



# INFINITE

## BODY AWARENESS



### “Gift of Me” Workshop

#### DESIGN OF THIS WORKSHOP:

This workshop is designed to provide a meaningful foundation for those who are seeking to understand their innate healing potential. In this workshop you will learn how to sense your own energy and become more in tune with your own body's rhythms and gain a greater trust in your body and ultimately in yourself. You will learn strategies to set 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. Through my 16 years of practice, I have continually witnessed the importance of “Self-Worth” Care, and how by taking care of oneself, every facet of one's life from establishing meaningful personal relationships, work, play, finances, and overall well-being is enhanced.

#### In this workshop, you will learn:

- **How to feel your own energy** and how your energy interacts with another's energy and the importance of this interaction from all aspects of your life.
- **Balancing energy techniques** – to sense and create a balanced field of energy around yourself and others in order to sustain a healthier, happier more peaceful internal and external environment.
- **How to use** Ho'oponopono and intention to bring harmony into your life.
- **Learn how to ask yourself** the right questions to prompt you in discovering what is the underlying mental, emotional component affecting your health and well-being, thus fostering multi-faceted self-awareness which is the foundation of proper health.
- **Body breathing exercises** to help develop and strengthen your intuition. Enhance your ability to listen to your body's unique internal rhythms.
- **How to become more sensitive and establish rapport** with another person from an honoring space in order to achieve a deeper connection and understanding.
- **Learn to listen to your body's signals** and gain confidence in knowing and discerning how stress impacts your life and how to deal with certain life situations – good or bad.
- **How to find and establish balance in one's life** and take the initiative in establishing healthy habits that sustains your well-being and harmony in life.
- **How to trust your feelings** and tune into your intuition.
- **Begin the journey of understanding** how your mental/emotional state impacts you, your body, and quality of life.
- **Methods** to ground self and **guided meditations** for centering...**PLUS MORE!**

#### Investment in self: \$375.00

- \$85 will be credited to a re-evaluation or towards an initial start up at Aloha Chiropractic.
- Sunday, November 22 - 10 am to 3 pm
- There are only 8 spaces available.