

## PORT ELIZABETH

**NOSA**™

COURSES 51-52000			51000	520 1000	5202	5203	5204	5205	5206	5207	5208	5209	5210	5211	5212	5213	5214
Introduction to SMARTSAC® (An Introduction to SMARTSAC®)			51	\$ 1 1000	51-02	51-03	1,2-1,3		51-1,2	51-05	51-1,4	51-08	51-1,10	51-1,11	51-07	51-09	51-1,12
SMARTSAC®			52	\$ 1 1 000	51-07	51-09	51-10			51-09		51-05		51-1,11	51-1,12	51-1,13	51-1,14
SMARTSAC®			53	\$ 1 1 000	51-07	51-09	51-10			51-09		51-05		51-1,11	51-1,12	51-1,13	51-1,14
SMARTSAC®			54	\$ 1000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			55	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			56	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			57	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			58	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			59	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			60	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			61	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			62	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			63	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			64	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			65	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			66	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			67	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			68	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			69	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			70	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			71	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			72	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			73	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			74	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			75	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			76	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			77	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			78	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			79	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			80	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			81	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			82	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			83	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			84	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			85	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			86	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			87	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			88	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			89	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			90	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			91	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			92	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			93	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			94	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			95	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			96	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			97	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			98	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			99	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			100	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			101	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			102	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			103	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			104	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			105	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			106	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			107	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			108	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			109	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			110	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			111	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			112	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			113	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			114	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			115	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			116	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			117	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			118	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			119	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			120	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			121	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			122	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			123	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			124	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			125	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			126	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			127	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			128	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			129	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15
SMARTSAC®			130	\$ 1 000		51-02		51-04			51-1,10	51-08	51-1,11	51-1,12	51-1,13	51-1,14	51-1,15

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**L Darling-Hammond**



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pressure on each point for 10 seconds don t pinch on the points but be gentle on your skin

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