



What is Qinesiology® (調和學®)?

Qinesiology® is a collection of kinesiology courses for personal growth and professional development. It aims at facilitating oneself and helping others to maintain balance in life. A student has simply put it as "life education". Therefore, the motto of Qinesiology is "We facilitate balance". It embodies a set of techniques and tools to adjust people's physiology and psychology and optimize their attitudes in life and art of living.

The concept of "balance 調和" in Qinesiology® originates from traditional Chinese medicine. As a verb, it refers to (1) 調 – to mix the energy in different meridians; (2) 和 – so that energy could be evenly distributed within the whole meridian system, i.e. in balance. As a noun, "balance 調和" is the state of how well different meridian energies are mixed together and how even the energies are distributed among the meridians. The word "Qinesiology® (or 調和學® in Chinese)" literally means "the study of balance".

Conrad Ho and Amy Choi have borrowed the term "balance 調和" and use it in the courses they authored as well as in the methods and concepts that are embedded in there.

Qinesiology® uses muscle-checking as a biofeedback mechanism and noticing as a psychofeedback tool. In Qinesiology®, we focus on three major aspects of the body, according to the Theory of Jing Qi Shen in traditional Chinese medicine, namely jing (精) - essence or matter, qi (氣) - energy and shen (神) - consciousness or information. When these three aspects are more and more in harmony through Qinesiology® adjustments, there is personal growth. Consequently, a person could lead a more comfortable, relaxing and wonderful life.

What is a balance between essence/matter, energy and consciousness/information? In matter, it refers to the balance between input of matter such as the intake of foods and water and output of matter such as defecation and urination. In energy, an example will be the balance of heat energy to maintain body temperature. In information, it refers to the balance between information input such as perception & learning and information output such as expression & creation. The balance among the above-mentioned three factors is, for example, when a person is admitted by an university which he or she yearns for (information change), the person would then be excited (energy change) and the amount of food intake would improve (matter change).

調
balance
和

神
consciousness
氣
energy
精
essence



© 2018 Brain Body Centre Ltd.

1,688 Credit Hours in 2018

Qinesiology® officially came into being in the summer of 2006. The courses of Qinesiology® have been continuously developing since then. In 2018, 1,688 credit hours are offered to learners of different ages, genders and interests. Licensing system is available to some of the courses for those who are interested to teach, and the regulatory body is Brain Body Centre Limited, a private limited company based in Hong Kong, China. Qinesiology® courses are recognized by some international kinesiology organizations or associations as continuing education for their licensed instructors.



The Framework of Qinesiology®

Qinesiology® courses can be categorized into three groups: (1) **Skill-oriented workshops** - the main purpose is to systematically learn how to do Qinesiology® balances so as to facilitate oneself and others to achieve a better balance in life; (2) **Application workshops** - the main purpose is to systematically improve the condition of the participant. The main point is not to learn skills but to reap benefits directly from the workshops, e.g. less pain and more comfort; and (3) **Topical workshops** - the main purpose is to explore specific topics in depth. There is no systemic inter-relationship between these topics and so, the courses lack the breadth to be established as a complete series.



Qinesiology® Courses

The three categories of Qinesiology® courses:

1. Application Workshops

Students improve their conditions and get direct benefits from joining application workshops. Learning of skills is not being emphasized.

The Basic Life Skills Workshop Series

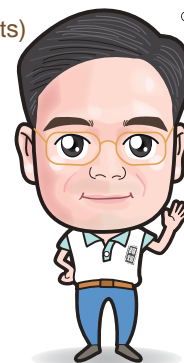
QA101	Motor Balances (64 credits)
QA102	Sensory Balances (72 credits)
QA103	The Twelve-Meridian Balances (48 credits)
QA104	The Eight-Extraordinary-Meridian Balances (32 credits)
QA105	Yin Yang Balances (24 credits)
QA106	The Five-Element Balances (80 credits)
QA107	The Qi-Circulation Balances (24 credits)
QA108	Perception Balances (72 credits)
QA109	Expression Balances (64 credits)



The Balancing Retreat Workshop Series

This series aims at developing the student's three aspects in life – oneness (internal integration), wholeness (personal ecosystem) and coherence (internal and external harmony). The student will learn to become a client-centered balance facilitator using the educational model. The themes include Self Balances, Foundation Balances and Core Balances; each theme is further subdivided into seven topics. Each topic takes five days, and students are given home exercise to continue their practice at home.

QA311	Self Balances - Fostering Self Relationship (40 credits)
QA312	Self Balances - Fostering Self Independence (40 credits)
QA313	Self Balances - Fostering Self Improvement (40 credits)
QA314	Self Balances - Fostering Self Cohesion (40 credits)
QA315	Self Balances - Fostering Self Integrity (40 credits)
QA316	Self Balances - Fostering Self Sufficiency (40 credits)
QA317	Self Balances - Fostering Self Intention (40 credits)
QA321	Foundation Balances - Accessing the Structure (40 credits)
QA322	Foundation Balances - Accessing the Details (40 credits)
QA323	Foundation Balances - Making Congruent Commitments (40 credits)
QA324	Foundation Balances - Making Congruent Decisions (40 credits)
QA325	Foundation Balances - Doing Congruent Actions (40 credits)
QA326	Foundation Balances - Living a Congruent Life (40 credits)
QA327	Foundation Balances - Accessing the Whole Picture (40 credits)
QA331	Core Balances - Discovering Life (40 credits)
QA332	Core Balances - Interpreting Life (40 credits)
QA333	Core Balances - Organizing Life (40 credits)
QA334	Core Balances - Experimenting in Life (40 credits)
QA335	Core Balances - Adventuring in Life (40 credits)
QA336	Core Balances - Experiencing Life (40 credits)
QA337	Core Balances - Enjoying Life (40 credits)



Qinesiology® Courses

2. Skill-oriented Workshops

Skill-oriented workshops help students learn how to apply specific techniques to do the balances.

The Qigong Movement Balances Workshop Series

Students will learn the skills of using popular Chinese Qigong movements and related metaphors which Amy and Conrad have devised for balancing to get specific benefits.

QS103 To Live Out My Greatness-The Classic of Tendon Transformation Metaphor Balances (24 credits)

QS104 To Live With A Playful Heart - Five Animal Play Metaphor Balances (24 credits)

QS105 To Live A Flowing Life - Ma Wang Dui Qigong Metaphor Balances (24 credits)



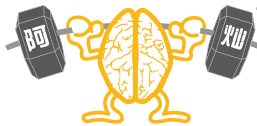
3. Topical Workshops

Topical workshops are application courses with specific topics. There are no inter-relationship among them.

QT301 Movement-Enhances-Learning Camp® (56 credits)

QT302 Learning To Play (40 credits)

QT303 Qinesiology® Casework (40 credits)



The Authentic Self Workshop Series

This series aim at facilitating the participant to discover different aspects of his/her authentic Self – who I am, what I am doing, and why? The Ming's Mirror Method is used as the core balancing technique.

QT401 Authentic Woman Casework (40 credits)

QT402 Authentic Female Casework (40 credits)

QT405(1/2) Living Out My Authentic Self Casework (1 of 2) (40 credits)

QT405(2/2) Living Out My Authentic Self Casework (2 of 2) (40 credits)

