

WELLNESS

IS INSIDE

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Workshop Objectives

Participants will understand:

- What Lies Behind all Imbalance and Illness
- 5 Element Healing
- Energy Centers in our Bodies
- 4 Keys to Wellness & 3 Medicines for Good Health
- The Seasons of Health
- Our Greatest Gift

The Six Causes of all Energy Blockages

- Emotion Stress, Unbalanced Emotions
- Nutrition
- Weather and Seasons
- Environment
- Wrong Medication
- Injury

Energy Centers for Health & 5 Elements of Healing

Natural State

Out of Balance

Liver

Happiness

Anger, Jealousy

Heart

Joy, Love

Hatred, Judgements

Stomach

Peace and calm

Worry and anxiety

Lungs

Contentment

Grief, Sadness

Kidneys

Gratitude

Fear

- 4 Keys to Wellness

- Visualization/ Mind

- Breath

- Movement

- Sound



Three Medicines for Health

Food
Movement
Rest

