



# Introduction to Crystal Therapy

## Traditional Therapy Training

**Short course - 2 days**

**Pre requisites:** None

**Price:** £280 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



Natural minerals formed over thousands of years resonate with their own individual frequency. Crystals help restore the natural balance and flow of energy within and around our bodies, promoting harmony of body, mind and spirit. This session introduces the learner to subtle energies, crystal grids, using a pendulum and balancing the chakras.

### Theories studied:

- Subtle Anatomy: Chakras and the aura
- Crystal energy
- Crystal Grids
- Using a crystal pendulum
- Crystal chakra lay

### Outcomes:

By the end of the session you will have gained an appreciation of the extended body through study of the subtle anatomy and reviewed some of the imbalances that can occur in this system. You will have experienced crystal energy and practised positioning and working with crystals to provide a balancing experience.

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