

Join Energy Medicine Practitioner

Catherine McLenaghan

for an energy medicine workshop designed to bring more vitality, joy, and spirit into your life.

Based on the understanding that the body has the ability to heal itself and experience well-being, energy medicine taps into the body's rich storehouse of natural wisdom.

It can address physical ailments and emotional or mental disorders, promoting better health and joyful living.



Some things you will learn at the workshop:

- a daily energy routine that aligns and balances your energy system for optimal functioning
- four steps to lessen and eliminate pain.
- an easy energy exercise for releasing toxic emotions
- three simple ways to reduce stress and anxiety
- a healing technique you can use on family and friends to bring deep relaxation to the brain and nerves and release toxins
- an energy exercise for improving memory function

Catherine McLenaghan is a certified Donna Eden Energy Medicine Practitioner and an ACEP certified Energy Health Practitioner with a private practice in Ottawa.

**The two-day, hands-on workshops will be held in Old Ottawa South
April 10th-11th and April 24th-25th**

Classes are limited to ten people
Registration fee is \$160

**For more information or to register, contact:
Catherine at The Wellspring Energy
Studio 613-730-0411 or email
catherine@energywellspring.com
www.energywellspring.com**