



Online Sessions with Lenore

Join Lenore for a Kinesiology session via Zoom!

Sessions are conducted in the same way, involving a chat at the start and then with your permission, working with your energy, 'The Body', the usual Kinesiology tools and muscle testing via Lenore.

These sessions will be facilitated at a variety of locations around the UK, utilising the potent and at times different plant, flower and leyline energies available as well as all of the things you love about your balances with The Basic Elements Kinesiology!

To book – prior to June 13th, contact Lenore on 0468 928 904

Between June 14th and August 25th, contact Lenore via WhatsApp on 0468 928 904 or via email – Lenore@thebasicelements.com.au

Lenore will be back in practice at 658 High St from Wednesday 30th August – bookings for this time are open and encouraged!

In Person Kinesiology & BCST with Rosie At 658 High St, Reservoir

We are so lucky to have the beautiful Rosie working out of 658 High St! Rosie trained in ICPKP Kinesiology with Lenore (many moons ago!), and much like Lenore has a deep love and affinity for plant medicine and the elements. Most excitingly, Rosie has also trained in a wide variety of healing modalities that are different to Lenore's training – so she brings a new perspective, and a wealth of new healing options for clients to experience.

In particular, Rosie is working with a technique called BioDynamic Craniosacral Therapy (BCST) – which uses light touch to monitor and balance your body's natural rhythms. It allows for the safe and gentle resolution of stresses and trauma held in the body, mind, and surrounding energy field. A wonderful therapy that uses largely touch (and not so much talking!) to support the body as it continues to heal!

Rosie will be working at 658 High St on
Thursdays from 5:00pm to 7:00pm
Fridays from 10:00am to 7:00pm.

To Book:

<https://www.revivekinesiology.com/contact>



THE BASIC ELEMENTS KINESIOLOGY

June – August 2023
Kinesiology & Healing Services



Sacred Spaces

Online Kinesiology Balances

Join Lenore for an online Kinesiology session that weaves the healing frequencies and ancient magic of these locations within your balance. These places hold significance in our cultural and genetic history, and working in these spaces allows the opportunity for deep healing, expansion and access to repatterning your genetic lineage.

Findhorn

The Devic Earth Energies combined with the Third Eye Chakra of the World

Home to many planetary portals, plant energies and alignments – Findhorn is also the place where the Findhorn Flower Essences are made! Settled in the 1960s, this community has a long and deep spiritual connection with the plant devas of the land. There is a focus on wellness, spirituality and openness in Findhorn, all very aligned with the Third Eye Chakra!

A balance in the Findhorn Energy will offer enhanced intuition, connection to higher self and connection to plant energies around you.

Chakra Alignments: Third Eye & Crown Chakra

Dates: Tuesday 27th June, Wednesday 28th June, Friday 30th June

The New Forest

Ancient Tree & Fairy Magic

A thousand year old forest, ancient lands and frequencies running beneath and some serious tree and plant magic is on offer when you walk into the lands of the New Forest. Protected by a forest covenant by William the Conqueror in the 11th Century, which prevented farming, settling and destruction of the forest itself, these trees and lands have stood sovereign for a millennium. The New Forest area is home to many Bronze Age burial mounds, spiritual myths, witchlore and legends and forest fairy magic!

A balance in the New Forest will allow a deep connection to the slow, undulating energies of the Earth. A reconnection to your inner rhythm and the opportunity to regain a sense of self and a potent place to clear deep past life wounds.

Chakra Alignments: Root & Solar Plexus

Dates: Thursday 6th July & Friday 7th July

Glastonbury

The Heart Chakra of the World, Glastonbury Tor & Chalice Well

If you've seen the Glastonbury Tor ceramic in my potplant, or the Herkimer Diamond I wear from Chalice Well, or pulled out a Rebecca Campbell card during a balance, you've felt the magic of Glastonbury weave within you!

A sacred space of the feminine, where the energy of the Mother and nourishment

and a little bit of King Arthur & the Holy Grail all come together! A balance in the Glastonbury Energy will open your heart, allow healing frequencies from the Mother to pour in, emotionally and physically on a reproductive, stomach/iron absorption level. A wonderful space for healing family and feminine wounding and bringing love into you life!

Chakra Alignments: Heart & Sacral

Dates: Tuesday 1st August & Wednesday 2nd August
Cornwall

The Energy of the Michael/Mary Leyline

From as far back as 495AD, tales tell of seafarers lured by mermaids onto the rocks, or guided to safety by an apparition of St Michael. The patron saint of fishermen (and the blue orb seen in all of Lenore's photos!), it's said the energy of Archangel Michael has brought pilgrims, monks and people of faith to the island ever since, to pray, to praise and to celebrate. The four miracles during 1262 and 1263 and the unique energy is thanks to age-old ley lines which course under the sea, and cross at the heart of the Mount bring a special vibration to Cornwall.

A balance in Cornwall will assist you when you are at a crossroads, seeking support and protection, and looking to work with angelic guidance to express and create the life that is unfolding in front of you.

Chakra Alignments: Root Chakra & Throat Chakra

Dates – 8th & 9th August