

AMSTAR Part 1 & 2

Amazingly Simple Trauma Release



Dates: Jan. 9, 16, 23, 30 & Feb 6, 13 Online class.

Contact me at learningmoves@comcast.net,
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.

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

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

Needs? 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 **AMSTAR**. It uses tools that anyone can apply and is always available no matter who you are,

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® 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