

SHEN® therapy

Physio-emotional Release Therapy

Do you ...

- Suffer chronic pain, anxiety attacks or migraines?
- Have problems sleeping, or carry uncleared grief?
- Overreact and say or do things you later regret?
- Feel powerless, unable to move forward in life?
- Have emotions that continually upset your well-being?

... if so, it's time to get into SHEN®!

Empowering the Heart

A SHEN® Personal Empowerment Workshop

Windlesham, Surrey

Thursday 14th May – Wednesday 20th May 2026

SHEN® is scientifically researched and can enhance emotional well-being and balance by releasing chronic pain, stress, burn-out, anxiety, migraines, panic attacks, sleeping problems, uncleared grief, past trauma, phobias, eating disorders, emotional and sexual abuse, and by accelerating physical healing from injuries and operations

A SHEN® workshop can be a fresh start for you. Anyone can attend the workshop. It is a powerful path to resolving personal issues which may hold you back in life, and many participants attend purely to receive a concentrated number of sessions for their own emotional healing and balance. It's a great opportunity to release somatically held emotion. Many participants report significant personal changes.

During this fully experiential 7 day workshop you will receive 21 SHEN® sessions. You will learn how to use SHEN® to help your family and friends as you and your classmates are guided through the core SHEN® techniques. SHEN® is a powerful yet gentle process, one that can be used safely with the elderly as well as with small children. If you work in counselling, nursing, psychotherapy, care-giving, natural therapies, body work and energy work, it's an ideal forum for learning fundamental SHEN® techniques to help others, as well as for your own unfolding.

SHEN® is easy to learn; we use a comprehensive handbook and a set of clear table charts that are yours to keep after the workshop. SHEN® workshops hours are from 9.00am to 6.00pm.

The workshop fee is **£795.00**, includes tuition, course manual, morning and afternoon tea.

Just a few of the topics in the SHEN handbook you receive:

The Nuts and Bolts of Emotion

- ✓ Unravelling the mysteries of Emotion
- ✓ Field Effects of Emotion
- ✓ Key Principles of Emotion

The Basic Physics of the Biofield

- ✓ Movement Patterns in the Emotional Biofield

A Brief History of Biofield Healing

- ✓ Ancient Antecedents
- ✓ 325 Years of non-religious healing in the United Kingdom

BOOK NOW!!

To register and for further information, please call or email Helena Legg

Limited accommodation is available at the venue

Your Instructor



Helena Legg
Certified SHEN®
Therapist SHEN®
Instructor