



# Awaken the Qi in me

## Traditional Therapy Training

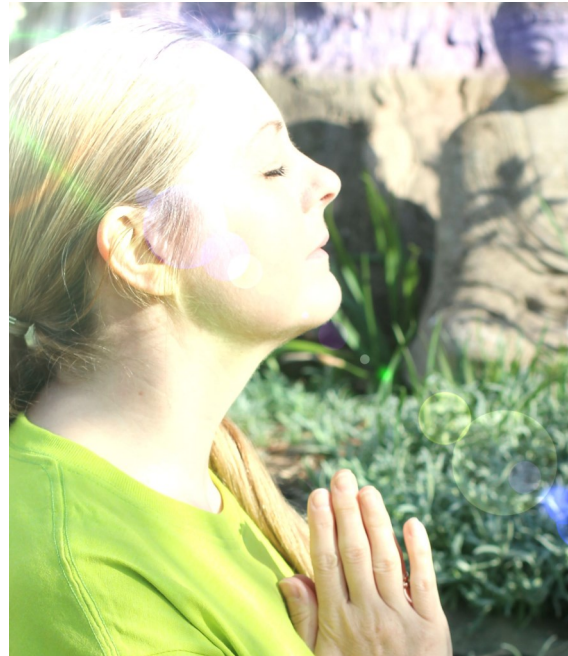
**Workshop - 1 day**

**Pre requisites:** None

**Price:** £450 per day (maximum 4 learners attending)

Booking is secured on completion of application form and on receipt of deposit.

Learner profiles for each person attending should be completed at time of booking



Want to know more about Chakras, Auras, Qi, Meridians, Yin and Yang? This session gives you the opportunity to understand the energy that exists within and around your own body and how you can support it for personal wellbeing.

### Theories studied:

- Chakras
- Aura
- Meridians
- Yin/ yang
- Supporting the energy systems

### Outcomes:

By the end of the session you will have gained an understanding of the energetic body systems and their impact on health and wellbeing. You will have reviewed and practised techniques that can be used to support your own energy and gain experience in using these techniques to support others.

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