

Kinergetics® Stretch For Health (SFH)

Aim of Stretch For Health (SFH)

To decrease the Fight/Flight/Freeze response in times of stress and trauma.

Increase performance both physically and cognitively through the stimulation of CSF (cerebrospinal fluid), the cranials and occiput, and to promote the function of the endocrine system, all of which are critically engaged with accurate brain integration.

Kinergetics® TMJ & Fascia corrections help release some hypertonic muscles. This workshop takes it to the next level-learn to test if muscles are hypertonic.

Specific Physical Corrections & Balances for: Gym & Athletes; Stress & Survival States; Fascial Trains; TMJ; Body Systems- Urinary, Endocrine, Immune, Cardiovascular and Lymphatic systems.

Who can this workshop help?

- **People with injuries from quick unexpected movement and strain**
- Slipping or twisting the ankle
- Previous dislocation of knee
- People using their phones a lot may be straining their neck.
- **Burn out in the gym and muscle fatigue/over exertion**
- Overstretching in gym
- Runners/marathons
- Not warming up muscles or stretching correctly before and after exercise.
- **Urinary Issues**
- Releases hypertonicity within the urinary system
- Balances hydration
- **Lymphatic**
- Sitting at the office/desk without moving for prolonged periods of time
- Recovering from injury and not being able to move e.g. broken limbs
- Aids Endocrine system balance e.g., hormones
- Detox diet. These corrections amplify detox
- Lifting heavy objects e.g. firewood
- Straining your back when lifting the baby/child
- Carrying bags of heavy groceries leading to lower back pain
- Pelvis strain e.g. post pregnancy
- Tripping over a step and spraining or straining an ankle or knee
- **Incorrect Posture**
- Wearing high heel shoes all day
- Neck moving forward and pelvis instability
- Shoes that do not support the shape of the foot
- Sitting incorrectly at a computer
- Rapid periods of growth e.g. teenagers
- Sitting at a screen, video games, texting and straining the upper neck, head tilt
- Reading or studying while bending the neck for long periods of time
- **20 Minute Self Correction Improves:**
- Flexibility
- Strength
- Coordination
- Lymphatics & Endocrine system
- Stamina
- Concentration

Investment: \$425 USD (Includes manual & Test Kit). 9am – 6pm. 16 hours.

Instructors: Philip Rafferty & Germaine Byrne.

Prerequisites: Kinergetics® Balancing Nutrition & Toxicity (BNT)

Combined with one of the following: TFH 1-4 or Kinergetics® Kinesiology 1-3.



<https://www.kinergetics-reset.com/workshop-curriculum/>