

A wide-angle photograph of a powerful waterfall cascading down a dark, moss-covered rock face. The surrounding area is a dense, lush green forest with various types of trees and vegetation. The water is white and frothy as it falls, creating a misty spray at the base. The foreground shows a rocky, mossy ground with some fallen branches.

GEMS INTENSIVE RETREAT 2023!

GEMS College of Energy Medicine



WHAT'S INCLUDED?

6 days of certificate training, plus a day for adventures in Costa Rica!

Price includes:

- Accommodations at a vacation house in the jungle with pool and surrounded by nature
- All meals and snacks
- Waterfall and beach adventures
- Private session with Alexis or Hannah (if desired)

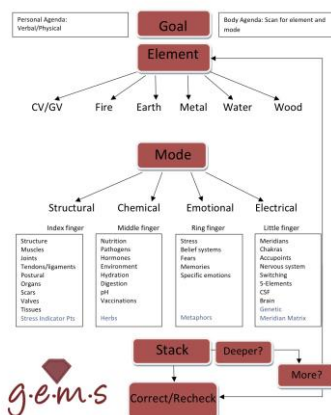
July 19-27 (arrival on the 19th and checking out the morning of the 27th)

\$2200 full price

Early bird discount – \$1900 if booked before May 1!

3 CERTIFICATE CLASSES

GEMS Flow – learn to be fluid with your Touch for Health protocols and balances, work with the flowchart and scan sheets for efficient and deep sessions that integrate your knowledge and modalities beautifully.



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GEMS Elementals – a deeper exploration of 5 element theory from Traditional Chinese Medicine and a focus on the energetic physiology of organs and tissues. Working with the tan tien and wei chi.



GEMS Archetypes – understand the primary archetypes for the masculine and feminine as seen through Jungian psychology and balance them with the appropriate energetic systems, including metaphors, elements, chakras, sefirot, and more.

GEMS Archetypes

For more information: www.gemskinesiologycollege.com



	PERSONALITY	MENSTRUAL AND LIFE CYCLE	ENERGY	ENHANCE
MAIDEN	Innocent, beginner discovery Naive, attached	Follicular phase Coming of age	Wood and Fire Elements Sacral and Solar Plexus Chakras	Play, creativity, plan, beginner's mind
MOTHER	Nurturing, compassionate, natural Controlling	Ovulatory phase Child-bearing years	Earth Element Heart Chakra	Nurturing, time in nature, making something
QUEEN	Responsible, confident, sovereign Judgemental	Luteal phase Perimenopausal	Metal Element Throat Chakra	Investing in self, making decisions, refining
WISE WOMAN	Experienced, awakened, wise Destructive	Menstrual phase Menopausal	Water Element Brow and Crown Chakras	Time alone, speaking with conviction, set boundaries

LOCATION:

Exact location TBA as we wait to see how many people will be joining us! But we will be in a beautiful vacation home or retreat centre in the mountains of Costa Rica between the villages of Tinamastes and Dominical.

This area has a lovely climate and feels private. Experience the best of the beach and the rainforest!



MEET YOUR HOSTS:

Alexis Costello (she/her) Head of Water House

Passionate Visionary of GEMS College of Energy Medicine and Creator of the GEMS courses, Alexis is a barefoot gardening, zouk dancing, book reading, mother of dragons. She has been working in the holistic health field for over 20 years, spending much of that time teaching various modalities of specialized kinesiology / muscle response testing and serving on the Boards of various National and International Associations (CanASK, IASK, IKC).

She is part of the foundation team at [Knowlative](#) and the Chief Organization Officer for [SIPS Kinesiology](#) International Ltd.

Classes taught: Touch for Health 1-4, Proficiency Assessments and Instructor Training; Stress Indicator Point System (SIPS), 0-8, Body Alignment Proprioception (BAP), Virus Immune Program (VIP), Proficiency Assessments and Instructor Training; GEMS Kinesiology and workshops in nutrition, business development and flower essences.

Hannah Costello (she/her) Learning Facilitator & Youth Mentor

Partner in crime at the GEMS College of Energy Medicine, Hannah Costello is a 20 year old who has spent the last ten years studying specialized kinesiology/muscle response testing. She's a reading, writing, Dungeons & Dragons playing, homeshooled dork. Her personal goal is to make holistic health known as an empowering, fulfilling, and accessible career and tool for all young people. @QueWhatNow

Hannah teaches the Touch for Health Synthesis, TFH Goal-Setting and Metaphors, and GEMS Flow and Intro to Business. She's a Learning Facilitator and Youth Mentor for the GEMS College of Energy Medicine, helping those who contact the college find their path.



Full Class Descriptions:

GEMS FLOW

Course Description:

GEMS Flow offers an easy-to-follow flow chart that allows a student or practitioner to easily figure out where the priority stressors for an individual are and what balancing technique will work to resolve these efficiently. It is based on information from the TFH synthesis and is designed to allow a practitioner to flow easily from one modality to another, incorporating the entire body of knowledge available to the individual.

GEMS also works as a bridging class for those interested in taking more in-depth Specialized Kinesiology classes, such as SIPS, LEAP, Brain Integration, etc. These classes assume that a student has knowledge of how to use finger-modes and scan sheets, work from an indicator muscle and properly stack information however none of these techniques are part of the TFH curriculum. GEMS familiarizes students with these methods so one does not feel overwhelmed when arriving to the classroom of more advanced courses.

Learning Outcomes:

- Proper protocols for hand modes and stacking
- Working with the Elements of Traditional Chinese Medicine
- The ability to move quickly and fluidly to the root of the issue
- Integration of all modalities under one umbrella
- Practical learning experience with demonstration



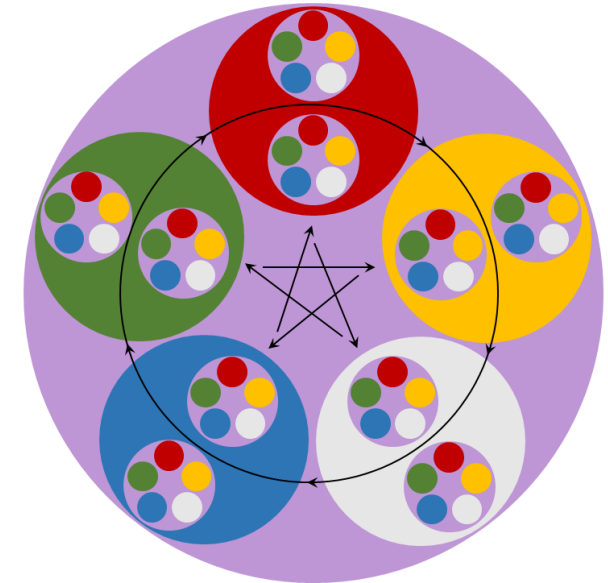
GEMS Elementals

Course Description:

The purpose of this class is to take a deeper dive into 5 Element Theory. It's an exploration of the elements of Traditional Chinese Medicine (TCM) including the energetic physiology of the organ systems and the five spirits manifested within. Here we will consider the energetic physiology of the organs and meridians, learn about the 5-Spirits and work with protocols for the wei chi, tan tien and personality attributes. It's a deep dive into personality and balances that allow you to find equilibrium within your dominant element. It's a chance to balance life cycles and big goals.

Learning Outcomes:

- The 7 Elements
- 5 Spirits
- 3 Tan tien
- new Protocols and Balances; tan tien, wei chi, yin / yang integration
- New formats, and modes
- 2 days to rock your world!



GEMS Archetypes, Elements, and Energy

Course Description:

Archetype | noun ar·che·type: A symbol, theme, setting, or character type that recurs in different times and places in myth, literature, and rituals so frequently as to suggest that it embodies essential elements of ‘universal’ human experience.

Carl Jung: student of Sigmund Freud, became known for his ideas about the collective unconscious and the system of archetypes. What do we mean by ‘archetypes’? These are energetic blueprints, part of the collective unconscious or the morphic fields of what it is to be a human. The archetypes pop up over and over again throughout time, in various cultures, they are part of the stories that we tell ourselves about how the world is and how we are as people.

Here we explore the primary feminine and masculine archetypes of Jungian psychology and balance them through muscle testing! These form yin/yang spectrums of personality and behaviour:

Maiden – Warrior; Mother – Lover; Queen – King; Wise Woman - Magician

Each Archetype has its associated Element and chakra, personality characteristics, stage of life, shadow, etc. When we bring these into balance we understand more about ourselves and our clients and are able to harness this energy to move forward in the best way possible.

Learning Outcomes:

- Balance hormonal and life cycles as well as reactive hormones
- Balance the yin and yang poles of each archetype spectrum
- Explore the energetic flows of chi and shakti
- The correlation between the archetypes, elements, chakras, and sefirot
- Understand the Shadow of each archetype and bring into alignment
- Work with the Anima / Animus
- Protocols for fertility and pregnancy



WE'RE LOOKING FORWARD TO SEEING YOU SOON!

Register now! Contact:

Alexis Costello

WhatsApp or Telegram: +1-250-681-3391

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www.gemskinesiologycollege.com

