



the mind-body coach Adelé Green 083 679 2000

Aug '08 e-COACH

**Combining coaching and kinesiology**  
is our speciality

our passion  
**professionals and corporate leaders**



## what is KINESIOLOGY



*"It is the science of human movement. It focuses on the body functions and movements. A kinesiological approach applies scientific and evidence based medical principles towards analysis, preservation and the enhancement of human movement. It is used in the fitness and clinical industry" – Wikipedia definition.*

Applied, it uses manual muscle-strength testing for diagnosis and a subsequent prescribed therapy. It traditionally gives feedback on the functional status of the body ... and at Life Philosophy we extended the application to the mind.

Applied kinesiology is widely used by chiropractors, physical therapists, dentists and medical doctors since 1976 when it was founded as an International body. It is considered an alternative therapy as it works beyond the borders of Newtonian laws.

Applied Kinesiology lends itself to be

There are about 200 disciplines of applied kinesiology and Integrated Healing originated in the United Kingdom with Mathilda van Wyk and Nick Oliver. Mathilda studied more than 60 different types of applied kinesiology and integrated many with NLP principles to include the mind.

I am also glad to announce that I will be in possession of an Integrated Healing Diploma, one of the first two South African practitioners to qualify.

A bit about Mathilda – born South African she left to study kinesiology in the UK for three months and never returned. She has been so fascinated by what it can do that it has become her life's work. Mathilda teaches in 13 countries from Japan to Australia. She, a qualified psychologist, is passionate about making healing simple for all to enjoy a beautiful and speedy gift.

It is used for mind•body•emotion•energy

integrated with interdisciplinary approaches to healthcare. After eight months of experimentation and integrating it with coaching, it is the writer's finding that is very effective for easy access to the subconscious mind and finds the root cause towards in a gentle way.

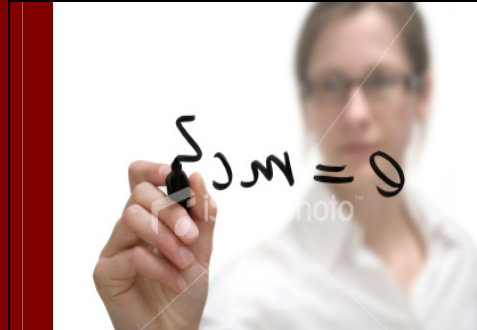
issues. Many people try kinesiology as a last resort to be delighted with their results. It might be the best 45 minutes and R360 (10% discount) you ever spend, you should try it. Book a session today with Adele at [agreen@global.co.za](mailto:agreen@global.co.za) or 083 679 2000.

## benefits • KINESIOLOGY

A wonderful bio-feedback system that works with energy. We love the precision communication with the unconscious human mind as a very integrated system.

From the mind and body balances we have done most has been for:

- Aches and pains
- Skin issues
- Self worth
- Permissions
- Negativity
- Stress
- Will power and motivation
- Time management
- Spiritual issues
- Relationships
- Digestive systems
- Sabotage programs
- Increased energy
- Focus
- Information



We have had some amazing results with cracked ribs, insomnia, back problems.

There are amazing protocols to deal with almost any kind of issue.

Want to know if we can assist you?  
Ask us: Adele at [agreen@global.co.za](mailto:agreen@global.co.za).

## combining • COACHING



### What can you expect?

A session typically lasts 1h30, and both coaching skills and muscle testing is applied during the session to align the clients' outcome for optimum results.

### Why combine coaching with kinesiology?

Do you believe that the body does not lie? Can you tell when people are not being congruent with words and their body language. Our bodies is a give away. Even if we don't know why we know things, but we just feel it, it is probably due to the unconscious language of our bodies communicating "out our of awareness" on an energetic level. There is much said that is being accepted in general conversation about the morphogenetic field (a field for transfer of information), through people stories and mainstream media.

Just because we do not understand things do not mean it is not there – "ignorance is no excuse for the law".

*Coaching according to Dr Michael Hall is: "...not giving advice, lecturing, training, therapy, consulting, etc. It is creating a relationship for conversation like none other that gets to the heart of things."*

Combining coaching with kinesiology is like **...having a conversation with the mind and the body.** It allows for more information to come into our awareness!



## ABOUT ADELE: coach, kinesiologist, artist, business owner, woman, mother

Driven by a background in the retail corporate environment with its constant demands for change. She is qualified by the ISNS and MCF with acmc accreditation, an NLP Practitioner, N.Dip in PR, IH Kinesiology Diploma and 13 years experience in FMCG personal grooming and fashion buying. Adele reaches both individual and organization with:

- Freestyle combination kinesiology and coaching sessions (1h30), balances (45min) and pure coaching sessions (2hrs)
- Power coaching programs (10hrs)
- Wellness programs for balance and stress management (tailor made)
- Plant seeds to put soul back into business through motivational speaking
- Offers private appointments on Thursdays or Fridays at office in Parkhurst

If you wish to develop personal power in your personal and professional life, contact Adele at [agreen@global.co.za](mailto:agreen@global.co.za). Coaching profile and prices available on request.



## testimonial – talking to body & mind

“I have been treated to the intuitive, gentle, yet focused and peaceful experience that she adds the profound benefits of this technique. A variety of issues have presented themselves in my sessions, and I have appreciated the engaging way that Adele supported me from awareness towards intentional transformation for a renewed and balanced way forward – during and after each session”

*From a Corporate Coach*



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