

Spiritual and Energy Healing Foundation Course



**Do you want to give healing to family and friends?
Learn what healing is all about.**

**This introduction to Spiritual and Energy healing will teach you to
give healing safely and begin to understand how energy flows.**

This course will teach you to:

- Make positive changes to your lifestyle
- Cope with stress using meditation
- Use visualisation techniques
- Understand how Spiritual and Energy Healing help us
- Prepare to heal by centring and grounding
- Read and balance each others' auras
- Understand the chakras in relation to each other
- Channel healing energy
- Give distance healing
- Give contact healing

Date: Saturdays & Sundays 20th/ 21st Jan and 24th / 25th Feb 2024

Venue: Bloomspace, The Grange, Grange Rd, Malvern WR14 3HA

Time: 10am to 4.30pm

Cost: £400 for 4 days (£100 deposit payable when booking)

TO BOOK: Call / Text Fran Doidge: 07974 400 575

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