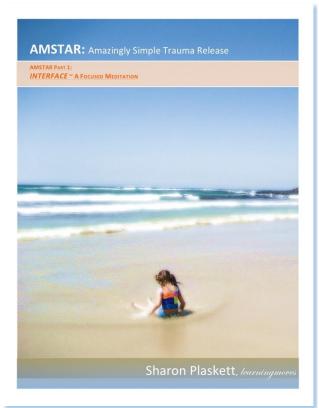
## AMSTAR Part 1 & 2 Amazingly Simple Trauma Release



## Created by Sharon Plaskett and Instructed by Token Plaskett & Sher Smith RN, IF

In <u>AMSTAR</u>, I found a tool that met several needs at once and still could be combined with everything I already knew.

<u>Needs?</u> I wanted something that used simple, solid, basic concepts; something that would be readily available, go deep as was needed, and still be safe enough for a child to use.

## **Combining of Techniques?**

Since I teach and use upwards of 11 courses from several different techniques, I wanted something that would deepen and broaden techniques I already know and still be simple to use in combination with any of them.

*"INTERFACE"* is the star of <u>AMSTAR.</u> It uses tools that anyone can apply and is always available no matter who you are,



Dates: Jan. 9, 16, 23, 30 & Feb 6, 13 Online class. Contact me at <u>learningmoves@comca</u> <u>st.net</u>, or +1-801-580-1958 (WhatsApp, Telegram, & Signal) Token Plaskett is an Instructor in Brain Gym®, Touch for Health, and Instructor/Owner of Learningmoves. Token has worked with adults, children, participants in conflict resolution, and trauma survivors since 1996. *(This* course is approved for Breakthroughs International, both online and on site, and on site for TFH.)

Cost is \$480 (Includes manual), less the \$20 if out of delivery range with signed agreement.

how old you are, or what you know. It is simply the best and safest clearing technique I know and highly accessible. The course includes solid theory and practice in balancing formats for ease of use and adaptability to circumstances.

*"INTERFACE"* is taught over a period of two days or 16 class hours.

**Part 2** includes additional tools to integrate with the interface process. These tools are based in Brain Gym<sup>®</sup> and Touch for Health and are prerequisites for Part 2. It's an additional 8 hours for a total in class 24 hours, or 3 days.

Co – teaching is Sher Smith RN, IF – a teacher of many courses for many years. Eager to share the knowledge of this outstanding course. www.realizingyourpotential.ca