

*Into Blue Expressive Therapies*  
*Psychotherapy, Clinical Supervision, Training*

# Energy, Vitality & The Human Body

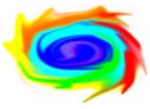


*An experiential one-day workshop for personal exploration and self-care which aims to revitalize your own energy and enhance understanding of energy.*

*The workshop is for anyone who is interested.*

*Sat 2<sup>nd</sup> June 9.30am – 4.00pm*

*Morning tea and lunch provided. \$190*



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## *Overview of Workshop*

Most of us have experienced interactions with others that leave us drained and feeling flat, and we've all experienced the opposite as we are inspired, energized or uplifted by being in the presence of a person alive with vitality.

Commonly reported to me in my work from people of all ages, is a feeling of constant or chronic tiredness and exhaustion. Most are functioning on depleted energy levels and running on the adrenaline of anxiety. It is dismaying to me that most of the children and adults I work with rarely experience the aliveness and vitality available to everyone.

Drawing from the work of leaders in the human energy field, meditation and neuroscience, this workshop will explore aspects of the human energy system. There will be time for discussion, observation and practice as we explore the theory and research, and how to integrate it into our daily lives.

Participants will engage in reflective activities, experiential activities, observation, discussion and learning about the human energy field as we address the following topics:

### *Topics*

- *The human energy field – what is it?*
- *The human energy field and current research*
- *Chakras: energy centers in the body and their significance*
- *Things that drain us*
- *Techniques for boosting vitality*

**To book contact Jo on 0417078792 or email [ablett@waterfront.net.au](mailto:ablett@waterfront.net.au)**