



Did you know?

Everyone can learn Energy Medicine? It is not a 'special gift', but rather a skill you can learn. And you will use it every day for the rest of your life.

'Energy Medicine Essentials'

Practical ways to ease pain, reduce stress
and improve wellbeing naturally

Learn new ways to feel better in yourself, increase energy, let go of stress and enjoy a whole new understanding of your body, heart and mind.

You should join us if you are interested in:

- understanding stress and what it does to your body - how it happens and how to help yourself
- effective healing techniques that you can use on your family and friends right away
- simple, profound and effective meditation techniques that have been used to still the body and mind for over 3000 years, to help you become more happy and conscious
- understanding the mind/body connection, to create balance in your body, heart and mind
- opening to the mysteries of the heart and realise how living from this space can transform your life and improve your ability to heal others
- receiving a Wellness Balance to increase energy, boost your immune system and create harmony in your body, and a map to start giving the Balance to your family and friends
- opening your energy field and encourage improved flow through your central pillar of energy centres
- balancing the Vagus Nerve in yourself and others, stimulate the parasympathetic nervous system and promote the relaxation response in the body

"It will change your life in a way you never thought it could". Nel, Belgium

"My stress levels totally went down...you get many skills you can use everyday in your life". Marliesa, Germany

"It just makes sense". Cristina, Spain

"It made me a much more open-hearted person and for me that has been the most amazing, wonderful part of this whole experience". Victoria, Scotland

This Workshop will help you to learn:

- to release trauma, how we hold, and ways to start letting go of emotions & attitudes so they no longer limit your life, and health
- key aspects of our physical and bio-electrical bodies and understanding the science of how it operates - and how you can use these understandings to ease pain and promote healing for yourself and others
- the Circulation of the Light Wellness Balance to aid with sleep, depression, immune response, cold & flu symptoms, jet lag, low energy and overall wellbeing
- how to tune into your Heart, understanding more about yourself, what you need and how you can help with your overall physical and emotional health

Length of workshop: One weekend/2 days. This is the certified first level of training to becoming an AcuEnergetics® Practitioner or Wellness Balancer

Chiara is a Senior Practitioner and an AcuEnergetics® Teacher
qualified to teach the Level 1 and Level 2 Workshops
Mobile: +39 3758084600 Whatsapp: +33 (0)6 35392055
www.chiarahealing.com info@chiarahealing.com

