

TFH III (15 Hours)

- Yin/Yang
- Five element balance/ one point balance
- Goal balance with 5 elements
- Five element basic emotions
- Acupressure holding points
- Acupressure holding point theory
- Color balance
- Sound balance
- Pulses and pain tapping
- Postural stress release
- 14 muscles-
 1. Levator scapulae.....stomach
 2. Posterior neck extensors.....stomach
 3. Opponens pollicis.....spleen
 4. Triceps.....spleen
 5. Transverse & Oblique.....small intestine
 6. Abdominals.....small intestine
 7. Anterior & Posterior Tibials....bladder
 8. Upper trapezius.....kidney
 9. Gluteus Maximus.....circulation/sex
 10. Gracilis.....triple warmer
 11. Soleus.....triple warmer
 12. coracobrachialis.....lung
 13. diaphragm.....lung
 14. Hamstrings.....large intestine

TFH IV (15 Hours)

- Review TFH 1-III
- 42 muscle balance- head to toe
- Review five elements balance
- Postural analysis and rebalancing
- Facilitation/inhibition
- Circuit retaining Mode/ Pause Lock
- Reactive muscles
- Five Elements Nutrition
- Sound, color review
- Luo points
- Inhibited muscles
- Neurolymphatic release