



TOUCH FOR
HEALTH
INTENSIVE
RETREAT 2023!

GEMS College of Energy Medicine



WHAT'S INCLUDED?

60 hours of certificate training, plus 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)
- Bonus: a year's membership with the GEMS College of Energy Medicine (\$120 value)
- 2 instructors to work with the group, one of whom is International Kinesiology College (IKC) Faculty for Costa Rica. This means different teaching styles and personal attention, even if there is a large group

July 9 - 18 (arrival on the 9th and checking out the morning of the 18th)

\$2500 USD full price

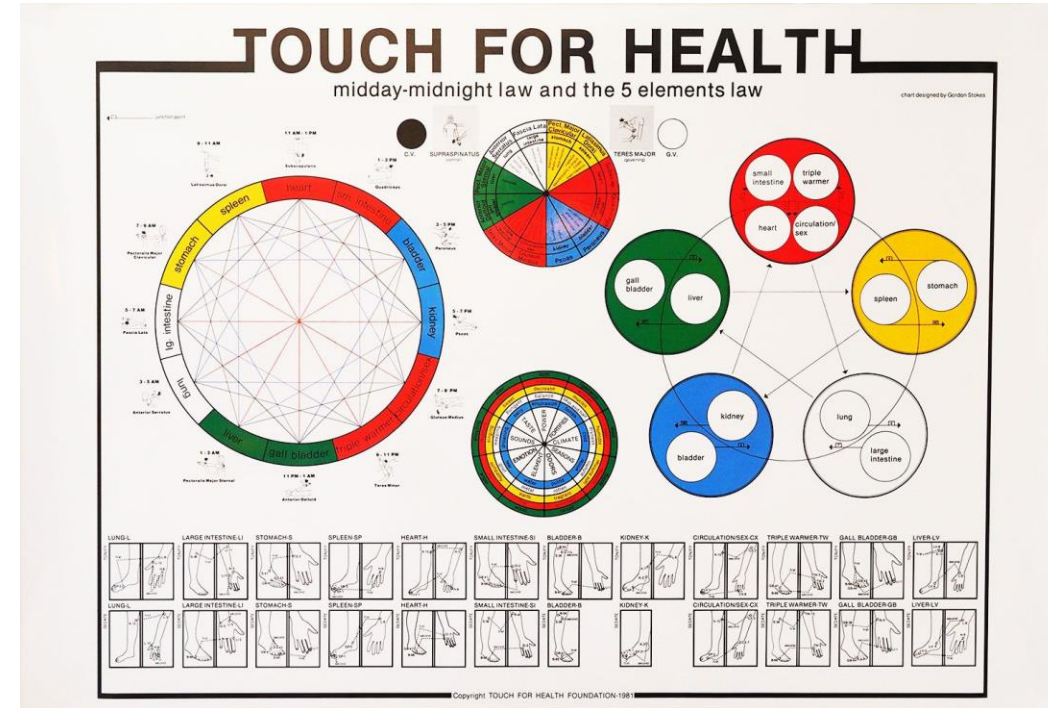
Early bird discount – \$2200 USD if booked before May 1!

About Touch for Health (TFH)

Touch for Health is the foundation of Specialized Kinesiology. Over the course of the four levels students learn how to monitor 42 muscles and a series of simple yet powerful corrective techniques. These muscles work as indicators for the 14 pathways of meridian flow.

Why take TFH classes?

- Learn to muscle test and gain confidence in the skill
- Understand and balance the function of the meridian system
- Balances that improve posture, increase energy, and reduce physical and emotional pain
- Gain foundational knowledge necessary for a career in energetic kinesiology



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.



Touch for Health was created by John Thie in the 1970's as a way of introducing muscle testing to as many people as possible. It is considered the foundation of Specialized Kinesiology. All of our TFH instructors are IKC (International Kinesiology College) certified.

Over the course of four levels, students learn how to use muscle testing to assess energy flow in the 14 meridians. This can improve posture, reduce pain and stress and allow people to function their best! Working with Touch for Health allows you to find balance for yourself and those you love. It can also be a first step in an amazing career.

In a Touch for Health™ session, muscles become monitors of stress and imbalance within the body. The concept of “muscle testing” becomes a very effective and versatile tool for detecting and correcting various imbalances in the body which may relate to stress, nutrition, learning problems, and injuries.

A Little bit of history...

Touch for Health™ (TFH) was originated by Dr. John Thie, DC, a chiropractor in Pasadena, California. Dr. Thie had studied with Dr. George Goodheart, DC, the developer of Applied Kinesiology.

Dr. Goodheart had taken the study of movement (kinesiology) and added to it corrections to strengthen muscles and improve function (practical application). His system was taught to chiropractors and other professionals.

Dr. John Thie realized that these methods were extremely useful, and also simple enough for anyone to learn. He developed TFH as a program for the lay person. He wrote the book: ‘Touch for Health™’, and began teaching courses.

These courses are standardized by the IKC and recognized around the world and are prerequisites for studying many modalities of Specialized Kinesiology.

WE'RE LOOKING FORWARD TO SEEING YOU SOON!

Register now! Contact:

Alexis & Hannah Costello

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

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