

Kinesiology

Certified Holistic Kinesiology Practitioner (CHKP)

Harmonika Institute USA
harmonika-institute.com

Program at a glance

- " Tuition: \$2,400
- " In-person training: 8 days (64h)
- " Live cohort calls: 1 day (4h)
- " Supervised practice: 70h
- " Portfolio + jury: 40h
- " Total: 178h (~22 day-equivalents)
- " Cohort size: 10 students

About the program

What you'll learn

- " Reliable manual muscle testing technique
- " The 14 primary muscle indicators and their balancing protocols
- " Reading the body's feedback through testing in real time
- " Combining kinesiology with breath, intention, and gentle bodywork
- " Holding a clear non-medical scope with clients
- " Building a kinesiology practice: pricing, marketing, supervision

Curriculum modules

Module 1 Foundations

Muscle testing basics, scope of practice, the body's feedback.

Module 2 The 14 indicators

Each muscle, its meridian, and its balancing protocol.

Module 3 Stress release

Emotional stress release and goal-balancing techniques.

Module 4 Session craft

Intake, full session arc, integration, aftercare.

Module 5 Practice & business

Ethics, scope, pricing, ongoing supervision.

Next step

Book a free 30-minute info session at:
harmonika-institute.com/admissions/info-session

This curriculum overview is provided for informational purposes only.
Specific cohort schedules and faculty assignments are confirmed at enrollment.