

Please contact us if you are interested in hosting one of our workshops to learn basic techniques in: “Touch for Health”

OUR WORKSHOPS WILL TEACH YOU HOW TO:

- Increase your energy and vitality
- Improve memory and brain function
- Improve listening skills
- Helps improve attention span
- Relieve pain and muscle tension without drugs
- Reduce mental and physical stress
- Strengthen your body’s immune system
- Overcome depression and anxiety
- Speed up healing when sick or injured
- Improve your sense of peace and wellbeing

What is “Touch for Health”?

Touch for Health is one of the most widely used self help systems in the world. It has been making a difference in peoples’ lives for over 25 years in over 63 countries.

Touch for Health brings the body in to harmonious balance by restoring natural energy through a combination of the age-old science of acupressure and modern principals of physiology and biochemistry.

By coming to our workshops, you will learn to switch on your muscles for optimum health, brain/body integration and often the release of chronic pain. These techniques may also be of special importance to anyone wanting to enhance sports or physical performance.

This “self help” system is supported by the following 2 organizations:

- [Natural Health Practitioners of Canada Association](#)
- [Canadian Association of Specialized Kinesiology](#)

CONTACT DETAILS:

Balanced Concepts Ltd.

www.balancedconcepts.net

info@balancedconcepts.net

Victoria, BC

250-478-7142

