

My interest in Kinesiology (the art of muscle testing — muscle monitoring from body biofeedback) first began when accompanying someone to sessions, who then experienced their first pain relief for years. Intrigued, I then had some sessions myself and found it so exciting that I began my training with the inspiring Carrie Jost, Head of the School of CK starting with foundation kinesiology

[Touch for Health](#) which is used in families and communities all over the world for its simple and amazing success and followed on with the Diploma in advanced kinesiology

[Creative Kinesiology](#) which comprises Way of the Tracker and Perceptual Bodywork.

I would like to pass on the amazement, balance, strength and joy that I found in my learning and so I have completed the PGCE and intensive training to become an Instructor offering Workshops, Development Groups and Foundation Kinesiology classes with [Touch for Health](#) and [LifeTracking](#)

I also hold certificates in Holistic Massage, Indian Head Massage, Anatomy & Physiology, Nutrition, Retained Infant Reflexes, Crystal Dowsing, Vision and the Bates Eye Method with Kinesiology and I have come to realise that all my many and varied life experiences are being used in my work with clients and in my teaching.

[Creative Kinesiology](#) uses gentle balancing techniques to: reduce tension, release energy blocks, eliminate toxins, and to enhance your own body's innate wisdom and healing ability.



Way of the Tracker

Touch for Health

Foundation Kinesiology

LifeTracking

www.creativekinesiology.org

www.lifetracking.org

email: ckwithsuek@woodwarm.co.uk
www.woodwarm.co.uk



CREATIVE
KINESIOLOGY

Sue Keeping

Kinesiology Federation

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Embodiment IGPP Member

Touch for Health

Foundation Instructor

Life Tracking Facilitator



Tel: 01884—33559

For Appointments

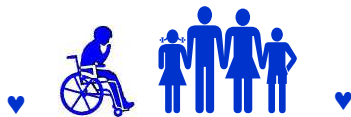
Each one of us has our own unique story.

Our aches and pains are individual to us, be they felt in our body's, our emotions or our souls.

Each session is therefore unique for each client as we work with muscle testing for your own body's energy responses

Together, we track what may be standing in the way of you achieving the balance and harmony you seek in life

Sessions take place with clients fully clothed and are for ages from 0 — 100+



To book a session

please contact me on

Tel. 01884 - 33559

- stressed
- low energy
- depression
- aches or pain
- where is my life heading
- allergies or sensitivities to people, situations, nutrition
- what am I doing with my life
- a chronic on-going condition

are examples of some of the issues we can look into together

We are our stories.

We are made up of a collection of our stories – joyful and sad, angry and hopeful, stories of loss and of beauty, of expansion and distress, of trauma and delight.

Throughout our lives our stories become incorporated into ourselves building the person we are. Our stories become part of our body shape and posture.

We find ourselves playing our stories over and over again – they become patterns we feel we cannot change. If this 'same old story' feels no longer helpful, but we are stuck in it, we may be seeking help to change.

Where does
'Creative Kinesiology'
come into this?

The Creative Kinesiology tracker system contains clues to our condition as humans. Every issue has a story behind it – some tell of physical stress or trauma, emotional upheavals, behaviour patterns or beliefs which run our lives.

An extraordinary thing happens once our story is uncovered and witnessed, seen by someone else in a way that is accepting and does not judge, we find that the story no longer has a hold over us, we are ready for change.

Then comes the time for healing.

The CK techniques, guided by your body responses may include the use of non-invasive bodywork, essences, meridian therapy, crystals, then seek out the old wounds, hurts and traumas, unhelpful patterns, disconnections, old reactions and feelings, all held as memories in our systems.

At the deepest level we find our hearts and souls touched, bringing a new sense of purpose and fulfillment.

In this way we can release the old story, built to protect and help us at a particular point in our lives. We can begin a new story, which is the one we choose for now and into the future. A story which comes from our heart and soul, one which includes our visions and dreams and all we wish for ourselves, our families, our communities.