

[Kinesiology](#) is really a therapy designed to **lessen** and remove **tension**. Kinesiology **coupled with** holistic counselling **might help** you to achieve a **larger** sense of confidence, **harmony** and health.

The main reason for Kinesiology would be to reduce tension in its variety of forms, doing this will assist you to achieve increased health, power, balance, happiness, fulfilment, overall performance and productivity.

Throughout a session your **Kinesiologist** will consider your physical, nutritional, emotive, environmental and spiritual wellness requirements. When one of these very important areas of health has gone out of balance it could cause imbalances in the areas of your life. This may lead to pain, emotive anguish and a standard feeling of imbalance and blockage.

Affinity Wellness [Kinesiology Melbourne](#) provides Kinesiology and related **solutions**, **running** from [Melbourne, Australia](#).

Specialising in:

Tension

Anxiousness

Confidence in yourself and Self-image

Inspiration and Direction