

SHEN® therapy

Physio-emotional Release Therapy



Introduction to SHEN® Physio-emotional Release Therapy Saturday August 10th 9.30am – 1.30pm Windlesham, Surrey

SHEN® uses the body's naturally occurring low-level electromagnetic "biofield" to resolve many kinds of chronic pain that cannot be traced to physical causes, as well as to release emotional blockages and psychological distress.

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



Helena Legg

Certified SHEN® Therapist (CST)
Certified SHEN® Instructor (CSI)

Enjoy learning about SHEN Therapy in this beautiful retreat location.



SHEN® works with the source of your emotions in your body, beyond the chatter of your mind. SHEN® is a non talk therapy and has been developed from 35 years of scientifically based research.

Treat yourself!

Come and enjoy learning about and experiencing SHEN Therapy

We will cover the following topics and you will learn to give and receive a relaxation SHEN session with a partner :

- the Theories of SHEN and how the "biofield" works
- the basic SHEN flows to use for relaxation and restoration.
- SHEN for First Aid to help heal physical injuries and sprains

BOOK NOW!

**Workshop fee: : £35.00
(Includes tuition and refreshments)**

For more information and to Register for this workshop contact Helena Legg