

WORKSHOPS

CREATING A SOLID ENERGY FOUNDATION

Geneviève Prono
Fabienne Dalphin Baucheron



The aim of this workshop is to give you a variety of tools you can practice that will help you balance the three first chakras (root, sacral and solar chakras) which are the foundation of a healthy Energy System.

Chakras are energy centers in our body that regulate the flow of energy throughout the meridians allowing energy to be sent to every part.

Sometimes chakras become blocked because of stress, emotional or physical problems. If the body's 'energy system' cannot flow freely it is likely that problems will occur. The consequence of irregular energy flow may result in physical illness and discomfort or a sense of being mentally and emotionally out of balance.

We will be learning and practicing these different healing modalities so you can use them home:

- Affirmations
- EFT / Tapping
- First Light Flower Essences Of New Zealand®
- Lithotherapy / Stones and Crystals
- Meditations
- Mouvements and postures (yoga)
- Mudras (qi gong)
- Olfactotherapy
- Reflection and sharing
- Sounds
- Tibetan bowls
- Visualisations

You have the choice between two versions of the workshop, depending on your availability:

* a condensed version

A full day workshop from 10.30am to 5.30pm : **Sunday March 13th 2016**

* an extended version

Three mornings on a week day a month apart from 9.30am to 1.00pm

- **Friday March 11th 2016**
- **Thursday April 7th 2016**
- **Thursday May 26th**

Location :

6 Rue Paul Valéry, 75116 Paris

Metro Kléber (ligne 6), Victor Hugo (ligne 2) or Boissière (lignes 6 or 11)

Registration Form
Print and send with your payment to:

Chrysalide France
1 square du Bourbonnais
78180 Montigny le Bretonneux

Last name: _____

First name: _____

Address: _____

Phone : _____

Email : _____

- Full day workshop: Sunday March 13th 2016** from 10.30am to 5.30pm
- 95€
- 80€ *The Women of Success member*

or

- Three-part workshop** from 9.30am to 1.00pm
- **Friday March 11th, Thursday April 7th, Thursday May 26th 2016**
- 175 €
- 3 payments of 62 €
- 150€ *The Women of Success member*
- 3 payments of 55 €

or each half-day separately:

- Friday March 11th 2016**
- Thursday April 7th 2016**
- Thursday May 26th**
- 70€
- 60€ *The Women of Success member*

The number of participants is limited. Your registration will be confirmed after reception of your payment.

Contact :
Geneviève Prono
g.prono@chrysalidefrance.com
tel : 06 10 05 87 73