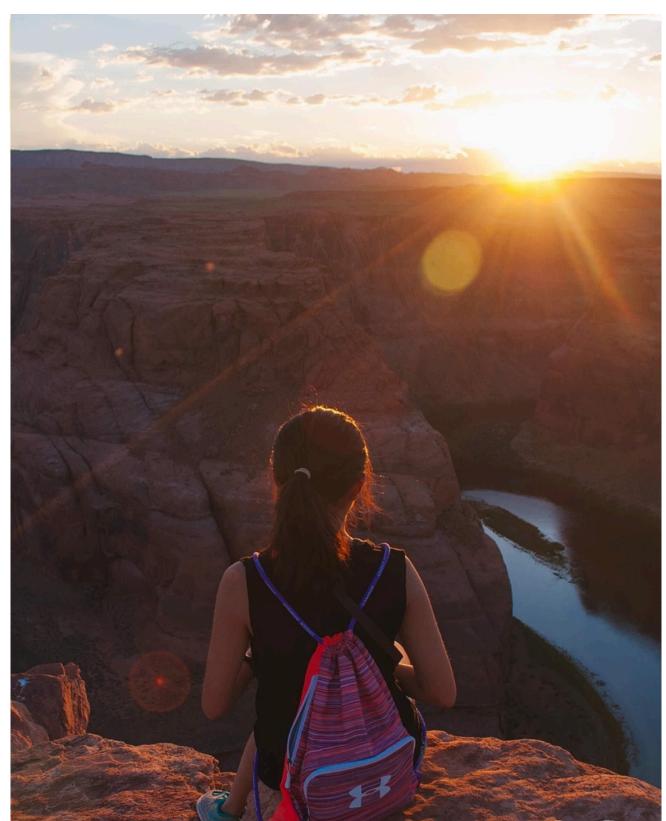
9&10
MARCH
2024
FROM
10AM-5PM





BEFORE YOU.

"...Heal Yourself" is a popular quote that emphasizes the importance of self-care and personal growth before attempting to help or support others. In this two-day workshop you will learn the concept behind this, namely that by taking care of your own physical, mental, emotional and spiritual well-being, you can also effectively help others.

Self-caring is not a selfish act, on the contrary; it is an essential aspect of maintaining your overall well-being. When you take the time to heal yourself and grow personally, you become a more effective and empathetic source of support for those around you. For more details see the next page...

Programme Details

Day 1: Use of Crystal Grid - and Energy Lines Healing

- * The Planetary Grid System and its links with the Human Body with Sacred Geometry
- * Demonstration of Crystal Grid Healing individually and how to do a treatment
- * Crystal Programming and the uses of Crystals
- * A simple symbol will be given which allows access into the Earth Grid
- * The us of Crystal Grids with Pyramids and Tensor Rings for accelerating healing
- * How to clear negative patterns from your home or office and Ley Lines
 A look at EMF Electro-Magnetic-Fields and how to protect yourself and family
- * Questions and Answers session

Day 2: Bio-Energetic Massage

- * Introduction and Demonstration of the Bio-Energetic Massage technique
- * Activation of the Galactic Grids within your body
- * Massage techniques and the Meridian System
- * Practice of the Bio-Energetic Massage technique
- * Discussion of Sacred Geometry and how it plays a part in our lives
- * Introduction to Nutrition and Exercise
- * Practice of the Bio-Energetic Massage technique on a chair and then on a massage table

Bio-Energetic Massage is a technique devised by Gordon John Hughes, who will teach us how to activate the meridians (which can be practiced on a person wearing clothes). It is a simple but very powerful massage and healing technique. It can also be carried out in an office i.e to help the staff relax.

Hand-outs will be given to everyone for this workshop. You will need to bring a notebook and colored pens. Also 6-12 clear, single or double terminated quartz crystals. There is no need for large ones. There will be some for sale at a nominal cost if you don't have any.

The workshop is given in the English language with Dutch translators for non-English speakers.

LOCATION: "CONCERTZAAL OOSTERBEEK, EVENTTHEATER

ROZENSTEEG 3, 6862 DH OOSTERBEEK

COST: €225 (INCL. VAT) WITH LUNCH FOR BOTH DAYS; COFFEE,

TEA AND SNACKS DURING THE DAY.

DATES: SATURDAY AND SUNDAY MARCH 9 AND 10, 2024.
YOU ARE KINDLY REQUESTED TO MAKE AN NON-

REFUNDABLE ADVANCE DEPOSIT OF €75 ON BANK ACCOUNT

NL55 RBRB 0706 5716 81 (UNIT 2 PLUS 2).

FOR MORE INFORMATION OR QUESTIONS PLEASE CONTACT

JANETTE DERHAM (JANETTE.DERHAM@ICLOUD.COM)
OR CALL HER ON 06-18900900