There are formats and holograms for all the blood components, cells, glands and CD molecules of the immune system. Advanced physiology balancing techniques for the complement, adaptive and non-specific pathways of the immune system. Detailed haemolymphoid, haemostasis, B cell and T cell physiology balances. And advanced Type I, II, III and IV allergy balancing along with autoimmune disease and 79 pathologies.

○ Musculoskeletal: Formats and holograms for every bone and muscle in the body. Muscle and bone physiology balances and 41 pathologies including known gene locations for many.

○ Integumentary: physiology balances, advanced formatting, and holograms for all teeth, hair, nails, dermatomes (including scar formats) and integumentary cells and 58 pathologies.

○ Eye: Advanced formatting for all the eye structures, muscles, visual fields and colours. Balance for how eyes discern colour and additional formats which can be used to extend the visual pathways (Brain Hologram C) and reactive eye muscle balances, (Structure Hologram 1) and 28 pathologies.
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. Hugo has put together a comprehensive list of causes that can contribute to leaky gut.

**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 in everyone
- 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

**Pyrrole & Methylation Pathways**

Latest research from NK Institute with extremely powerful formatting.

**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
Advanced Physiology

This course provides students with:


- How to do genetic testing with 23 and me to balance the genes for methylation, pyrrole & toxicity. It is recommended to get your DNA tested with 23 and me (www.23andme.com) before the course so we can balance this during the course. After this has been done the data can be uploaded in Genetic Genie to get a methylation report and a 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.

- 3 phase toxicity balancing, issues with pyrroles and genetics, liver balancing.

- Caffeine detoxification balance

- Estrogen detoxification and breakdown, carcinogenic estrogen balancing and estrogen reactivation due an imbalanced gut microbiome

- Vitamin B6 absorption and biochemistry balancing

- Ammonia and superoxide balancing

- Physiological models for the 4 stress states

**Duration:** 4 days
**Advanced Pyrrole Pathways**

Hemopyrrolactamuria (HPU) is a condition where the production of heme is compromised due to a genetic problem with the enzymes that produce heme. Heme is a porphyrin which is a ring structure made up of 4 ring structure 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 that 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 a lot of problems with these enzymes because in the locations where they function not so much heme is produced due to the compromised enzymatic function. 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.

This workshop we are going to explore how we can balance all of these enzymatic pathways.

**Duration:** 4 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 to support how we can balance our clients.

**Duration:** 1 day

**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 on the cell membranes in the mucous membranes. 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

NK Institute is a proud donor for the One Health Organisation Impact 100 campaign. The One Health Organisation is on a mission to stop the number one killer today – the rising chronic disease rates in vulnerable communities in Australia and internationally.

2018 focus: Transforming Refugee & Asylum Seeker Wellbeing, Brisbane.

https://oho.net.au/campaigns/impact-100/
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Training Pathways

- Neuroenergetic Kinesiology Foundation
- Neuroenergetic Kinesiology Basic Practitioner
  - HLT52415 Diploma of Kinesiology
  - 10125NAT Advanced Diploma of Neuroenergetic Kinesiology
  - Graduate Diploma of Neuroenergetic Kinesiology
    - Bachelor of Health Science (Complementary Medicine) Charles Sturt University

- 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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