



# Beyond *your* Boundaries

CLIENT INFORMATION PACK



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# WARM WELCOME

*Thank you for your support*

Firstly, please know that this is a safe and supportive space where you can feel heard, understood, and respected. Any words spoken with me will be held in the utmost confidence, as I am deeply committed to creating an environment of safety, trust, and confidentiality.

If you choose me as your practitioner, my role is to guide you with love, compassion, and support, helping you navigate your journey with confidence and clarity.

## DISCLAIMERS:

Integrative therapies offered, including Kinesiology, massage therapy, and mind-body practices, are complementary and not a substitute for medical treatment, diagnosis, or advice from a licensed healthcare professional. Clients may withdraw or modify their consent for any treatment or procedure at any time.

Physical touch will be applied as necessary during massage, bodywork, or assessments, with clients encouraged to communicate any areas they prefer not to be touched. Non-invasive assessments, such as Traditional Chinese Medicine pulse and tongue analysis, postural analysis, and brain function assessments, will be conducted when required and agreed upon.

All personal and health information shared is confidential, securely stored, and will not be disclosed without written consent except where required by law. Clinical photographs may be taken for assessment purposes; these will be securely stored and used solely for client care unless additional written consent is provided for use in promotional or educational materials. Session fees, relevant policies and payment expectations are clearly outlined in the Client Service Agreement.

# INTRODUCTION

*A little bit about the business*

## VISION:

Our vision is to empower clients all over the world to break through barriers, embrace their inner strength, and discover the limitless possibilities that await when they align with their truest essence. You will learn strategies to go beyond your boundaries and unlock the life you deserve.

## MISSION:

Beyond your Boundaries is here to provide a safe and non-judgemental space where growth and healing can truly flourish. Through client-centered counselling, muscle testing and acupressure, we can unlock our true potential to finally achieve our goals. I believe that every individual holds the power to step into their authentic self, free from the limitations and beliefs that hold them back.

## SERVICES:

At Beyond your Boundaries, the main services that are available are:

- 90-min Kinesiology Session (in-person & online options)
- 45-min Youth Connections (ages 7-15) (in-person & online options)
- 60-min Breaking Limiting Beliefs Session (in-person & online options)
- Somatic Oil Massage (in-person only)

Offered throughout the year:

- Art Expression Workshop (in-person only)
- Connect & Reflect Nature Walk (in-person only)

Beyond your Boundaries is here to empower **EVERY** client that walks through the door so they can believe in themselves and truly flourish once they leave the session.

# INTRODUCTION

## *A little bit about me*

I would like to share a little bit about myself and the journey that led me to create  
*Beyond your Boundaries*

I will (try to) keep it short and sweet - otherwise we could be here all day!

I grew up in a highly stressful and inconsistent environment, where constant tension and uncertainty kept me in a continuous state of fear, forcing me to live in survival mode. At the time, I didn't have the knowledge to be aware that having difficulty making decisions, often forgetting important information, and constantly feeling tired were symptoms of the stressful environment I lived in. It was all I ever knew and thought it was how everyone felt in their day-to-day life.

As I grew into my adolescent years, I noticed myself feeling anxious and extremely alert in most situations. I developed an insecure attachment in all of my relationships, and struggled as a people pleaser. I also struggled with negative internal dialogue, self-esteem, and limiting beliefs about myself.

I found my passion for psychology in high school. I knew then that my purpose in life was to help people - as well as myself - within a mental health space. After two unsuccessful attempts at completing a psychology degree at university, I was under the impression that the Western idea of psychology may not be the subject for me. I was unsatisfied by the textbook ways of practice and disappointed that despite the research we had around this topic, there was (and still is) a persistent increase in the number of mental health cases per year.

I spent two years working 6-7 days a week in retail, juggling burn out, and stress. I had worked with a psychologist and although she was fantastic at listening, I didn't receive any resources to self-soothe outside of the clinic walls. At my lowest point, in 2023, I came across a Mind & Body Medicine practitioner on my Instagram feed - while I was doom scrolling, eek!!. Within 3 days, I was signed up with her to complete a 16-week mindset transformation course.

I was introduced to the art of introspection and self-awareness. As I gained curiosity, I gained more knowledge about myself and the reasons why I behave and think the way that I did. This led me towards my next adventure... Kinesiology!

During my time studying Kinesiology, I became aware of many mental barriers that were holding me back in all aspects of my life. I shone light on my shadow parts (my fear of failure, self-doubt, self-worth, body image, and toxic comparison - just to name a few) to understand them better and to ensure those parts of me felt acknowledged.

I gained insight and clarification for my future again, after the sunken feeling of leaving university without a qualification. I discovered self-love and developed a strong sense of self-expression. Not only did I gain a better mindset, but for the first time in my life, my body was calm and no longer holding onto nervous energy.

What I discovered about myself wasn't easy. It also wasn't a quick fix. I still notice my mental barriers each day. I choose to use the resources and methods that I have learnt to acknowledge the presence of my emotions/thoughts, and to soothe them as best as possible.

This journey so far has revealed parts of me that were uncomfortable and sometimes shameful. I was met with many emotions, some that I had never experienced before. Although, during these times of transformation, I was supported and loved by my own Kinesiology practitioner who provided a safe space to express my emotions, thoughts, feelings - physical pain.

I created Beyond your Boundaries to provide that same support and resources to those who are suffering from not only the mental barriers, but physical, emotional, and spiritual barriers, that may have an unconscious effect through life.

I would be honoured to be your chosen practitioner to guide you through your transformation journey. If this is the right place for you to be right now, I would love to help you work towards your fullest potential, greater balance, and lasting wellbeing.

*Melanie xx*

# INTRODUCTION

## *to the space*

At Beyond Your Boundaries, we offer client-centered counselling, muscle testing, and acupressure to help individuals overcome the limitations that hold them back and unlock their full potential.

Our holistic approach is grounded in professionalism, respect, and a deep appreciation for diversity and inclusion. I am here to support each person on their unique journey, creating a safe space where they feel truly seen, heard, and valued.

With a focus on quality and care, we tailor every session to meet the individual's needs, helping them embrace their authentic self and move toward lasting transformation with confidence and clarity.

## WHAT IS KINESIOLOGY?

Kinesiology is a gentle, holistic therapy that uses muscle monitoring to identify stress and imbalances that may be affecting your physical, emotional, or mental wellbeing. In each session, I apply light pressure to specific muscles to observe how your body responds to various stimuli such as touch, stress, or thought. This allows me to work with your body's natural intelligence to uncover the root causes of discomfort or dysfunction.

Drawing on both modern techniques and traditional Eastern practices such as energy work, acupressure, and breathing techniques, I support you in restoring balance, clearing blockages, and improving energy flow. This integrative approach helps strengthen emotional resilience and encourages the body's natural ability to self regulate and heal.

Many clients seek kinesiology when they feel stuck, overwhelmed, or out of alignment. As balance is restored, you may experience increased clarity, reduced stress, improved energy, and a renewed sense of wellbeing. While kinesiology is a powerful complementary therapy, it is not a substitute for medical advice, diagnosis, or treatment.

## WHAT CAN I EXPECT IN A KINESIOLOGY SESSION?

In a typical Kinesiology session, you will experience a balanced combination of counselling, Kinesiology techniques, and reflection time designed to address both your physical and emotional well-being.

### **Counselling (15 minutes):**

The session will begin with a brief counselling period where we will discuss any current challenges, concerns, or goals you have. This time allows us to connect, understand your needs, and ensure that the session is tailored to your specific concerns.

### **Kinesiology Techniques (65 minutes):**

The majority of the session will focus on applying Kinesiology techniques. Using gentle muscle testing, I will assess how your body is responding to various stressors, whether physical, emotional, or energetic. This allows me to identify imbalances and address them through techniques such as acupressure, balancing meridians, or energy clearing. The process is non-invasive and can be deeply relaxing, helping to restore harmony in your body and mind. Please note that while we are discussing certain issues, there can be a lot of emotion release. In times of extreme emotional discomfort, we will terminate the session on your request.

### **Reflection and Integration (10 minutes):**

At the end of the session, we will take a few minutes for reflection. During this time, I will invite you to speak on the insights gained from the session and any shifts you may have felt. I will provide you with recommendations for ongoing self-care or practices. You will have the opportunity to ask any questions and share your experience, helping you to fully integrate the work done in the session.

This structure helps to ensure that the session is comprehensive and offers the right balance of support for your physical and emotional needs. This structure is appropriately adapted for Youth Kinnections session where duration varies between 45-60 minutes.

# SERVICES & PRICING

*for Beyond your Boundaries*

## KINESIOLOGY

OFFERINGS	TIME / PRICE
<b>Kinesiology</b> Initial Consultation	90 mins / \$185
<b>Kinesiology</b> Follow-up Consultation	90 mins / \$170
<b>Youthful Kinnections (ages 7-15)</b> Initial Consultation	60 mins / \$115
<b>Youthful Kinnections (ages 7-15)</b> Follow-up Consultation	45 mins / \$90
<b>Breaking Limiting Beliefs</b> Personal Breakthrough Session	45 mins / \$90

By appointment only

**\*\*ALL PRICES EFFECTIVE FROM 1ST APRIL 2026 UNTIL FURTHER NOTICE OF CHANGE\*\***

# INTEGRATED SOMATIC OIL MASSAGE

OFFERINGS	TIME / PRICE	
<b>Grounding Bliss</b> Feet	30 mins / \$44	
<b>Unload &amp; Unwind</b> Neck, Shoulders, Arms, Back	45 mins / \$66	60 mins / \$88
<b>Support &amp; Surrender</b> Back, Glutes, Legs & Feet	45 mins / \$66	60 mins / \$88
<b>Holistic Reset</b> Whole Body	60 mins / \$88	90 mins / \$111
ADDITIONS		

<b>Aromatherapy</b> Your choice of aroma from range in stock at BYB	\$6 when added to your massage therapy purchase
<b>Headache Treatment</b> Scalp Massage (no oil)	10 mins / \$11

By appointment only

**\*\*ALL PRICES EFFECTIVE FROM 1ST APRIL 2026 UNTIL FURTHER NOTICE OF CHANGE\*\***

# POLICIES

## *for Beyond your Boundaries*

### PAYMENT

Payment for all services is due in full at the conclusion of each session unless otherwise agreed in writing. Accepted payment methods include EFTPOS, PayID, and cash (exact amount preferred). Fees are based on reserved appointment time and professional availability, not session length.

For online sessions, an invoice will be issued and sent via email shortly after the session. Payment is required within 24 hours via the provided payment link (Zeller). A receipt will be issued via email once payment has been received.

Where bundled or prepaid session packages are purchased, full payment is required prior to the commencement of the first session within the package.

All bundled sessions are subject to the same booking, cancellation, and attendance policies outlined in this document.

#### **Limited time ONLY - Special Bundle Deal.**

Purchase 3 sessions upfront and receive 15% off the total price.

It's a great way to commit to your goals while enjoying a discount!

(This offer is excluded from the Loyalty Discount Card. Initial Consult not included)

### RESCHEDULE

Appointments may be rescheduled with a minimum of 24 hours' notice. Where sufficient notice is provided, the Practitioner will make reasonable efforts to offer an alternative appointment time subject to availability. Rescheduling requests made with less than 24 hours' notice may be treated as a cancellation in accordance with the cancellation policy.

### CANCELLATION

A minimum of 24 hours' notice is required to cancel an appointment.

Cancellations made within 24 hours of the scheduled session will incur a fee of 50% of the session cost. Failure to attend an appointment without notice will result in the full session fee being charged. This policy ensures fair allocation of time and availability for all clients.

# POLICIES

## *for Beyond your Boundaries*

### LATE ARRIVALS

If you arrive late to your appointment, the session will still finish at the originally scheduled time to avoid impacting other clients. The full session fee remains payable regardless of late arrival. The Practitioner will do their best to accommodate late arrivals where possible, however this cannot be guaranteed.

### REFUNDS

Refunds are not provided for services that have been delivered with due care and skill and in accordance with agreed terms. This includes cancellations within the required notice period, missed appointments, or sessions ended early by the client. This does not affect your rights under Australian Consumer Law.

### CLIENT CONFIDENTIALITY

Your privacy is important to me. All personal and health information you provide will be kept strictly confidential and stored securely, and will only be accessed by me or authorised personnel for the purpose of providing services. No information will be shared without your consent, except where required or authorised by law.

Session records are maintained securely in accordance with applicable legal and professional requirements. If you wish to access, review, or request a copy of your records, you are welcome to contact me at any time.

### EMOTIONAL SAFETY & SUPPORT

Sessions may involve emotional or personal exploration, and you are encouraged to communicate openly at any time regarding your comfort levels, boundaries, or concerns. You have the right to pause or discontinue a session at any point if you feel overwhelmed or uncomfortable, and your wellbeing will always be prioritised.

You remain responsible for your own emotional wellbeing during and after sessions, and support from a qualified health professional is recommended where additional care is needed. If further support is required, referrals to trusted professionals such as therapists or counsellors can be provided.

If you would like to discuss your experience after a session, a brief follow-up via email or phone may also be available to offer additional support where appropriate.

***Please note that all policies set out in this Client Information Pack apply to all services offered by Beyond Your Boundaries.***

# KEY CONTACTS

*extra support*

For your convenience, I have listed some useful contacts below. These resources are available if you are experiencing a particularly difficult time and in need of additional support.

There are several organisations that provide support and education to people with mental health concerns and their family members.

Please note that the contacts listed are Australian numbers; if you are located outside of Australia, you will need to research mental health support services available in your specific region. Please reach out to these contacts if you need immediate assistance. Your well-being is important, and these resources are here to provide assistance during challenging times.

## 24/7 Crisis Counselling:

**Lifeline** - 13 11 14

**Suicide Call Back Service** - 1300 659 467

## Depression & Anxiety:

**Beyond Blue** - 1300 224 636

## Anxiety, Stress, Low mood, & Depression:

**MindSpot** - 1800 614 434

## Body Image & Eating Disorders

**Butterfly National Helpline** - 1800 334 673

## For Men:

**MensLine Australia** - 1800 789 978

# TESTIMONIALS *and Feedback*

## CLIENT FEEDBACK

Feedback is always welcomed and valued, as it is essential to the ongoing growth and improvement of services as a small business. Clients are encouraged to share their experiences, reflections, or suggestions at any time, either verbally or in writing. After each session, you are invited to share your thoughts or feedback, as your input helps ensure the best possible care and experience for all clients.

## CLIENT TESTIMONIALS

Clients may voluntarily provide written or verbal testimonials about their experience. Testimonials are entirely optional and are not required as part of receiving services. You may choose whether or not to participate at any time.

## USE OF FEEDBACK & TESTIMONIALS

Where testimonials or written feedback are provided, the Practitioner may use this content for promotional or educational purposes. Any use will be de-identified where possible, and no personally identifiable information will be published without your consent. You may request at any time that your feedback not be used.

## COMPLAINTS

If you have any concerns or complaints, please send directly to **[beyondyourboundaries.enquiries@gmail.com](mailto:beyondyourboundaries.enquiries@gmail.com)**. Please know that I will address them promptly and with the utmost respect to ensure a positive experience for the both of us.

# ART EXPRESSION

## Workshops

At Beyond Your Boundaries, we are dedicated to fostering community, self-awareness, and personal growth through the power of creative expression. Our Art Expression Workshops provide a safe and inspiring space for individuals to explore their creativity, connect with others, and discover new perspectives on their inner world. Each workshop blends guided artistic activities with moments of reflection and discussion, encouraging participants to express themselves freely and authentically.

### WHO IS IT FOR?

These workshops are open to anyone who seeks connection, self-discovery, or emotional insight. Whether you wish to engage with like-minded individuals, explore your feelings through art, or simply take time for yourself in a nurturing environment, this space welcomes you as you are. No artistic experience is required, just a willingness to be curious and present. Each participant is invited to express themselves at their own pace and comfort level, supported by a compassionate facilitator and group atmosphere.

### WHAT TO EXPECT:

Participants can look forward to:

- Guided art activities that encourage self-expression and personal reflection, with opportunities to connect with others in a caring and non-judgmental environment.
- Thoughtfully designed exercises that help ease feelings of loneliness, isolation, distress, anxiety, and fatigue, promoting emotional balance and resilience.
- Gentle guidance that supports your creative process and emotional exploration, helping you uncover deeper layers of understanding and growth.

Each session is intentionally structured to create a sense of calm, connection, and discovery. You will leave with a renewed sense of clarity, creativity, and confidence in your ability to express yourself authentically.

# ART EXPRESSION

## Workshops

### WHEN AND WHERE:

Workshops are scheduled in response to client interest and community expression. Participants receive at least two months' notice prior to each event to allow time for planning and preparation. To maintain the quality and integrity of the experience, sessions are generally held during quieter business periods, allowing participants to immerse themselves fully in the workshop process.

Depending on the season and weather, workshops may take place indoors or outdoors in inspiring, comfortable environments. Venues are thoughtfully selected to accommodate participants from Adelaide and surrounding suburbs.

Specific details, including the exact location and session outline, will be shared one month prior to each workshop to ensure clarity and ease of attendance.

### WHY JOIN?

The Art Expression Workshops offer a rare opportunity to reconnect with yourself, your creativity, and your community. Through shared artistic experiences, participants often discover renewed emotional insight, a sense of belonging, and the healing power of creative expression. These sessions nurture self-understanding, strengthen emotional resilience, and cultivate meaningful human connection.

We invite you to join us on this journey of expression, connection, and self-discovery. Together, we create a space where creativity meets community and where every pencil stroke, colour, and conversation becomes part of a shared story of growth and renewal.

# CONNECT & REFLECT

## Walks

At Beyond Your Boundaries, we believe in the power of connection, movement, and nature to nurture emotional and mental wellbeing. Our Connect and Reflect Walks are monthly community gatherings created to bring people together in a relaxed and welcoming setting. These walks combine gentle physical activity with meaningful social connection, offering a simple yet powerful way to support mental health, build community, and restore balance through time spent outdoors.

### WHO IS IT FOR?

Everyone is welcome to join. Whether you are hoping to meet new people, reconnect with friends and family, or simply enjoy the calming rhythm of the ocean, these walks offer space for genuine connection and reflection. We especially invite those who may be feeling isolated or disconnected, such as new parents, individuals living away from loved ones, or anyone seeking renewal and belonging, to come along and experience the warmth of community.

### WHAT TO EXPECT:

Participants can look forward to:

- A relaxed and friendly walk along one of Adelaide's beautiful beaches or nearby coastal paths.
- Opportunities for conversation, laughter, and connection with others in a supportive and inclusive environment.
- The companionship of our furry friends, as dogs are warmly welcomed and often serve as wonderful conversation starters.
- Gentle moments of reflection and sharing that encourage mindfulness, gratitude, and emotional wellbeing.

Each walk is designed to be accessible and enjoyable for all fitness levels. The focus is on connection rather than pace, allowing participants to slow down, breathe deeply, and take in the soothing sights and sounds of the coast.

# CONNECT & REFLECT

## Walks

### WHEN AND WHERE:

Walks are held once a month, with dates and details shared on the Beyond Your Boundaries social media pages as the event approaches. Each gathering takes place at a different local beach or coastal location, giving participants the chance to explore new areas within the Adelaide region and surrounding suburbs. This variety keeps each walk fresh, engaging, and connected to the natural beauty of South Australia.

### WHY JOIN?

The Connect and Reflect Beach Walks are more than a casual stroll; they are an opportunity to strengthen your sense of community, nurture your mental wellbeing, and reconnect with the simple joys of movement and nature. By joining, you become part of a supportive network of individuals who value connection, conversation, and compassion.

Whether you come alone, with loved ones, or alongside your four-legged companion, you will be welcomed into an atmosphere of kindness and inclusion. Each step offers the chance to feel lighter, more grounded, and more connected to yourself and others.

We look forward to welcoming you, your family, and your furry friends to our next Connect and Reflect Walk. Together, let us move forward, one mindful step at a time.

# CONTACT ME

*for all enquiries*

I'm here to help and would love to hear from you. Whether you have questions about my services, want to book an appointment, or just need more information, feel free to reach out. I'm happy to provide assistance.

## EMAIL

For all general enquiries and questions, please contact me via:  
***beyondyourboundaries.enquiries@gmail.com***

Please allow 24-48 hours for my response. If you haven't heard back within this timeframe, feel free to contact me via text or follow-up email.

## PHONE

For cancellations or urgent matters, please reach me on: **0451232764**  
(Please note: this number is reserved for cancellations and emergencies only)

## BOOKING A SESSION

I kindly ask that you book appointments directly through my online booking system via the link below:

<https://www.halaxy.com/book/appointment/melanie-yukich/kinesiologist/1749745/1339931>

If you don't see a time or date that works for you, please don't hesitate to email me. I'd be happy to explore other options and find a time that fits your schedule. I'm here to help and will do my best to accommodate you!

**PLEASE NOTE:** Prior to each session, you will be required to complete a client intake form. This form will be sent to your email address shortly after booking and will include sections for medical history and your current issue/struggle.

# CONTACT ME

*for all enquiries*

## BOOKING HOURS

(As of 01.04.2026 until further notice)

**Monday:** 5:30pm - 8:00pm

**Wednesday:** 5:30pm - 8:00pm

**Thursday:** 9:30am - 3:30pm, 5:30pm - 8:00pm

**Saturday:** 9:30am - 1:00pm

Please take note of the duration of the service that you are booking for (45, 60, 90 minutes) - however please allow for more time, in case the session goes over time.

Should you arrive for your session while I am still with a client, I kindly ask for your patience and understanding. I will ensure that I conclude the current session in a timely and respectful manner before attending to you.

## LOCATION

I am located in Port Adelaide, SA. Exact address will be provided after booking has been confirmed.

There is also an opportunity to work with me online via Google Meet. If this appeals to you, please book through the booking link by selecting 'Google Meet' OR send me an email to discuss a time for our session.

## INSTAGRAM

I'd really appreciate your support in helping spread awareness around mental health and overall well-being. If you'd like, you can follow me on Instagram, where I share resources, insights, and updates that might be valuable. Your support means a lot as I continue working to grow and make a positive impact.

**@beyond\_your\_boundaries\_**

I will love to hear from you and will respond to any direct messages through this platform.

# FREQUENTLY *Asked Questions*

## What is Kinesiology?

*Kinesiology is the study of the body and movement, and how that relates to overall health and wellbeing. For more information, see page 7.*

## What is muscle testing and does it hurt?

*Muscle testing is a technique that is used in Chinese Medicine to find stresses within the body. During a session, I will apply gentle pressure to the client's arm while they are lying on their back to see if the muscle can meet my pressure. This process should not hurt.*

## How long are the Kinesiology sessions?

*Each kinesiology session is 90 minutes. This allows enough time to have a conversation about the concerns you are having and work with the body using kinesiology techniques to bring your body closer to equilibrium. For duration of other services, please see page(s) 9 & 10.*

## How much are the sessions?

*Initial Kinesiology consult investment is \$185, however following Kinesiology sessions are \$170 for 90 minutes of healing. For more information on other services, see page 9 & 10.*

## Do I need to bring anything?

*Nothing in particular. I would recommend drinking water in the 24 hours leading up to the session. Cold filtered water is provided at clinic location, however you are more than welcome to BYO water. I also encourage you to wear comfortable clothes, and to have an open mind. Please note that shoes will be taken off while on the table - Bare feet or socks are fine.*

## Will I be required to do anything physical?

*No, you will not need to perform anything physical. However, I may muscle test different muscles of the body while you are lying down. Please note muscle testing is gentle and does not require a great deal of effort.*

## Can I bring a friend or partner?

*Kinesiology works best when sessions are 1:1. This allows the practitioner to connect with the client's energy without disruption or confusion. I am more than happy to speak with your friend or partner to see if Kinesiology is something that they would like to explore themselves.*

## Can I pay with my card?

*Yes, I have an EFTPOS reader that will take card payments. I also accept cash. For more information, please see page 11.*

## Where do I park?

*The business is located on a fairly quiet street and should be able to locate a free curb-side parking spot. Please note that during busy times walking may be required from a free parking space. However, you shouldn't need to walk more than 80 metres. Please take this into account when planning your arrival time.*

## Is there any public transport close by?

*We are located within 500m of the Port Dock Interchange, that offer train and bus services from 6am through to 11pm.*

## What are my responsibilities as a client?

*For best results, I encourage you to actively participate in the kinesiology session. This may include following any recommendations or set homework provided (such as self-care practices, lifestyle changes, or exercises). Your success in achieving balance and healing depends on your commitment to the process.*

*If at any point you feel discomfort during a session, or if you have any questions or concerns, please let me know immediately. Open communication helps me tailor the session to your needs and ensures a safe and effective treatment.*

# ACTION PLAN

*What is my next step?*

Thank you for taking the time to review the information about my practice. I understand that choosing the right practitioner is an important decision, and I want you to feel confident and comfortable with your choice.

If you believe that I am the right fit for your needs, I would be honored to work with you. However, please know that there is absolutely no obligation to move forward if you feel that you do not align with what I offer or if another practitioner might be a better match.

Your well-being and trust are my top priority, and I encourage you to take the time you need to make the decision that feels best for you.

## BOOKING YOUR SESSION:

If you would like to move forward and choose me as your practitioner, I would be happy to assist you in scheduling a session. To get started, please use the link provided on page 19 to find the most suitable time for our session.

If you are struggling to navigate the booking link, please reach out to me via email. In your email, please include your preferred day from the availability listed in my booking hours on page 18, and I will follow up to confirm available session times on that day.

If you have any other questions or need further information, feel free to reach out. I'm here to help and ensure you feel fully informed and supported in your decision.

Whether you're seeking support, healing, or growth, I'm here to help and look forward to working with you



# Beyond *your* Boundaries

UNLOCK YOUR POTENTIAL  
IT'S TIME TO GO BEYOND YOUR BOUNDARIES!!

*I look forward to meeting with you*

Melanie Yukich

Kinesiology  
Mindset Coaching  
Mind & Body Medicine  
Somatic Oil Massage

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SCAN TO BOOK

