

Course Details;

Venue; Charlestown (please ring to book in and get address).

Date; Every Tuesday commences
Tues 6th November

Time; 7.00pm-10.00pm

Price; \$30 night.

Based on the teachings of Fritz Pearls, Ida Rolfe and Moshe Feldenkrais as well as a host of other remarkable pioneers in the field of healing it is one of the most powerful tools available for empowerment and personal effectiveness in all areas of life.

**A powerful, hands on experience
that will allow you to delve into the
magical realm of your body
consciousness!**

For more information or bookings call

Tracey on: 49 599885

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NSW 2282

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- **Body Energetics** is an exploration of the best ways to allow the body to release the limitations standing in the way of resolving the client's issues and achieving their goals.
- The work is subtle yet powerful, simple yet profound.
- **Body Energetics** sessions are for anyone wanting greater effectiveness and joy in their lives.
- By honoring the body as the ultimate truth-teller, **Body Energetics** is one of the most powerful tools available for empowerment and personal effectiveness in all areas of life.



- **The human body knows how to heal itself. If you are willing to listen, truly listen, the body will direct you. It will tell you the exact physics required and how to apply them. If you follow its instructions, the body will release the thoughts and limitations it has laboured under all its life.**

BODY ENERGETICS

Bringing your subconscious mind (your body) into alignment with your conscious intent creating a world of freedom, ease and opportunity.



**Transformation on the Cellular Level
to enhance life.**



What is Body Energetics?

Body Energetics integrates both traditional and esoteric bodywork methods from around the world, with a singular focus: a gentle, sensitive, non-invasive touch and a personalized approach to you. **Body Energetics** sees you, the client, as the true source of healing, and sees the client's way rather than the practitioner's way as the path to that healing.

Our bodies are living, moving, and breathing storehouses of all of our life's experiences on all levels -- physical, mental, emotional, and spiritual. Positive, loving, joyous, and successful experiences expand our bodies and free our movements. Physical and mental traumas, judgments and limitations (both self-imposed and imposed by others), stress, and suppressed emotions compress our tissues and musculature, limiting our healing potential and the realization of our dreams. Our minds may choose not to remember past traumas, but our bodies never forget, and our bodies do not lie. **Body Energetics** honors and celebrates these truths of the body.

The human body knows how to heal itself. If you are willing to listen, truly listen, the body will direct you. It will tell you the exact physics required and how to apply them. If you follow its instructions, the body will release the thoughts and limitations it has laboured under all its life. In the process, both you and anyone you work with undertakes a journey into the magical realm of healing.

COME AND SHARE THE JOURNEY WITH US!

What would I get from attending?

Attend our "Body Energetics" course and begin to explore....

Some of the benefits experienced through **Body Energetics** which include:

- Increased self awareness
- Relief of pain, stress and tension
- Accelerated healing and injury recovery
- Reduction of trauma & appearance of scar tissue
- Enhanced joint mobility and tissue response
- Greater enjoyment of one's physicality

You will learn;

- **Body Energetics** imposes nothing and incorporates everything to empower you on your path to life without limitations.
- **Body Energetics** sessions support each client's self-awareness and self-direction in healing, growth, and life effectiveness.

By listening to the body and following each person's own unique path to healing, Body Energetics allows the body to unwind, relax, and release past traumas, no matter what their origins or symptoms might be.

Your group facilitators.



Phillip McKewin is a Seminar Leader, Speaker, Writer and Personal Growth Educator. For the past twenty years he has traveled the globe accessing the masters of transformational psychologies and the world leaders in numerous fields of human potential.

He has also been traveling the East Coast of Australia, presenting extremely powerful workshops using a combination of groundbreaking techniques, both ancient and modern. These workshops promote and cultivate a strong sense of personal power and a high commitment to being all that you can be.

Phillip possesses the rare power of being able to facilitate enormous change in the way people see themselves.



Tracey Mullen connected to her passion for Personal Growth work at age 19. She has since studied many modalities of healing and worked with many people both individually and as a group facilitator. Tracey has gained incredible insight into our potential as human beings and she has an in depth understanding of why and how we function the way we do.

Tracey has a practical, down to earth approach allowing her to gently support people to live to their fullest potential, transform their lives by understanding and embracing themselves, and create their life consciously with love.