

TESTIMONIALS

Kinesiology has helped me to understand my body and listen to what it needs and act on that. It has also helped me relax and see the positives in my life rather than getting clogged with the negative.

The sessions really helped me to overcome my fear of taking the next step - taking a risk in life and listening to your dreams and intuition.

Now I am packing up my life in Australia and moving to New York City, to follow my dreams and live my life. This is such an empowering feeling. I feel so happy.

It seems simple, but honestly, those small shifts have impacted so much and now I'm living my dreams!

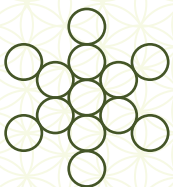
ND - Sales & Marketing Manager

Saba Beard - Kinesiologist

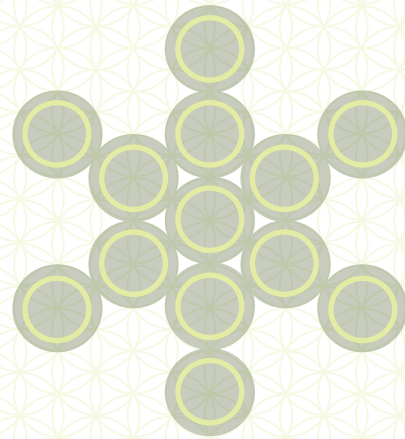
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Diploma in Kinesiology ACCM
Diploma in Psychology
Registered with AIK



"The fruit of life is said to be the blueprint of the universe, containing the basis for the design of every atom, molecular structure, life form, and everything in existence."
Drunvalo Melchizedek



SABA Kinesiology

Spirit Aware Balanced Advancement

Kinesiology is a holistic therapy in which muscle testing is used to identify imbalances/stresses in your body. It is a gentle practice that can be applied to all ages from children through to adults and the elderly.

Kinesiology does not serve as a band aid solution; it will look at your body as a whole, on a physical, emotional, nutritional and energetic level.

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