



HYPERTON-X

WORKSHOP

This is the perfect 2 Day intensive certificated workshop for those wishing to add to their present skills or indeed to begin with an immediately useable stand-alone therapy.

Hyperton-X - is a system of muscle energy techniques linked with applied kinesiology whose application provides an effective, gentle non-manipulative approach to total mind and body integration through the release of muscular tension.

Some Conditions That Can Be Helped By Hyperton-X

Chronic or acute Pain, restricted movement, trapped nerves, recurring injuries and weaknesses, muscle spasm, frozen shoulder, sciatica, bad posture, musculo/skeletal and spinal/back problems, headaches, migraines, lethargy, diminished physical co-ordination, mental confusion and learning disorders.

WHAT ARE THE BENEFITS OF HYPERTON-X

- **Speeds up rate of recovery**
- **Gives a check on muscle Recovery**
- **Works on the whole body as compared to one area**
- **Can prioritise area to be worked on if necessary**
- **Can also work with emotion**
- **Because of mind/body integration, helps sport performance**

Workshops Held At:
The Lomond Guest House,
6, Church Road, Leven KY8 4JE

For further details phone; 01333 300 511