



# Meditation and relaxation techniques

## Traditional Therapy Training

### Workshop

1 learner - £45 per hour

2 learners - £70 per hour

4 learners - £250 for 3 hour workshop

4 learners - £450 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.**

**Email: [info@elementalhealth.net](mailto:info@elementalhealth.net)**

**[www.elementalhealth.net](http://www.elementalhealth.net)**