

Energy Healing Workshop for Beginners

COME JOIN US FOR AN AMAZING, ENRICHING RETREAT AT SIMPLY SISTERS, JUNE 9 - 11, 2023

This energy healing workshop is for people who are interested in energy healing – healing with your hands and learning how to work on others for the purposes of:

- 1) Acceleration of wound healing and relief of pain
- 2) Reduction of anxiety and stress while increasing relaxation
- 3) Energizing the energy field
- 4) Prevention of Illness
- 5) Enhancement of spiritual development
- 6) Aid in prep before and after medical procedures

The basic goal of energy healing is to restore wholeness by releasing blockages and balancing the energy system. My teacher Chun Yi Lin said his goal was to have “a healer in every family”.

You will learn:

- 1) About the energy field and chakras
- 2) How to become grounded and centered so that you can work on others
- 3) How to feel energy in your hands and on other people's body
- 4) How to clear energy from someone's energy field
- 5) How to modulate or direct energy to another person
- 6) Magnetic Unruffling and Chakra Connection

We will be staying at a Retreat Center called Simply Sisters. There are nine bedrooms, 6 private, three with 2 beds. The cost of your room is \$125 (including tax) for both nights.

We will make most of our meals there in a large kitchen, eating out the first night in town. There is a grill outside, nice outdoor seating and a beautiful walking trail 3 blocks away.

The group will be meeting for 3 hours Friday night so we should be eating around 5:00 or 5:30, putting arrival time by 4:00 if possible. I will be arriving earlier. We will be done with our learning by 12:30ish on Sunday and then will share a meal together if you can. People can stay later on Sunday if you wish.

The cost is \$350 for the workshop, \$125 for your housing, and food sharing for 1 meal with a partner.

Contact Kristen Wernecke to sign up or for questions. Call 612-963-4463 or email at kwchoosinghealth@gmail.com. A deposit of \$175 will hold your space. We can only have 8 participants so sign up soon! This will be an amazing experience!