



COACHING
SHIATSU
EFT
NUTRITION

*A combined
approach
for healing*



HEALING THE BODY HEALING THE MIND (AND EMOTIONS)

30TH NOVEMBRE

EVENING WORKSHOP

18H15 - 20H15

**Body and mind are inherently linked, as taught
by ancient traditions from across the world.**

This workshop will give you tools to deal with everyday stress and exhaustion, both physical and emotional. Because of the way we are wired, our daily interactions can lead us to a place of worry, anxiety or low- energy. If you want to learn how to better take care of your body and emotions, this course offers you some tools to do so. The aim is to help you replenish and relax. Based on the insights of Traditional Chinese Medicine, the techniques and approaches will nourish body, mind and soul.

An introduction to basic shiatsu moves-working on the back, legs, shoulders and neck.

Here you will be shown simple shiatsu techniques that can help you relax and unwind. Shiatsu is a Japanese form of acupressure that is practiced (fully dressed) on a comfortable futon. By pressing different areas of the body and acupuncture points the body's energies are brought back into balance. It is a great technique to release tension from the neck, back and digestive system. A treatment can be immensely relaxing !

A powerful meditation technique

to help you slow down your thoughts and come back to the present moment. Often our brain seems to be spinning uncontrollably, bringing us to place of relentless (self) criticism. This meditation technique, linked to the focus on your breath, can help you unwind and slow down.

A simple acupressure technique (EFT)

to remove the day's stress and address other emotional blockages you might carry with you. The Emotional Freedom Technique is a simple process that involves tapping acupuncture points to release emotional baggage. It's fast and effective. (Please see my website for more info on EFT).

A space for sharing and listening

Being listened to is one of the most healing gifts you can give to yourself. This safe space will offer you that, a place to be supported and received.