



Holistic Kinesiology **Passion Mapping™ & Kundalini Yoga** **with Kamonwan (Nok) Khamching**



Nok has dedicated herself to helping people achieve their physical, emotional, mental and spiritual balance. She incorporates three distinct and powerful modalities into her practice--Holistic Kinesiology, Passion Mapping™ Program and Kundalini Yoga--and creates a tailored program geared to each client's specific needs. Nok will gently guide you to resolving blockages, making positive life changes and discovering your life's true passion and inspiration.

A Bangkok-based practitioner, Nok has lived in the US, Hong Kong and Australia, and worked in corporate management prior to embarking on her own life-changing career transition. She qualified as a Holistic Kinesiologist and Passion Mapping™ Practitioner in Melbourne, Australia and is certified as a Level I Kundalini Yoga teacher. She's also practiced Reiki, Quantum Touch, Chiron Healing and meditation for many years.

Whether you want to resolve a personal issue, learn a practice to balance your body, mind and spirit, or find clarity and inspirations to move forward on your path, Nok can guide and support you in getting to the next level.

Holistic Kinesiology

Kinesiology uses the indicator muscle as a biofeedback mechanism to identify areas of imbalance in the body's energy systems. Nok has helped clients overcome stress, anxiety, lack of energy, burnout, depression and insomnia. Kinesiology can also facilitate breakthroughs in relationship issues and life changes. Nok combines the powerful tools and techniques (acupressure points, flower essences, tuning forks, chakra balancing and visualization) to gently clear energy blocks and balance energy on the psycho-spiritual level. Clients often experience profound changes in their emotional, mental, and physical wellbeing after just one session.

Passion Mapping™ Program

Through this program you'll discover and connect with your passions, attain clarity into your own priorities and values, and move forward with a deep sense of self and purpose. Passion Mapping is all about you. The process reveals the essence of who you are and what truly energizes and inspires you. You'll move into a highly intuitive and clear space and be able to access the aspirations and goals that motivate you at the deepest level.

If you want more vitality and energy in your life, are making a transition or want to discover what gives meaning and purpose to your life, now is the perfect time to create your own Passion Map™ and live your passions!

Kundalini Yoga

Kundalini Yoga is the original and complete form of yoga. It uniquely blends asanas (postures) pranayama (breathing techniques), mantras (sound current), deep relaxation and meditation to increase the flow of energy through the body. Kundalini Yoga is a powerful, transformative practice that aligns the relationship between body, mind and soul. It's appropriate for people of all ages and fitness levels.

Classes are dynamic, each with a particular physical and mental focus designed to increase your stamina and overall wellbeing. You'll learn powerful breathing techniques and postures that can help release stress, increase awareness and bring a deep sense of relaxation into your daily life.