

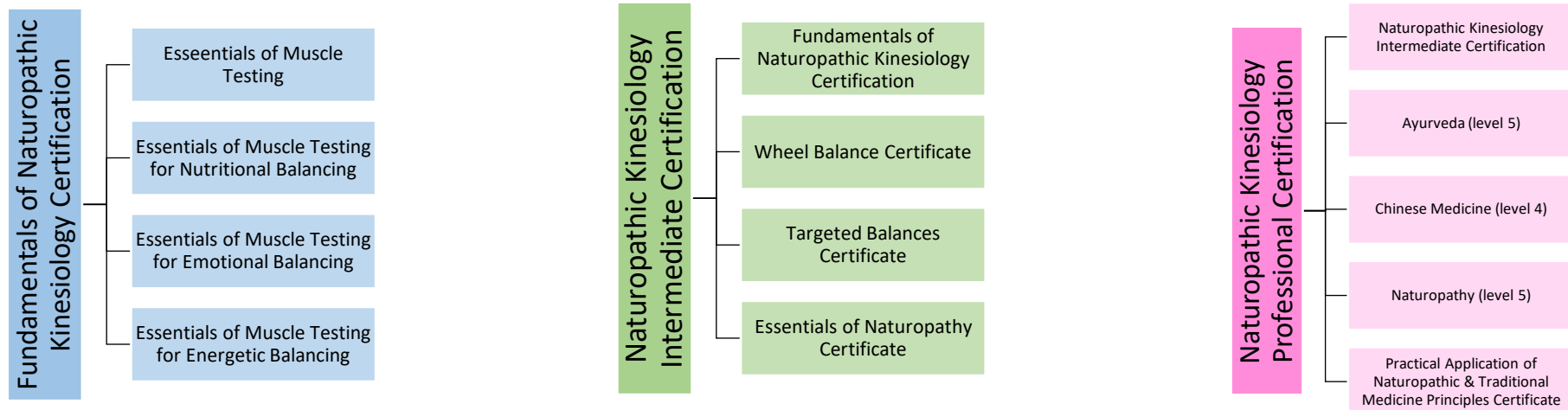
Naturopathic Kinesiology

Naturopathic Kinesiology training teaches practitioners to combine Naturopathic principles with muscle response testing to understand how physical, emotional, biochemical, and energetic stresses affect the body. The course emphasises identifying underlying imbalances and supporting the body's natural ability to restore health and vitality.

Training is grounded in Naturopathic philosophy, focusing on root causes rather than symptoms, using gentle, non-invasive methods, educating clients, and promoting prevention and long-term wellbeing. Students learn to use muscle testing as a feedback tool to observe how the body adapts to stress and to recognise patterns that inform personalised strategies.

The curriculum draws on Kinesiology, Chinese Medicine, Ayurveda, Nutrition, and nervous system regulation, giving students a broad perspective on the interaction of structural, emotional, biochemical, and energetic factors. Practical modules cover muscle testing, balancing techniques, and nervous system support. Overall, training equips practitioners to adopt a whole-person approach, helping clients restore balance, resilience, and vitality.

Naturopathic Kinesiology offers a three-stage training pathway:



STAGE 1 – FUNDAMENTALS OF NATUROPATHIC KINESIOLOGY CERTIFICATION						
Course	Prerequisite(s)	Exemptions	Duration & format	Cost	Training highlights	Dates
Essentials of Muscle Testing	Anatomy & Physiology and first aid.	We recognise prior training with Terry Larder's Classical Kinesiology Institute. However, content and sequence are structured differently (such as muscles and techniques taught). Therefore, all four essentials' courses need to be attended and in recognition of previous training we will give you 15% off. If you have attended other courses and would like an exemption, please submit curriculum for review.	1 day online & 2-days in-person plus 1 multiple choice quiz (during in-person day)	£375.00	How muscle testing works. Basics of Chinese Medicine including 5 elements and meridians. Learn five muscles (one per element). Lymphatic massage and vascular soothing.	Online 5 October 2026 In-person 9 & 10 October (Somerset or Salisbury)
Essentials of Muscle Testing for Nutritional Balancing	Nutritional Advisor and Essentials of Muscle Testing		1-day online & 1-day in-person plus 1 case study	£250.00	Learn 3 digestive muscles, food sensitivity testing, and deficiency screening. Digestion and blood sugars. Protein and hydration test. 3 finger modes.	Online 29 November 2026 In-person 29 January 2027
Essentials of Muscle Testing for Emotional Balancing	Basic psychosocial skills, NLP, coaching, or counselling skills. Essentials of Muscle Testing.		1-day online & 1-day in-person plus 1 case study	£250.00	Introduction to flower essences & vibrational remedies, affirmations, somatic sweep, emotions wheel, and frontal soothe. Learn 2 further muscles. Barometer (SIM). 1 finger mode.	Online 30 November 2026 In-person 30 January 2027
Essentials of Muscle Testing for Energetic Balancing	Recommended Reiki or other Energy Healing modality. Essentials of Muscle Testing		1-day online & 1-day in-person plus 1 case study	£250.00	Subtle bodies, aura, chakras, Tibetan figure of 8s. Meridian tapping, chakra balancing, & aura polishing. Barometer (SIM). 1 finger mode.	Online 1 December 2026 In-person 31 January 2027
Completion of Essentials of Muscle Testing and all three Essentials courses gives a Fundamentals of Naturopathic Kinesiology Certification after successful completion of quiz and 3 case studies (£75.00)						

STAGE 2 – NATUROPATHIC KINESIOLOGY INTERMEDIATE CERTIFICATION

Course	Prerequisite(s)	Exemptions	Duration & format	Cost	Training highlights	Dates
Wheel Balance Certificate	Fundamentals of Naturopathic Kinesiology Certification		2-days in-person plus 2 case studies	£275.00	Learn remaining muscles not already covered to complete a wheel balance and additional techniques.	11 & 12 May 2027
Targeted Balances Certificate	Fundamentals of Naturopathic Kinesiology Certification		2-days in-person plus 2 case studies	£275.00	Hormone and digestive balances. Additional muscles. Digestive conditions including die-off and gynaecological conditions and menopause.	13 & 14 May 2027
Essentials of Naturopathy Certificate	Fundamentals of Naturopathic Kinesiology Certification	School of Health Naturopathy Diploma or as minimum exemption Naturopathy unit that is part of Nutritional Therapist course. Other Naturopathy training considered	2-days online plus 1 assignment	£225.00	Naturopathic principles and basics, recap of Chinese Medicine, and introduction of Ayurveda. Hering's Law of Cure, healing crisis, and detoxification.	26 & 27 June 2027

Completion of **Fundamentals of Naturopathic Kinesiology Certification** plus Wheel Balance Certificate, Targeted Balances Certificate, and Essentials of Naturopathy courses give **Naturopathic Kinesiology Intermediate Certification** after successful completion of 4 case studies, 1 assignment, and exam (£150).

STAGE 3 – NATUROPATHIC KINESIOLOGY PROFESSIONAL CERTIFICATION						
Course	Prerequisite(s)	Exemptions	Duration & format	Cost	Training highlights	Dates
Ayurveda (level 5)	Through School of Health		Distance Learning			
Chinese Medicine (level 4)	Through School of Health		Distance Learning			
Naturopathy (level 5)	Through School of Health		Distance Learning			
Practical Application of Naturopathic and Traditional Medicine Principles Certificate	Naturopathic Kinesiology Intermediate Certification		3-days in-person plus 1 assignment	£375.00	Advanced concepts and targeted protocols. Constitution focused – CF and Doshas.	Likely to be January 2028
Completion of Naturopathic Kinesiology Intermediate Certification , three School of Health of Naturopathy Diploma units, and Practical Application of Naturopathic and Traditional Medicine Principles Certificate gives Naturopathic Kinesiology Professional Certification after successful completion of 1 assignment and observation assessment (£75.00). Observation will take place on last day of in-person training.						

**Please note assessment element may increase based on requirements of accreditation*

***In the future we are hoping to offer a route to ND with the GCRN in partnership with the School of Health, which will include completion of Nutrition, Homeopathy, Herbalism, Pathology & Disease, clinical supervision, and observation including 5-day clinical event.*