

Feet as a Gateway to Intuitive Healing - Exploring Beyond Roots

with Monica Anthony

'Heaven is under our feet as well as over our heads.' Henry David Thoreau



In this workshop, we will look at how working from the feet strengthens the functioning of the alta major and a deeper resonance with the base chakra, enabling effective work with the issues of being more fully embodied, and enhancing our sense of belonging, both in everyday life and on our spiritual journey. We will explore how this building of a more subtle sense of interconnectedness and roots can also reveal and release inherited/ancestral patterns in a way similar to working with family constellations.

The story we tell ourselves and each other soon becomes the path we tread. We also live stories as groups and nations and this patterning and form of knowledge handed down through the generations speaks of something both universal and individually deeply significant to us all.

This workshop is for craniosacral therapists, healers and other practitioners with experience of working with subtle energy.

These are small groups with a maximum of 6 participants.

This workshop qualifies as Primary CPD for the Craniosacral Association (CSTA)

Monica is a craniosacral therapist, UKCP registered transpersonal psychotherapist, hypnotherapist and healer with a background as a musician.

Fee: £95, Venue: 43 Gomm Road, London SE16 2TY, 10am-5.30pm

For further information and any questions please contact Monica

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