



2018 Christmas Issue #5 KinesiologyZone, TASK Ireland, Westport, Co Mayo

Wishing you a very Merry Christmas and plenty of health and wellness in 2019

It's been a full year of travel, learning, growth, moves, and of course the growing excitement of the upcoming fresh start energy that comes at this time of year. We've had a wonderful year as Class of 2018 graduated, Class of 2019 got underway, post graduate workshops with Metabolics, and Balanced Health courses took place throughout the country.

Our HealthRoadShow was a combination of online webinars and tasters during August. It's lovely to see graduates giving free talks, making more videos online, and generally more people discovering Systematic Kinesiology. 2019 is going to be a busy year too, and we hope you'll become part of our Graduate Network when the time comes. Below are details of our upcoming workshops, some products we recommend, and ask you to note our **NEW ADDRESS** (over leaf).

COURSES AND WORKSHOPS

The Balanced Health Course

The Balanced Health Course is a part time, 3 month programme consisting of two live weekends, online video tutorials, monthly masterclasses.

www.kinesiologyzone.com/training

Class of 2020 Diploma

Our early start will commence in March – and the closing date for applications is **10th February**. More information on how to apply and dates visit:

www.kinesiologyzone.com/diploma

Post Graduate Workshop

9-10 March with Marek Urbanowicz. Marek's extensive acupuncture background, wealth of knowledge and experience, will not only deepen your

understanding, it will show you a way of putting it "all" together as a working protocol. He has developed and uses this protocol daily in treatment so there is going to be new insights to this way of working. Early bird rate of €200 for bookings before 10th February, or sold out.

6 PLACES LEFT <http://www.kinesiologyzone.com/marek-workshop/>



RELEVANT ADDRESSES

**TASK IRELAND/
KINESIOLOGYZONE,
THE FAIRGREEN, WESTPORT,
CO MAYO, F28 H971**

Opening hours Mon-Thurs: 9.30-17.30
Friday: closed

The TASK Ireland registered address (Roekilmeena) and personal home of Siobhan Guthrie has been sold. Temporary address with immediate effect is Greenway Cottage, Cross Kilmeena, Westport, Co Mayo. Please post all correspondence to the Fairgreen address. Thanks.

ONGOING SUPPORT FOR OUR GRADUATES

We had a first call about the proposed **GRADUATE NETWORK** and lots of ideas about regional meet ups, forum, regular discussion calls, and different ways to support each other. We'll have more details rolled out in the new year, & there will be more opportunities to contribute ideas.

There's a replay of the first call available – please get in touch if you haven't received the link.

Kinesiology
Zone

*"We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have."
— Frederick Keonig*

@siobhanguthrie | KinesiologyZone.com



Ola Gan Ora Aromatherapy Products



Gema is an ITEC Qualified Aromatherapist & Massage Therapist. She lives in Boyle, Co Roscommon. Gema started making aromatherapy products and using essential oils. She wants to share the joy of aromatherapy and natural beauty products with everyone!



See more products on [Facebook.com/olaganoraaromatherapyproductsandmassage/](https://www.facebook.com/olaganoraaromatherapyproductsandmassage/)



PIT PUTTY



Pit Putty is an effective natural deodorant, safe for the whole family to use. Using only 100% natural and vegan ingredients, this innovative product is completely free from harmful chemicals, aluminium oxides and preservatives.

Pit Putty is said by many to be the most effective natural deodorant available on the market!
www.pitputty.eu



Apple Cider Vinegar



The Apple Farm is located in county Tipperary As well as apples, they grow pears, plums, sweet cherries, strawberries and raspberries.

They now produce apple cider vinegar that has abundance of health benefits. Packaged in beautiful glass bottles this makes a lovely gift.

<http://www.theapplefarm.com>

Wishing you a lovely time with family and friends. Merry Christmas. Siobhan xxx