



A CONTEMPORARY,  
MINDFULNESS-BASED  
THERAPY TO NURTURE,  
BALANCE & HEAL

## THERAPEUTIC TOUCH FOUNDATIONS COURSE 2025

*Learn the full TT process to support family and friends and for your own self care in 12 Hours*

*(To commence the TT Practitioner pathway, an extra Day/6 Hours training is required)*

### BENEFITS OF THERAPEUTIC TOUCH:

- **Lowered stress and anxiety**
- **Reduced pain**
- **Enhanced healing**
- **Symptom Relief**
- **Settled Behaviour**
- **Comfort in palliative care**
- **Increased intuition and creativity**

**Sept 4<sup>th</sup> & 11<sup>th</sup>**  
6pm - 9pm  
(2x3hrs) Online  
and  
**Saturday Sept 13<sup>th</sup>**  
9.30pm - 4.30pm  
(6hrs) in Person  
Mount Martha  
Vic

*Teacher:*

*Virginnia Kingsford, QTTA*

FOR MORE INFORMATION  
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