

# HEALING ENERGETICS

## WORKSHOP

### INFINITE BODY AWARENESS

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#### FOCUS OF THIS WORKSHOP:

Do you get drained when dealing with challenging individuals? Do you find yourself questioning if you are doing the right thing? Is knowing your truth and holding your boundaries important to you?

In this healing energetics workshop you will learn strategies to increase your wellbeing and personal freedom by feeling your energy and sensing another's. Then through a series of multiple energy and breathing exercises you will hone your ability to be unaffected by negative people's energies, hold your boundaries, and learn tools to heal yourself.

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#### IN THIS WORKSHOP YOU WILL LEARN:

- Feel your energy in relation to another to improve communication.
  - Know your energetic personal boundary space to maintain balance in your life and relationships.
  - Refine your presence to clear and balance your energy.
  - How to feel and utilize your energy, instead of protecting yourself.
  - Learn techniques to reframe mental/emotional stressors to increase your energy and vitality.
  - Breathing and body connecting techniques.
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- INVESTMENT IN SELF
- **\$149.00 + GET**
  - **Saturday, February 9th from 2:00PM to 5:00PM**
  - **There are only 8 spaces available**
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