

**Webinar registration page:**

**Discover the Power of Kinesiology I**

# **A Natural Healing Path for Overwhelmed Mums**

*Join Kerri from Amarah Kinesiology for an enlightening free webinar about finding balance and vitality through holistic healing*

*Here in beautiful Bundeena!*



# Transform Your Well-being: Free Masterclass for Busy Mums

**Date:**  
minutes

**Time:**

**AEST Duration: 60**

## Is This Masterclass for You?

✓ Feel constantly drained and overwhelmed by daily demands ✓ Struggle to find time for self-care between family responsibilities ✓ Experience ongoing stress, anxiety, or emotional fatigue ✓ Seeking natural, non-invasive solutions for better health ✓ Want to understand your body's signals better ✓ Ready to prioritize your well-being without guilt

## What You'll Discover in This Life-Changing Session

### The Hidden Language of Your Body

Learn how kinesiology unlocks your body's natural wisdom through gentle muscle testing techniques developed by pioneering experts Dr. Bruce and Joan Dewe. Understand how this revolutionary approach can identify and release deep-seated stress patterns.

### Your Path to Natural Healing

Discover why kinesiology offers the perfect solution for busy moms:

- Non-invasive techniques that respect your body's boundaries
- Fully clothed sessions for complete comfort
- Personalized approach addressing your unique needs
- Root-cause focus rather than temporary symptom relief

### Practical Tools for Daily Balance

Take home immediate strategies to:

- Reduce overwhelming stress and anxiety
- Boost your energy levels naturally
- Strengthen emotional resilience
- Enhance overall well-being
- Create sustainable self-care practices

## Meet Your Guide: Kerri from Amarah Kinesiology

As a specialised kinesiologist dedicated to supporting busy moms, Kerri understands the unique challenges you face. Her gentle, intuitive approach has helped countless mothers rediscover their vitality and inner peace. Let her expertise guide you toward the balanced life you deserve.

## Special Webinar Bonus

### First 20 Registrants Receive:

- Exclusive "Mum's Daily Energy Reset Guide" (Value \$47)
- Priority booking for post-webinar consultations
- Special attendee-only discount on first session

## Reserve Your Spot Now

*Limited to 50 participants to ensure personal attention*

***"Register Now" Button***

### What Past Participants Say:

"Kerri's webinar opened my eyes to what was possible. I finally understood why I felt so drained and learned practical ways to restore my energy." - Sarah M., mother of three

"The techniques Kerri shared were game-changing. For the first time, I felt empowered to prioritize my well-being without guilt." - Emma T., busy mom and business owner

## FAQ

### **Q: I'm new to kinesiology. Will I understand the content?**

A: Absolutely! This webinar is specially designed for beginners. Kerri breaks down complex concepts into easy-to-understand explanations and practical applications.

### **Q: I can't attend live. Will there be a replay?**

A: Yes! While live attendance is recommended for interaction and Q&A, all registrants will receive a 48-hour replay access link.

### **Q: How interactive is the webinar?**

A: Very! You'll have opportunities to ask questions, participate in demonstrations, and connect with other moms on similar journeys.

## **Don't Miss This Opportunity to Transform Your Well-being**

***"Register Now" Button***

*Space is limited to ensure quality interaction. Secure your spot today!*

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*About Amarah Kinesiology: Located in [Location], Amarah Kinesiology specializes in holistic healing solutions for busy mothers. Through gentle, non-invasive techniques, we help women reconnect with their bodies' natural wisdom and restore balance to their lives.*

### **Course sales page:**

# **Awaken Your Inner Healer: A Magical Journey into Kinesiology for Busy Mums**

## **Discover the Sacred Art of Self-Healing While Managing the Beautiful Chaos of Motherhood**

*Picture this:*

*It's 3 PM, you've juggled school pickups, endless snack requests, and that mountain of laundry that seems to multiply when you're not looking.*

*Your shoulders are tense, your energy is scattered, and somewhere between making lunch boxes and answering work emails, you've lost that spark of magic that makes you, well... you.*

**Dear Wonderful, Warrior Mama,**

Remember when you used to feel like you could conquer the world? That feeling isn't gone – it's just waiting to be reawakened.

# Introducing "Maternal Magic: The Kinesiology Journey"

*A 6-week transformative course designed specifically for busy moms who are ready to reclaim their energy, intuition, and inner peace*

## What Makes This Journey Special?

This isn't just another self-care course that tells you to "take a bubble bath" when you're feeling overwhelmed. This is deep, transformative work that fits into your real life – sticky fingerprints, surprise tantrums, and all.

## Your Magical Transformation Includes:

### Week 1: Awakening Your Body's Wisdom

- Discover the ancient art of muscle testing (so simple, you can do it while waiting for the pasta to boil)
- Learn to read your body's signals (even clearer than your toddler's "I need a snack" signs)
- Master quick energy resets for those "mommy needs a minute" moments

### Week 2: The Energy of Emotions

- Transform emotional overwhelm into emotional wisdom
- Learn the sacred art of boundary setting (without the mom guilt)
- Develop your intuitive "mom sense" beyond finding lost toys

### Week 3: Physical Harmony

- Release stored tension from carrying kids, car seats, and everyone's emotional baggage
- Master posture-saving techniques for nursing, cooking, and endless pickups
- Learn energy exercises that work even during playground visits

### Week 4: Mental Clarity & Calm

- Break free from the mental load fog
- Develop laser focus (even after a night of broken sleep)
- Create mental space amidst the beautiful chaos

### Week 5: Spiritual Connection

- Reconnect with your inner wisdom
- Create sacred moments in everyday chaos

- Build a spiritual practice that works with finger-painted walls

## **Week 6: Integration & Daily Magic**

- Weave your new skills into daily life
- Create sustainable healing practices
- Master the art of "mom-sized" meditation

## **What Makes This Course Different?**

### **Real-Life Magic**

- ✨ All techniques can be used in 5 minutes or less
- ✨ Child-friendly exercises you can do during playtime
- ✨ No need for perfect silence or hours of meditation

### **Practical Wisdom**

- ✨ Recorded sessions you can watch during naptime
- ✨ Phone-friendly formats for on-the-go learning
- ✨ Lifetime access to all materials

### **Community Support**

- ✨ Private community of like-minded mums
- ✨ Weekly live Q&A sessions (recorded for those dealing with bedtime battles)
- ✨ 24/7 access to our mum tribe

## **Your Investment in Magic**

**Early Bird Special: \$497 (Regular Price: \$697)**

*Payment plans available because we understand the reality of family budgets*

## **Bonus Treasures (Worth \$891)**

1. "Emergency Mama Reset" Protocol (\$197 value)

2. "Peaceful Bedtime Rituals" Guide (\$147 value)
3. "Kitchen Counter Kinesiology" Quick Reference (\$97 value)
4. Private 1:1 Session with Kerri (\$250 value)
5. "Mom's Energy Journal" Digital Planner (\$200 value)

## What Other Mamas Say:

"I was skeptical about finding time for another course, but Kerri made it so practical. I can do these exercises while making breakfast or during school pickup!" - Jessica, mom of 3

"This course gave me my power back. I'm still a busy mom, but now I have tools to handle the chaos with grace." - Michelle, working mom of 2

"The best investment I've made in myself since becoming a mother. My kids now remind me to do my energy exercises!" - Sarah, single mom

## Your Journey Begins Here

### Limited Time Offer:

- First 20 enrollments receive a bonus private session (Value: \$150)
- Payment plans available
- 14-day money-back guarantee

"Enroll Now" Button

## Frequently Asked Questions

### **Q: I barely have time to shower. How will I fit this in?**

A: Every technique is designed for real mom life. Most exercises take less than 5 minutes and can be done while doing other mom duties. No special time or space needed!

### **Q: Is this too 'woo-woo' for a practical mum?**

A: While we embrace the magic, this course is grounded in practical, scientific principles. You'll learn tangible techniques that create real results in your daily life.

### **Q: What if my kids won't give me space to practice?**

A: Many exercises can include your children! We've designed this course for the reality of mom life, not an ideal meditation retreat scenario.

# Ready to Begin Your Magical Journey?

*"Yes, I'm Ready to Transform" Button*

*Only 30 spots available to ensure personal attention and support*

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*About Your Guide: Kerri is a certified kinesiologist, mother, and former overwhelmed mom who discovered the transformative power of kinesiology during her own journey through motherhood. She's helped hundreds of mothers reclaim their energy and joy while managing the beautiful chaos of family life.*