

" ENERGY 101 "

WORKSHOP

INFINITE BODY AWARENESS

DESIGN OF THIS WORKSHOP:

This workshop is designed for anyone wanting to understand how using subtle energies to heal works. Are you empathic and find yourself picking up other's energies – in a negative way? Would you like to have peace of mind and less apprehension dealing with charged emotional situations?

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:

- How to sense and feel your own subtle energy.
 - How to sense and connect with another's subtle energetic field.
 - Balancing your energy techniques - to create and extend a balanced field of energy around yourself.
 - "Practice makes perfect" and be in a safe environment to sense subtle energies.
 - To dispel the myths about good vs. bad energy
 - Understand that anyone and everyone can sense and feel their energy
 - How to work and flow with energy, instead of protecting yourself.
 - Enhance and develop increased sensitivity to subtle energy connection with yourself and another.
 - Learning essential tools and exercises to refine your touch and sense the subtle energies.
 - Sensing and defining your personal, energetic boundary space.
 - Further deepen your understanding of how mental/emotional state impacts you, your body, and quality of life.
 - How you impact and influence others without having to physically touch someone.
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- INVESTMENT IN** • **\$75.00**
SELF • **Saturday, October 29th from 2:00PM to 4:00PM**
• **There are only 8 spaces available**
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