

Healing Touch Self Care Workshop



Healing
Beyond
Borders

Educating and Certifying the Healing Touch®

Offered by Lori Wernsman a Certified Healing Touch Practitioner

Healing Touch - A Nurturing Energy Therapy

- Uses gentle, heart-centered touch to assist in balancing Physical, Mental, Emotional, Spiritual well being.
- Enhances the body's natural ability to heal through the human energy centers and energy field/biofield
- Works in harmony with standard medical care and is complementary to other health care systems. Safe for all ages.
- Used for reduction of stress and pain, improving anxiety and depression, boosting immune function, enhancing recovery from surgery, deepening spiritual connection, and supporting cancer care

Workshop Topics

Introduction to The Human Energy System

The human energy field can be viewed as numerous energy fields working in concert to maintain fundamental biological processes. *Come learn more about this amazing system and how you can help keep it open and balanced for optimal wellbeing and health benefits*

Chakra Connection for Self Care

What? - A full body technique that establishes an interconnection of the chakras, opening a free and unencumbered balanced flow (Joy, 1979.) *Think of something you already understand like water or electricity, balance and consistency are vital to a healthy flow and it's effect, which is the same requirement for a healthy human energy system.*

Why? - Promotes relaxation and well being; establishes flow post trauma, promotes and maintains balance during daily life and life challenges *Yes you can help open and balance your own energy system!*

Pain Techniques for Self Care

What? There are several techniques that are used to reduce pain. *We will practice a couple of basic techniques that you can easily use to care for yourself or others.*

Why? - Healing Touch has been shown to improve pain significantly in a variety of patient populations Congested energy can result in pain. as a result of an injury or stress to the body. *Add a couple of healthy tools to your home medicine cabinet.*



Lori is a certified Healing Touch Practitioner. She has worked in the public school system as an educator teaching Special Education, Family and Consumer Science and serving as a Professional School Counselor for 31 years. She has experience working with persons with stress, anxiety, ADHD, and Autism.

Lori's education, experiences and personal beliefs are centered on spirituality, faith, self growth, natural and complimentary health, and the power of one's ability to better control their thoughts, health, emotional wellbeing and choices in order to have the life they desire.

Many of her clients come to her seeking relief from illnesses or injuries resulting in chronic pain and/or surgeries or just for relaxation and balancing of energy to better cope with the daily grind of life.

Her work as an energy therapist has continued to awe and inspire her to serve others, as each session is so unique and powerful it's a reminder that borders really do not limit energy therapy.

Lori Wernsman BA, MS, NBCC, CHTP New Ross, IN 47968 * 317-695-8944 *atspringbrookfarms@gmail.com

Visit *Spring Brook Farms* at www.atspringbrookfarms.com for more information.

