



## **Kinergetics & Breaking Through** **with Patricia Roche**



### **Kinergetics 60 min/75 mins**

#### **What one client has to say about Kinergetics:**

"When I came this morning I was tearful and quite upset, but after her treatment I feel 100% different, as though a load has lifted from me and my back and hip do feel easier." – Nicki Gower, 2008

#### **What is Kinergetics?**

Kinergetics is a non-invasive branch of Kinesiology which aims to release pain and stress. Kinergetics identifies and balances the source and cause of your issues, whatever they are. Through Kinergetics, we find out how ready you are to let go - be it weight, pain or any other stressors affecting you. Are there emotional matters affecting your health and energy? What makes us reach for the things we crave? By clearing these self-sabotages, it supports us in achieving our goals holistically.

Kinergetics also assist with jaw problems, chronic fatigue, water assimilation, hydration and much much more. It also strengthens your meridian points and elimination organs to assist with detoxification.

At the end of each session, Patricia shares with clients, tips on how to help themselves. These could be affirmations, goals, food to avoid, exercises and anything else that could help.

**Integrated Kinergetics** incorporates Kinergetics with other energy healing modalities, including meditation, sound and the use of vibrational tools to assist you towards cleansing, clarity, peace and a stronger you.

#### **About Patricia**

Trained by some of the best "masters of healing", Patricia Roche is a Kinergetics and Integrated Healing practitioner and one of 85 Samvahan vibrational massage therapists in the world. She teaches Wu Qi Gong, conducts RESET classes and group meditations, as well as sharing with her clients and others the art of self-healing.

Patricia has also been featured in various magazines, including Elle Singapore, Simply Be and on Singapore Radio 98.5.

She lives in Singapore with her family and also enjoys writing and painting.

# “Breaking Through” 6 hours Program with Patricia Roche



## What clients say:

“Patricia Roche has a powerful gift. Her intuitive healing approach has helped me regain my life, not only physically, but also emotionally and mentally. After about my third session with Pat, her treatments brought me much pain relief... For the first time in six years, I'm pain free. I sleep better and wake up more energized.” - Monica Alsagoff, Singapore 2016

“My head feels lighter, which helps clear the mind of clutter. I feel grounded so was less anxious and don't panic as often. Pat taught me various ways to ground myself. My constant dizzy spells have stopped.” – Judith Yew, Singapore 2016

“Breaking Through” is a holistic series that respects your space while prioritizing your goals to create life change. This individually-designed body and energy program facilitates:

- Pain relief - ease physical pain, and identify the root and cause of your pain
- Mental & Emotional Balance - find a calmer and stronger you, freeing yourself from anxiety, insomnia, low, blocked or variable energy, sabotage, mental and emotional strife
- Spiritual/Soul Integration - reconnect and integrate fragments of your spirit lost in life crises, such as divorce, grief, surgery, drug/alcohol abuse, major accidents, job loss or retirement

## “Break Through” Process



If you are seeking to release pain, improve your energy levels, emotional and mental wellbeing, or just learn how to tap into your inner physician, "Breaking Through" will help propel you in your journey towards greater self-awareness and empowerment. "Breaking Through" makes a fantastic companion to other health programs you may already be pursuing. Patricia will also share with you various means to work on yourself further and how you can pass these tools onto others.

For more information, please contact health & Wellness Reception to book a free chat with Patricia.