

Awaking the light body

Gain a deeper understanding of our 'Energy Field'

Bring your practitioner skills to a higher level.

Facilitator Helena O'Loughlin has been working as a **Bio- Energy Therapist and Shiatsu Practitioner** for over 25 years. Helena learned to harness a greater sense perception of the higher frequencies from experienced therapists Carola Beresford and the Barbara Brennan School of Healing. Helena combines Energy Healing and Shiatsu to offer her students and clients an exceptional therapy.

This two-day course will give participants a better understanding of how the two systems of Bio-Energy & Shiatsu harmonize together.

Course Content

- This workshop will focus on understanding and connecting to the individual's energy field.
- Participants will gain an awareness of their own energy field through the practice of body/meridian scanning.
- Expanding, contracting and grounding energy will be explored, both for the therapist themselves and to use with the client.
- Meditation and grounding practices will be used which will enable participants to gain presence and calmness
- Understand how to see sense and clear the energy field which will bring the treatment to a much deeper level and allow a feeling of pure connection.

Course Benefits

- This concept of working will enable the therapist to work less physically and more energetically with clients.
- Through participation of many guided body and meridian scans participants will gain an awareness of the self-body as well as an energetic awareness; allowing them to discover blockages in different forms and experience the different textures of these blockages.

Time will be allocated for a Q&A session. Allowing participants, the opportunity to reflect and give an insight as to how this practice is will work for them personally and professionally.

DATE: 24th & 25th February, 7th & 8th April, 28th & 29th April

Duration: Six days.

TIME: 10am – 4pm each day

VENUE: The Healthy Way, Ralph Square, Leixlip.

COST: €480 for the full weekend / €160 per weekend

TO BOOK CONTACT helena@shiatsu.ie or call 087 2613355 for more info