

" ENHANCING CONNECTION "

WORKSHOP

INFINITE BODY AWARENESS

DESIGN OF THIS WORKSHOP:

This workshop is designed to build upon all the workshops – going more in depth to understand one's true innate healing potential. In this workshop you will refine what you have already learned and gain more confidence in your ability to sense your own body's rhythms, energy, and connecting with another's energy.

The two hours will be filled with multiple healing/energy exercises, refining your energetic sense of touch, and trusting your ability to be present with another and make a difference in another's life.

IN THIS WORKSHOP YOU WILL LEARN:

- Further refine your hands on skills to connect and stay present with your energy and another's energy.
 - Practice balancing your energy techniques – to create and extend a balanced field of energy around yourself and seeing how you can impact another without even touching them.
 - Learn "helpful" tips to identify what you are feeling and how you can help another person.
 - "Practice makes perfect" and be in a safe environment to sense subtle energies.
 - Practice posture and breathing exercises.
 - Enhance and develop increased sensitivity to energy connection with yourself and another.
 - Learn more tools to listen to your body's signals and gain confidence in discerning how stress impacts your life and how to deal with it.
 - Discover how to connect with different people's energies and trust what you feel.
 - Further deepen your understanding of how mental/emotional state impacts you, your body, and quality of life.
 - Advanced Methods to visualize energies
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- INVESTMENT IN SELF
- \$75.00
 - Sunday, August 28th from 12:00pM to 2:00PM
 - There are only 8 spaces available
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