



ENERGY TECHNIQUES 1

SHIELDS UP & POWER ON – PROTECTION & ENERGY TECHNIQUES

One-day course. Open level, non-accredited although Certificate of Attendance provided. Cost £85 earlybird. Dates – on request. Location – Yatton, North Somerset, BS49 4QG

This innovative one-day course provides you with Protection & Energy Techniques to help you in everyday life.

Useful if:-

.....You find your energy is zapped by others around you (including work colleagues).

.....Realise in certain situations you feel very vulnerable.

.....Have started on your path but now feel you are being energetically “tripped up”.

.....If you are a Therapist and want to be able to have more ways to help your clients for yourself and your own Personal Development, or to help others if appropriate.

A mixture of tried and tested techniques I have put together that have helped my clients. With a bit of practical lessons and fun thrown in.

COURSE COVERS:

- Being Centred – what that entails & how to do it
- Grounded – again what it is how to do
- Breathwork – vital in so many ways as you will experience
- Protection and standing your ground
- “Expansion” and “Contraction”
- Toxic Relationships - realizing what is around and how to make changes

Maximum of 4 people.

Day is from 10 – 4.30 – please arrive from 9.45 in order that we can commence on time, 45 minutes for lunch so please bring with you. Refreshments available throughout the day.

Booking. Earlybird price of £85 payable 2 weeks before, thereafter £125.

Booking conditions – the workshop fee is non-transferable and non-refundable. (If for any reason the workshop has to be cancelled you will be offered another date or a full refund.)

If you have any disabilities that may be of concern for attending or learning, please discuss before you book. The venue is also home to a small dog 🐶.

This is a non-accredited course, however you will be provided with a Certificate of Attendance and may be counted towards CPD requirements, please check with your professional body beforehand if this is important to you.

LEVEL – Open (adults) level (although you are probably already interested anyway)

STUDY – Outline notes provided on the day, although you may wish to add to them and also Journal your own experiences.

To Book – please contact Nina at Nina@NinaDungey.com or 01934 876234 to check availability.