

Otway Kinesiology therapies embrace the best of both worlds to promote physical, emotional and spiritual health, in a caring and confidential environment – a combination of Western science's Applied Physiology study of the body, Traditional Chinese Medicine principles of energy flow and the timeless art of energy healing.

Otway Kinesiology's principal practitioner is Keren Wigley, who can offer a variety of therapies to ensure that you get the most out of your sessions. Your health and well-being is of the utmost importance and Keren is committed to supporting her clients on their path to increased happiness and wellness.

Courses are designed to promote self-awareness and self-development and utilise practical and energetic techniques from different modalities.

Courses and workshops may be held at locations other than those listed.



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Principal Practitioner – Keren Wigley  
Dip Health Sci (Holistic Kinesiology), Reiki Master/Teacher  
Advanced Theta Healer Practitioner, Meditation Teacher  
Cert IV Workplace Training and Assessment  
Courses and workshops

#### On-site Courses

##### Practitioner locations:

Temple Cleansing Studio  
17 Simons Road Leopold 3224

Deans Marsh Art Studio  
16 Deans-Marsh Lorne Road, Deans Marsh

Stable Health Clinic  
22 Alma Rd, St Kilda 3182

# OTWAY KINESIOLOGY

Kinesiology, Reiki, Theta Healing, Meditation

## Pathways to Better Health



## PROGRAMS AND WORKSHOPS

***"Change your thinking ...  
Change your life"***

***"The SHiFT"***

***Stress Management &  
Meditation program***

***Self-Development  
program***

***Reiki Workshops***

# The science of mind-body health and the wisdom of ancient healing

## REIKI WORKSHOPS

### Level 1, 2 or 3

Reiki creates many beneficial effects including total relaxation and feelings of peace, security and well-being. Reiki 1 will enable you to practice Reiki and provide nurturing and healing for yourself and others, including animals. Each person is drawn to Reiki for a variety of reasons and it can be an important step in the progression of anyone interested in spiritual self-development or the healing faculties.

Once you are attuned to the Reiki energy, it is with you for the rest of your life. Every time you give a treatment, you also receive the benefit of Reiki energy and unconditional love. This will increase your personal power, confidence and connection to Universal Life Force Energy which increases your ability to manifest what you want in your life and recognise opportunities. Reiki is often a stepping stone, enabling you to move forward in areas you may have been feeling stuck.

A Reiki 1 Certificate enables you to join a healing association and practice Reiki. Reiki does not require any capital outlay, although a massage table is useful. Reiki 1 can be followed by Reiki 2 (includes distance healing) and Reiki 3 (Reiki Mastership and Reiki Master/Teacher).



*Self-Development 1 or 2 – 2 Certificates  
Includes Reiki 1 or 2 and Spiritual Healing 1 or 2  
7-9pm Wednesday for 12 weeks \$650*

## STRESS MANAGEMENT and MEDITATION

The key to controlling how we feel is controlling how we think. One of the major causes of stress and tension is the way that the mind processes information.

This course will give participants an insight into the nature of their mind and show them how to manage the mind. Learn also how to quickly implement simple breathing, relaxation or meditation techniques at home or at work to relax, focus thoughts and alleviate stress and tension.

Meditation is like returning home after being out in the market-place, relaxing and feeling again who you are. The benefits of meditation go beyond merely helping us relax, keeping us in balance and more able to cope with pressures. Meditation increases clarity, concentration and effectiveness. It also offers many medical benefits. Every week introduces a new meditation technique and visualisation. Handouts are provided.

- Learn techniques to use throughout the day
- Learn how to be an observer of your thoughts and how they can affect you, for example negative self-talk, worrying about something in the future, "awfulizing", feeling guilty about something in the past, replaying events and discussions, procrastinating, making judgements, criticising.
- Learn how your thoughts affect your body.
- Learn how to practice present moment awareness.
- Learn how to control self-talk and replace negatives with positives.
- Learn about the energy of your thoughts and the effects they can have on others.

*6 weeks – 7-8.30pm Thursday  
\$240*

## The SHiFT

If you would like to be more in tune with yourself, are feeling stuck or having difficulty in moving forward, this course is for you. Learn a variety of powerful, practical and esoteric techniques to promote self-awareness and self-development, providing a toolkit of skills to use for the rest of your life.

Learn how to identify and evaluate core beliefs, learned behaviours and programming which may no longer be useful for you and replace them with ones that get you where you want to go. Learn about synchronicity, how to tap into your inner wisdom and become strong and focused.

Content incorporates valuable hands-on techniques including using EFT, self-testing, using acupoints, working with core beliefs, developing effective affirmations and manifesting skills, visualisations.

### Part 1:

- Learn self-testing techniques to find core beliefs
- Explore where they came from and the effect they have on you
- Learn simple, fun and practical techniques for connecting with your inner wisdom
- Learn simple and fun methods to find guidance where you least expect it
- Learn how to create effective affirmations

### Part 2:

- Learn how to replace negative core beliefs with positive ones
- Learn key acupoints
- Explore the realms of synchronicity
- Learn how to manifest what you want in your life
- Explore the realms of synchronicity

..... and more

*\$250 PT1 – 3 days, 1 day/week*

*\$250 PT2 – 3 days, 1 day/week*