

Feet as a Gateway to Intuitive Healing 1 - Integration and Alignment

with Monica Anthony



'The feet are the gateway to 10,000 illnesses' Japanese Proverb

'No problem can be solved with the same consciousness that created it. We need to see the world anew, Albert Einstein

This one-day workshop for craniosacral therapists, healers and other practitioners who wish to extend their experience to include working specifically with and from the client's feet, and also to develop further the intuitive sensitivity in their own hands. Through this approach, you will have the opportunity to review and refine your understanding of the transformative nature of healing touch, while exploring the subtle energy patterns particularly accessible in the feet, including the spinal reflex points. Working with this alignment and its relationship with the chakras enhances the healing process enabling change, re-balancing and growth on many levels: physical, emotional, mental and core energetic.

We will examine the many-layered subtle correspondences revealed by working with the major and minor chakras through the feet, and the group focus will be particularly on developing our intuition within the inherent stillness and spaciousness at the heart of this work. We will also consider the quality of Sacred Space, which can be present. Engaging with the feet at this level can be experienced as being inwardly guided in the tuning of a very fine instrument; becoming totally receptive to and accepting of its true pitch and timbre and finding how to listen, in the ensuing stillness, the 'music' of that individual's whole system.

This workshop is for a small group with a maximum of 6 participants and qualifies as primary CPD for the 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

Tel: 020 7232 2562 Email: therapy@monicaanthony.com

Website: www.monicaanthony.com