



Meditation and relaxation techniques

Traditional Therapy Training

Workshop

1 learner - £40 per hour

2 learners - £55 per hour

4 learners - £150 for 3 hour workshop

4 learners - £280 Full day – 6 hours

Places secured on completion of application form and on receipt of deposit



Meditation training is provided to meet your specific needs and one to one training or full days can include the following:

- Breathing technique
- Centering energy technique
- Grounding energy technique
- Closing/ protecting energy technique
- Focus meditation technique

- Breathing meditation experience
- Gasho meditation experience
- Chakra meditation experience
- Walking meditation experience (meditating on the moment)
- Heaven and earth meditation experience (cultivating energy)
- Guided visualisation – Full day training or Guided meditation experience.

The techniques listed are all essential as part of the training provided.

Different meditation experiences can be selected to meet your needs.

Time required is dependent on your personal needs, you may learn two techniques in an hour or you may wish to spend an hour on each technique. **I would expect to cover all the techniques and provide at least one meditation experience in a full day.**

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www.elementalhealth.net