



Learning objective of my course:

In my experience, at the end of the two days of the course, the clients have tools at hand with which they can help themselves to change their perception and well-being in a positive way.

In the course I show the core of physical centring. When I see that participants can feel this kinaesthetically, I ask them if they would like to be trained for the course "Centring in everyday life". This course can then be taught by them.

Only thinking and acting from the centre do we need the least energy to do and achieve anything in our lives.



Balance H I R O

"If you think so,
as you have always thought, you will
act like this,
as you have always acted.

If you act like this,
as you have always acted, you will
bring this about,
what you have always brought about."

Albert Einstein

I give my courses and lectures regularly in Germany and Switzerland. Please contact me if you have your own preferred date for a group or institution.

The following link will take you to the registration:

www.kinesiologie-muenster.de/events

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Balance H I R O

POWERFUL!

**Early childhood reflexes
shape life**



When being addressed by his passenger while driving, the driver looks to the right. His hands automatically join in, so that he unconsciously steers to the right instead of driving straight ahead.

A pupil clutches her pen so tightly when writing that the hand cramps up from the pressure and quickly tires.

"Stand up straight, shoulders up, head up, now relax!"

We have all heard such calls - calls to take an upright and confident stance.

But what if our body is out of balance?

Tension headaches, teeth grinding at night, tense shoulders, back pain and the feeling of being constantly under tension - these are all symptoms of non-integrated early childhood reflexes.

And my course addresses these symptoms and offers help.



My course ...

In my course, I will present four exercises that I with Greek letters. Translated into Latin letters, the result is the word HIRO. This acronym stands for "Human Integrated Reflex Organisation". In order to establish the correct and important reference to my work, I have prefixed the term with the word "balance".

... helps to integrate reflexes ...

Symptoms such as poor posture, tension headaches, grinding teeth at night, back pain or the feeling of being constantly under tension indicate early childhood reflexes that are not fully integrated.

Early childhood reflexes, such as the grasping or search and suck reflex, ensure an infant's survival and have a specific time during which they are active. However, if these reflexes continue to be active in residual reactions beyond their actual period of determination, we observe unconscious motor movements in humans: Clumsy behaviour, poor postures, a constant head tilt to the right or left, and communication problems can be the result - and last until the end of a life.

The often unconscious behaviour of counteracting early childhood reflexes requires a great deal of effort, which constantly overtaxes the body. But it is not only the body that is under tension; mental well-being also suffers from these tensions.

Residual reactions of early childhood reflexes do not disappear by themselves.



**... reduces stress,
counteracts posture problems,
reduces learning problems ...**

Our interpersonal relationships are built on perception. However, through the BalanceHIRO® exercises, existing reflexes can be integrated subsequently - this still works in adulthood. The better the early childhood reflexes are integrated, the more relaxed people are. The result: personal well-being and quality of life increase.

and brings peace, serenity and well-being!

For all reflexes, I explain how you can tell which reflex is still persistent in the first year of life and up to adulthood. I use examples to highlight specific behaviour patterns. In this way, the course participants understand why certain reactions occur in people and develop an understanding of many behaviours.

Recognising is one side - you can experience how to help with the exercises from the BalanceHIRO® programme.