

A Journey into Wholeness

One Day Healing Intensive

In this workshop we will use Myofascial Unwinding to explore our depths, to heal, to transform and to awaken the parts of us that have fallen asleep.

Program Includes:

- Group sharing for the integration of sessions.
- Myofascial Unwinding
- Bioenergetics—to open the feeling body

Facilitator:

Chris O'Brien has been facilitating and teaching Myofascial Release trainings since 2003 and is passionate about creating trainings that harness the power of the human spirit for deep change and the emergence of truth.

Pre-requisite:

- Level 2—Applied Myofascial Release
- A commitment to personal growth, a sense of adventure and a willingness to support one another.

Course Date: Sunday 25 March, 2012

Cost: \$160

Location: Bellevue Hill, Sydney