



## HeartSpeak Course Schedule

2021

|                 |   |   |
|-----------------|---|---|
| 20 September    | <b>HeartSpeaker Monthly Meetup</b><br><a href="https://HeartSpeakEvents.as.me/MonthlyMeetup">https://HeartSpeakEvents.as.me/MonthlyMeetup</a><br>Required: All HeartSpeakers welcome  | LIVE, ONLINE<br>6-7am Brisbane time                                     |
| 25 September    | <b>Comment faire des sessions iHeartSpeak / How to Do iHeartSpeak Sessions - FRENCH/ENGLISH</b><br><a href="https://HeartSpeakEvents.as.me/iHeartSpeakEN-FR">https://HeartSpeakEvents.as.me/iHeartSpeakEN-FR</a><br>Required: <a href="#">HeartSpeak Lite</a> or <a href="#">HeartSpeak Level 1</a> | LIVE, ONLINE<br>4-8:30pm Montreal time                                  |
| 26 September    | <b>Self Muscle Response Testing</b><br><a href="https://HeartSpeakEvents.as.me/Self-MRT">https://HeartSpeakEvents.as.me/Self-MRT</a><br>Required: None - ALL are welcome  | LIVE, ONLINE<br>6-8am QLD time  |
| 3 & 10 October  | <b>HeartSpeak Level 1 (ONLINE)</b><br><a href="https://HeartSpeakEvents.as.me/HeartSpeakLevel1">https://HeartSpeakEvents.as.me/HeartSpeakLevel1</a><br>Required: Training in <a href="#">Muscle Response Testing</a> or <a href="#">Self Muscle Response Testing</a>                                | LIVE, ONLINE<br>5-9am Brisbane time                                     |
| 9 October       | <b>HeartSpeak for Yoga</b><br><a href="https://HeartSpeakEvents.as.me/HS-for-Yoga-TSV">https://HeartSpeakEvents.as.me/HS-for-Yoga-TSV</a><br>Required: All are welcome  | LIVE, IN-PERSON<br>Mackay, QLD, Australia<br>2-5pm Brisbane time        |
| 15 October      | <b>Introduction to Muscle Response Testing</b><br><a href="https://HeartSpeakEvents.as.me/MRT-inperson">https://HeartSpeakEvents.as.me/MRT-inperson</a><br>Required: None - ALL are welcome   | LIVE, IN-PERSON<br>Mackay, QLD, Australia<br>6-9pm QLD time             |
| 16 & 17 October | <b>HeartSpeak Level 1 (IN-PERSON)</b><br><a href="https://HeartSpeakEvents.as.me/HS1-Live-Inperson">https://HeartSpeakEvents.as.me/HS1-Live-Inperson</a><br>Required: <a href="#">Muscle Response Testing</a>   | LIVE, IN-PERSON<br>Mackay, QLD, Australia<br>1:30-6pm Sat & 8-12:30 Sun |
| 17 October      | <b>HeartSpeak Lite for BodyWork</b><br><a href="https://HeartSpeakEvents.as.me/HSBodyWork">https://HeartSpeakEvents.as.me/HSBodyWork</a><br>Required: None - ALL are welcome  | LIVE, IN-PERSON<br>Mackay, QLD, Australia<br>2-5pm QLD time             |
| 18 October      | <b>HeartSpeaker Monthly Meetup</b><br><a href="https://HeartSpeakEvents.as.me/MonthlyMeetup">https://HeartSpeakEvents.as.me/MonthlyMeetup</a><br>Required: All HeartSpeakers welcome  | LIVE, ONLINE<br>6-7am Brisbane time                                     |

# 2021

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| 31 Oct & 7 Nov | <b>HeartSpeak Level 2</b><br><a href="https://HeartSpeakEvents.as.me/HeartSpeakLevel2">https://HeartSpeakEvents.as.me/HeartSpeakLevel2</a><br>Required: <a href="#">HeartSpeak Level 1</a>   | LIVE, ONLINE<br>5-9am Brisbane time                                |
| 14 November    | <b>HeartSpeak for Yoga</b><br><a href="https://HeartSpeakEvents.as.me/HS-for-Yoga">https://HeartSpeakEvents.as.me/HS-for-Yoga</a><br>Required: All are welcome   | LIVE, IN-PERSON<br>Townsville, QLD, Australia<br>2pm Brisbane time |
| 14 November    | <b>CanBeWell Conference 2021: Shift into Wellness</b><br>Topic: <i>The role of research in understanding our power in personalizing self-care</i><br>Registration link TBA: <a href="http://www.canbewell.org/events/">www.canbewell.org/events/</a> | LIVE, ONLINE<br>Time TBA (Toronto time)                            |
| 15 November    | <b>HeartSpeaker Monthly Meetup</b><br><a href="https://HeartSpeakEvents.as.me/MonthlyMeetup">https://HeartSpeakEvents.as.me/MonthlyMeetup</a><br>Required: All HeartSpeakers welcome   | LIVE, ONLINE<br>6-7am Brisbane time                                |
| 20 November    | <b>HeartSpeak Lite for BodyWork</b><br><a href="https://HeartSpeakEvents.as.me/HS-for-BW-ONLINE">https://HeartSpeakEvents.as.me/HS-for-BW-ONLINE</a><br>Required: None - ALL are welcome   | LIVE, ONLINE<br>6-9am Brisbane time                                |
| 5 December     | <b>HeartSpeak for Yoga</b><br><a href="https://HeartSpeakEvents.as.me/HS-for-Yoga-ONLINE">https://HeartSpeakEvents.as.me/HS-for-Yoga-ONLINE</a><br>Required: All are welcome   | LIVE, ONLINE<br>6-9am Brisbane time                                |
| 13 December    | <b>HeartSpeaker Monthly Meetup</b><br><a href="https://HeartSpeakEvents.as.me/MonthlyMeetup">https://HeartSpeakEvents.as.me/MonthlyMeetup</a><br>Required: All HeartSpeakers welcome   | LIVE, ONLINE<br>6-7am Brisbane time                                |
| Dates TBA      | <b>HeartSpeak Lite Instructors Course</b><br><i>Interested? Email us: <a href="mailto:officeheartsspeak@gmail.com">officeheartsspeak@gmail.com</a></i><br>Required: <a href="#">HeartSpeak Lite</a>  | LIVE, ONLINE<br>Times / Dates TBA                                  |

*More courses coming online soon!*

*See also below for video courses...*

## Video Courses Always Available

[HeartSpeak Lite](#)

All Welcome

[The HeartSpeak Tools](#)

All Welcome

[HeartSpeak for Harmonious Relationships](#)

All Welcome

[How to Do iHeartSpeak Sessions](#)

Required: HeartSpeak Lite or Level 1

[How to Run Group HeartSpeak Sessions](#)

All Welcome

[How to Do Online Kinesiology Sessions](#)

Required: Any kinesiology technique

[Introduction to Muscle Response Testing](#)

All Welcome

[Self Muscle Response Testing](#)

All Welcome

[The Oxford Studies: Validating Muscle Testing](#)

All Welcome