



P.B. YOGA
—
& healing arts

Full Body Reflex and Deep Muscle Therapy Class

Phil Selinsky, N.D.

Curriculum

1) Nutrition and body chemistry

Catabolism

What food is and how (and if) it breaks down in the body.

Anabolism

How food becomes you, and how and why it affects your health and vitality.
The multidimensional energy of food.

Text: Fit For Life by Harvey Diamond.

Eat Right for Your blood Type by Peter D'Adamo.

Term: 6 hours

2) Anatomy and Physiology

Study the 10 systems of the body.

Study the growth and repair of the structure of the body from an engineering perspective.

Study the function of the body from the Holistic perspective. (The body has a plan for survival)

Compare the Western disease label model with the Holistic dis-ease symptom alert model.

Text: The Anatomy Coloring Book by Wynn Kapit/Lawrence Elson.

Term: 34 hours

3) Touch for Health

The principles and practice of testing the relative strength of various muscles in the body

Study 14 "Chi" energy pathways in the body and their organ and muscle associations.

Study 5 different methods for strengthening weak and painful muscles.

Study the 5-element concept and the related "command points."

Text : Touch for Health by John Thie.

Term: 30 hours

4) Full Body Reflex Routine

A complete, comprehensive and choreographed one-hour pressure point therapy routine that will provide:

Information from the body about the present-time health and homeostasis.

Stimulation of repair reflexes.

Stimulation of acupuncture point reflexes.

Improvement of fluid circulation. (blood and lymph)

Improvement of energy and vitality in the body.

An educational matrix from which a therapy protocol can be established.

Text: Selected printed hand-outs from "*The Human Machine...A Trouble-Shooter's Manual*" by Phil Selinsky.

A one-hour instructional video presentation of the Full Body Reflex Routine is available.

Term: 30 hours

5) Intern Clinic

On-going clinic where students bring challenging clients for evaluation and protocol.

Pacific Beach Yoga and Healing Arts - 961 Turquoise Ave San Diego, CA 92109
For More Information Call: Parimal 858-488-7774 email: parimal@parimalonline.com