

## HEALING MEDITATION WORKSHOP

**When: Friday, November 24, 2017, 10 a.m. to 12 noon**

**Where: Christ the King Anglican Church, 475 Rathburn Rd., Etobicoke**

**How to Register: contact Sheila Tait at [smtait@sympatico.ca](mailto:smtait@sympatico.ca) , 416-767-2406**

**Or Claudia Mang at [cmang@bell.net](mailto:cmang@bell.net), 416-626-0798**

The workshop will be delivered by Nicole Hartrell (B.A., M. Ed., and T.T.N). After a career in teaching with the York Board of Education and the Dufferin-Peel Board, Nicole acquired her qualifications for energy healing (also known as Healing Touch or Reiki) through the Therapeutic Touch Network of Ontario. After volunteering her services in Senior Homes, she has also been offering treatments in her home along with weekly healing meditation sessions.

In this workshop, you will learn how to heal and stay healthy through:

1. Breath work and visualizations and body scans
2. Sound therapy
3. Clearing your chakras (energy centres) using colours
4. Jin Shin Jyustu (Japanese art of healing comparable to acupuncture but without the needles)
5. Basic reiki hand positions for self-healing
6. Working with your spirit and angel guides for guidance and healing
7. How to manifest your wishes/goals and desires
8. Sending healing energy to others

Attendees are encouraged to wear comfortable clothing and bring water for staying hydrated.

For those members who are interested in attending Nicole's weekly sessions in her home in central Etobicoke or would like a personal therapeutic touch treatment, are encouraged to e-mail Nicole at [nicole.hartrell@sympatico.ca](mailto:nicole.hartrell@sympatico.ca) or call 416-231-5477. **Free of charge to RTO-ERO members.**