

Overview

Whether a labourer or executive, an athlete or couch potato, young or old, we all have a basic need - to feel valued. We can allow our value to come from others, which keeps us trapped, or choose to value ourselves - and be set free.

When we suppress or withhold aspects of ourselves, we begin to block our true potential and life experience. This is true whether we have aches and pains, life threatening conditions, lack of drive or depression, etc. The more we hold back being ourselves, the more limited we become.

Integrating all aspects of self assists us to be motivated to make the most of ourselves. Once we are integrated and know how to maintain that integration, we allow change. **Blocks that once seemed insurmountable, become windows of opportunity.** We take charge of any limitations ruling us, by becoming the masters of our own destiny.

Our present value may be based on dysfunctional core beliefs which dictate in all areas of our lives. Unless these beliefs are reined in, we sabotage or devalue ourselves to the point of powerlessness. These beliefs may have been valid once, but soon limit our ability to move on. Are you willing to accept your true value?

It is as easy as changing your mind.

Wisdom
is
Knowledge
Experienced

Whether you believe you can
or
you believe you can't
you are right

Henry Ford

Now available in Mapleton

By appointment only



Glasshouse Kinesiology

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Glasshouse Kinesiology

Working
with
you



Ph 0407 742 110



Benefits

We can assist you to:

- reduce or eliminate aches & pains
- increase energy levels
- maintain enthusiasm
- release phobias
- enhance performance
- overcome anxiety or worry
- increase recovery after illness
- reduce sensitivities & allergies
- improve relationships & communication
- release depression
- improve hydration
- breathe more effectively
- improve nutritional intake
- increase flexibility
- overcome creative blocks
- improve co-ordination
- achieve your goals
- reach your potential
- overcome fertility & birthing problems
- self-motivate & self-empower
- clear sabotage or limiting beliefs
- undo learning blocks
- correct behavioural problems
- improve vision & hearing
- enhance gland integration
- get more fun out of life
- integrate mind/body/spirit.
- improve lymphatic drainage
- find your own solutions
- overcome your unwillingness to change

*Wisdom is
knowledge
experienced*

Motivational Kinesiology will benefit you whether it is to reduce aches and pain, overcome a life threatening illness, improve sports performance, a learning or behavioural problem depression, seeking direction, or lifestyle maintenance.

Our thoughts dictate our physical actions. Body language indicates our mental/emotional state. Changing our thinking, changes our lives.

Motivational Kinesiology is the modality developed and used by Wayne Ellis to assist clients to realise their full potential.

Health

- Increase energy
- Maintain good health
- Reduce aches and pains
- Increase mobility
- Reduce anxiety, worry, tension
- Enjoy life fully
- Maintain motivation
- Speed up recovery

Sport

- Increase strength
- Strengthen endurance
- Improve co-ordination
- Maintain flexibility
- Enhance reflexes
- Improve post-event recovery
- Decrease injuries
- Maintain hydration and oxygenation



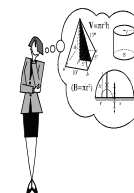
Business

- Remain alert to opportunities
- Increase sales
- Be more receptive to client's needs
- Manage stress effectively
- Work smarter, not always harder
- Do more with less effort
- Improve co-operation
- Better business management
- Increase attention span



Learning

- Improve memory/concentration
- Increase retention of information
- Address behavioural problems
- Assist information recall
- Enhance vision-clarity
- Better exam results
- Make study easier
- Enjoy learning



Glasshouse Kinesiology

*Consultations
for the
whole family
(including pets)*