



Kinesiology Federation

KF Conference "The Power of the Mind – How to access your potential"

25th & 26th April 2020 in Oxford

BOOKING FORM – please return **this page only to the KF office
(admin@kinesiologyfederation.co.uk)**

Hotel accommodation needs to be booked individually (contacts see second page)

Name of attendee: *(One form per person)*

Name: _____
Kin branch & KF level (if appl.): _____
Address: _____
Phone: _____ Email: _____

I would like to attend the KF Conference 2020 on:

- | | |
|--|---------------------------|
| <input type="checkbox"/> Saturday, 25 th April 2020 only | £85 per day |
| <input type="checkbox"/> Sunday, 26 th April 2020 only | £85 per day |
| <input type="checkbox"/> Both days, 25 th & 26 th April 2020 | £150 for both days |
- (Incl. biscuits & tea/coffee in breaks and buffet lunch for each day booked)*

- | | |
|---|-----------------------|
| <input type="checkbox"/> Saturday evening buffet dinner | £20 per person |
|---|-----------------------|

Dietary requirements: _____
(There will be a buffet lunch)

I would like _____ raffle tickets (£1 each)
(One year's free KF membership, gifts from the speakers and some more exciting prizes to be won!)

I would like to book _____ stand(s) for _____ day(s)
(£35 per day per stand for members / £75 per day per stand for non-members)

Total: £_____ (payment options on next page)

Thank you for your support!



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For your information – this page is for you to keep

BACS payments to:
Cooperative Bank
Sort Code: 08-92-99
Account No: 65113453
IBAN GB67CPBK08929965113453 (for international payments)
(please use "AGM" and your name as a reference)

Cheques payable to:
Kinesiology Federation
Bettina Katz

Venue:

Jury's Inn
Godstow Rd
Oxford
OX2 8AL
Tel: +44 1865 489 988
Email: jurysinnoxford@jurysinns.com
<https://www.jurysinns.com/hotels/oxford>

Hotel accommodation needs to be booked individually:

- [At Jury's Inn](#)
- At Travelodge **Oxford Peartree** (15 mins walk to Conference):
<https://www.travelodge.co.uk>
- [At Holiday Inn](#) (15 mins walk to Conference)

There will be a variety of stalls exhibiting. At the moment we still have a few free stalls available (numbers restricted).

We will also have a "Bring & Buy Stall": bring any unused books or kits etc. and someone might want to buy it. All money will go to support the KF.

We look forward to seeing you there...

Workshops before or after the Conference:

Chakra Hologram 1 – Hugo Tobar

This course explores the 7 major chakras and their representations when in a state of imbalance by accessing the plane of the aura in which the aberration occurs and correlating the location with its actual meaning. The aim of the course is to teach students to use the hologram techniques to pinpoint the area of stress in the chakra layers to bring a behavioural issue or pattern to the conscious mind for release and correction. Physiological aspects of the human body linked to the major chakras are discussed such as the endocrine system with its glands, hormones and blood supply and techniques are offered to balance both chakra and physiological imbalances.

18-21 April 2020 in South Kensington, London, 10 am-5pm.

Cost: £900. Contact to book or for more info: sandra@aurameta.com

Leaky Gut – Hugo Tobar

Increased intestinal permeability or 'leaky gut syndrome' as it is often referred to, is a major driver of chronic disease and can cause a multitude of physiological imbalances within the body. It is characterised by the weakening of the tight junctions between the epithelial cells. Hugo has put together a comprehensive list of causes that can contribute to leaky gut and NK acupressure formatting for the Leaky Gut pathways.



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23 April 2020 at Jury's Inn, Oxford, 10am-5pm.

Cost: £225. Contact to book or for more info: sandra@aurameta.com

Burnout – Hugo Tobar

The symptoms of adrenal fatigue, 'burnout' and PTSD are hugely prevalent in today's fast paced world. These conditions relate to the third stage of stress or the exhaustion phase. Hugo has developed a working model of burnout that includes the unmyelinated vagus nerve of Porges polyvagal theory and the effects of reverse T3. It includes NK acupressure formatting for the burn out pathways.

24 April 2020 at Jury's Inn, Oxford, 10am-5pm.

Cost: £225. Contact to book or for more info: sandra@aurameta.com

Embracing Mistakes – Jackie Lysaght

In order to be successful achieving our personal and professional goals whether building a clinical practice, learning in and out of the classroom or in our personal lives we need to be comfortable to engage in a constant cycle of trial and error, learning from mistakes thereby building resilience and grit.

This workshop has been developed as a result of feedback on conference presentations detailing a research study Jackie conducted in 2016/2017 on how student reflections on their mistakes led to improved learning in the Wellness Kinesiology stress release classes. We will explore the conditions which facilitate us to embrace our mistakes and a framework to help us categorise them. Then, we will workshop in pairs, balancing our own mistakes using the framework provided, in a context(s) of our choice such as working with clients in clinic, instructors and students with learning, both in and out of the classroom or at a personal level.

27 April 2020 at Jury's Inn, Oxford, 9am -1pm

Pre-requisite: TFH 1 (or equivalent)

Cost: €85. For more information and to register before 10 April 2020 email lysaghtjackie@gmail.com