



SATURDAY, FEBRUARY 17

APPLIED KINESIOLOGY: TAPPING INTO YOUR BODY'S INTELLIGENCE

Free Demonstrations

Have you or your pet had a minor injury to a hand, foot, arm, rib, knee, etc.? There is a good chance that you can help facilitate the healing process using Applied Kinesiology, (AK).

Darlene Golas, MSW has been teaching and using these techniques for over 30 years, and will offer free demonstrations of their practical uses--every half hour.

11:00am – 2:00pm., Saturday, Feb. 17

Where: at the White Stone Center
120 S. 5th. St.; Ste. 101
(corner of 5th & State); Hamilton, MT

What is Applied Kinesiology?

AK was developed in 1964, by Dr. George Goodheart Jr., D.C., who discovered that a disturbance in the nervous system can cause a muscle to “go weak”, (*i.e. temporarily lose ability to resist a mild force*). He proved that certain muscles are connected to particular organs, glands, body systems, vertebra and in the circulation of energy. He called the technique “**muscle testing**”. It’s a layman’s way to tap into our body’s innate intelligence to assist the body in attaining structural, biochemical and neurological balance.

Upcoming Workshops

Experience how AK is a gift you can give yourself that keeps on giving, as long as you are living.

Beginning Level AK Workshop
10 – 4pm.; Saturday, February 24.

Intermediate I & II and Advanced Workshops will be offered over the next three months.

Register at
www.thewhitstonecenter.com