



Kinesiology
Federation

2020 Conference

25-26 April 2020

Jury's Inn, Oxford, OX2 8AL

The Power of Your Mind

How to access your Potential

8.30 / 9.10 Arrivals & Registration
9.15 – 9.30 Opening Balance
9.30 – 10.30 **Approaches to the self-responsibility model**
Helena Arguelles (interactive)
10.30 – 10.45 Break
10.45 – 12.30 **KF AGM**
12.30 – 13.45 lunch
13.45 – 15.00 **Who is running your life?** Denise Gurney (interactive)
15.00 – 15.15 Break
15.15 – 16.15 **The Reptilian Vagus & Burnout** Hugo Tobar (talk)
16.15 – 16.30 Break
16.30 – 17.30 **Supporting Mind, Memory & Mood** Lamberts (talk)

From approx. 19.00 – Buffet Dinner

8.30 / 9.10 Arrivals & opening
9.15 – 10.15 **Releasing the power of your Dynamic Brain**
Kay McCarroll (interactive)
10.15 – 10.30 Break
10.30 – 11.45 **Recovery from M.E., CFS and Fibromyalgia – Internal change for external improvement!**
Suzanne Smith (talk)
11.45 – 12.00 break
12.00 – 12.30 **Focusing your mind on creating a successful practice**
Suzanne Lane (interactive)
12.30 – 13.45 lunch
13.45 – 14.45 **Free the power within**
Sue Southern (interactive)
14.45 – 15.15 break & Raffle
15.15 – 16.15 **Using the 5 Elements to unlock the hidden potential of the power of the mind**
Rachel Lead (interactive)
16.15 – 16.30 Closing Group Balance