



The Art and Science of Effective Muscle Testing

Friday to Sunday, October 3rd to 5th, 9am to 6pm at the
Conte/Lubrano Apartment Building • 130 Lubrano Drive • Annapolis, MD 21401
Cost is \$350* • Please RSVP by September 22nd

What is Muscle Testing?

Muscle Testing is a biofeedback system which uses the muscles. This technique is non-invasive and does not require any tools or equipment to learn or use. By applying slight pressure to a muscle the subconscious can be accessed to obtain information which the individual being tested may not be aware of i.e. 'Is this hygiene product safe for me to use?' On a conscious level the information obtained can be beneficial for caretakers, parents, practitioners, and *you*.

Since we are all unique with our own genetic blueprint, we become the most valuable source of information about ourselves. When it comes to issues about *you* who else is the best authority? Even the most educated or well-informed people cannot know the inner truths of *you*, therefore the best source of information about you is you. The truth as it relates to your health, self development, or relationships comes from the individual. Each person is a constant and continual flow of energy systems remarkably unique from one another. Not only do you carry your own distinguishable energy, but your cells, organs, and the systems in your body are also a unique energy system.

Facts About The Class:

This is a 'hands on' learning experience designed to teach anyone, from lay person to the professional, how to muscle test. Most importantly, you will leave the class with the confidence and tools necessary to be an effective and skilled 'muscle tester.' You will learn many different styles and techniques of muscle testing from basic to more advanced including, but not limited to: sway test, arm, leg, fingers, O-finger, jaw stacking, self-testing, testing others and surrogate testing. Instruction includes alarm points, nutritional points, body systems, and chart/list scanning. You will also learn proper grounding, problem solving, 'mudras' (hand modes), polarity testing and correction, organs/glands and the respective emotions attached to them, as well as brain integration testing and correction techniques. Time will be spent learning how to properly state question(s) while muscle testing. Lots of practice time has been included in this course.

About The Instructor:

Debbie Ulrich has over 1000 hours of study in the field of kinesiology. She has been working with clients for over 15 years and brings her knowledge to the workshop in an easy to learn format.

RSVP: 410-868-7407
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*RSVP deposit of \$50 is required. Balance due by Sept. 22, 2014, refunds not available after Sept. 28, 2014.

Please make checks payable to: NRG.

Mail payment to NRG: 673 Wellerburn Avenue, Severna Park, MD 21146