

# ENERGETIC APPLICATION

## WORKSHOP

INFINITE BODY AWARENESS

---

### FOCUS OF THIS WORKSHOP:

Learn to sense your energy and how you connect energetically with others. Do you feel drained when dealing with challenging individuals and situations? The ability to feel energy and how to use it important to you? In this energetic application workshop you will learn strategies to increase your wellbeing by feeling your energy and how to use your energy and sense energies around you . 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 and others.

---

### IN THIS WORKSHOP YOU WILL LEARN:

- Sense 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.
- 

- INVESTMENT IN SELF
- **\$149.00 + GET**
  - **Saturday, March 30th from 2:00PM to 5:00PM**
  - **There are only 8 spaces available**
-