



# The Gift of Spirit

## Hands-On Healing Workshop with Dr. Chad Sato

*The information shared in **The Gift of Spirit** Hands-On Healing Workshop offers a defined way to use Dr. Chad's basic techniques in order to enhance your own healing experience, as well as to help friends and loved ones with theirs.*

**Message from Dr. Chad:** "We are currently moving into a time where more people are awakening to their true Selves and focusing on "self-worth care." There is a wake-up call stirring within many of us prompting us to move to new levels of empowerment within our own Beings. I have created this workshop in order to share with you my personal methods to help you to consciously traverse the tight rope of balance into Healing and Self-Empowerment."

**WORKSHOP SUMMARY:** This newly revamped workshop is designed to give a basic understanding for those who are seeking to understand their innate healing potential. In this workshop you will not only learn how to sense energy that you can beneficially utilize for yourself and others, you will gain a greater trust in your body. You will learn strategies to set your own personal boundaries and be okay with "who you are." The day will be filled with talks by Dr. Chad, multiple healing/energy exercises and a guided meditation with handouts on material covered.

### In this workshop, you will learn:

- **How to feel your own energy** and how your energy interacts with another's energy.
- **Body breathing exercises** to help develop your intuition and ability to listen to your body's unique internal rhythms.
- **Balancing energy techniques** – to sense and create a balanced field of energy around yourself and others.
- **How to use** Ho'o'ponopono and intention to bring harmony into your life.
- **New listening skills** on how to engage with others physically, energetically, and emotionally in a way that enhances communication and deepens your connection.
- **How to find rapport** and connect with another person from a space of love and respect.
- **Visualizations** for grounding and **guided meditations** for centering...**PLUS MORE!**

**space is limited!**

**DATE:** Nov 25th, Sun 12 p.m. – 5 p.m.  
**LOCATION:** Aloha Chiropractic  
**Investment in Self: \$145.00**  
**\*\$40 will be credited to re-eval or towards initial start up.**

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