

# Muscle Testing

## Workshops With Debbie Ulrich

Learn how to Muscle Test Yourself, Family Members, or Clients

### What is Muscle Testing?

An introductory workshop  
Saturday, March 17, 10 -12 noon or  
Thursday, March 29, 7-9 pm

With muscle testing, you can find out what product is the best one for you before buying it and much more! Learn how you can use this powerful tool in your life.

### Facilitator

**Debbie Ulrich** is a Specialized Energy Kinesiologist and Holistic Practitioner. She has been studying Kinesiology and Nutrition for over 6 years and has a combined total of over 600 hours training in Kinesiology, Nutrition, and Anatomy. She has a successful practice in Severna Park, MD. Her passion is enabling people of all ages (including Children) and animals to enjoy a better quality of life. For more information about Debbie visit her website: [www.energybalance4u.com](http://www.energybalance4u.com)

### Directions

From Rt. 29, take exit 17. On Shaker Dr., drive about 1/4 mile and turn left into Atholton Square (as if you're going to the Citizen's National Bank). We are located in the townhouses behind the bank.



A Place for Conscious Healing  
and Transformation

10450 Shaker Drive  
Suite 110  
Columbia, MD 21046

[www.ColumbiaHealingArts.com](http://www.ColumbiaHealingArts.com)

410.997.4900 ext. 101

### The Art and Science of Effective Muscle Testing!

A comprehensive "How To" Muscle Test workshop  
Saturday, March 31, 10 am - 5:30 pm or Thursdays, April 12, 19, 26, 7 - 9 pm

Muscle Testing is a noninvasive "biofeedback" system which gives us information about things our conscious mind is usually not aware of such as allergies or vitamin deficiencies. It does not require any tools or equipment to learn or use. By applying slight pressure to a muscle this unconscious information may be accessed relatively effortlessly.

### In this workshop we will cover the following:

What is Kinesiology/Muscle Testing?  
How to Muscle Test others  
What if I Have Trouble 'Muscle Testing'?  
How to Self Muscle Test  
Surrogate Muscle Testing  
Alarm Points: What are they? How to Test Them.  
Body Systems: What are they? How to test them.  
What questions to ask? (Or NOT)

You will also receive a detailed manual to use at your home or office.

You will leave this workshop with the knowledge, confidence, and skills to effectively muscle test yourself and others. Don't miss this great opportunity!

### Information

For information about the workshops contact Debbie Ulrich at 410.868.7407. For information about the location or to register by phone, call 410.997.4900 ext. 101.

### Registration

Pre-paid registration one week in advance is requested.

**To Register** on-line: go to [www.ColumbiaHealingArts.com](http://www.ColumbiaHealingArts.com); call 410.997.4900 ext. 101; mail form to [ccha-ws](mailto:ccha-ws) at address on left; or fax form to 410.997.1107.

**What is Muscle Testing?** An introductory workshop. Cost is \$25.

\_\_\_ Saturday, March 17, 10 -12 noon \_\_\_ Thursday, March 29, 7-9 pm

**The Art and Science of Effective Muscle Testing!** Cost is \$130.

\_\_\_ Sat., March 31, 10 am - 5:30 pm \_\_\_ Thurs., April 12, 19, 26, 7 - 9 pm

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Name

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Address

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City, State Zip

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Phone

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Email

Payment Method:

\_\_\_ Check payable to CCHA

\_\_\_ MC/Visa

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3-digit v code