

Brighton Kinesiology

Natural therapies to maintain
your body's health & wellbeing



WHAT IS KINESIOLOGY?

Kinesiology encompasses holistic health disciplines, which use the gentle art of muscle monitoring to access information about a person's well being. Originating in the 1970's, it combines Western techniques and Eastern wisdom to promote physical, emotional, energetic, and mental health, enabling the body to naturally heal itself. Treatments to assist healing may include acupressure, neuro-lymphatic massage, chakra balancing, affirmations, nutritional and lifestyle adjustments.

Kinesiology can assist:

- Anxiety & nervousness
- Balance
- Brain integration
- Concentration
- Coordination
- Depressive tendencies
- Emotional issues
- Fatigue & tiredness
- Headaches & migraines
- Learning difficulties
- Physical pain & tension
- Relaxation
- Self esteem & self worth
- Sleeping problems
- Stress relief
- and more!

Kinesiology Treatments

Initial : \$100 (1½ hours)

Subsequent : \$75 (1 hour)

Payment: cash, Paypal, direct credit

Please phone or email:

Chris Giles

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W: brightonkinesiology.com.au

Home clinic: Brighton East

Hours

Please see website
By appointment only

*Chris is a Kinesiology and Applied Physiology Practitioner
and a member of the Australian Kinesiology Association (AKA)*

Balance *YOUR* life with Kinesiology TODAY!