

ENERGY



Starting Time 6.59pm

Fee: \$25 per person

Energetics 2 x 1 Day Playshop Series

1st day

Meridians

Learn to understand your meridian system.

What are your meridians and how do they function?

How do you enhance and balance your meridian energy?

Spin and Nadis

Learn to understand your spin and your nadis.

Why is your right spin so important?

How do you clear your body from left spins?

How do you use your nadis for balancing the body?

Chakras

Learn to understand your Chakras.

How do your thoughts steer your chakra system?

Why is your spleen-liver chakra so important?

How do you balance your chakra system?

2nd Day

Old Germanic Rune Exercises / Postures

Learn to understand Old Germanic Runes Exercise.

Why did the ancient druids use runes as body postures?

How can you use runes to balance your body energetically?

How do you use runes to balance your brain hemispheres?

CHI / Prana / Ki

Learn to understand the universal energy CHI.

What increases / diminishes your CHI mentally / physically?



Andreas Goldemann

Founder of the "Resetting" Institute, one of Europe's leading experts in Mental, Consciousness & Corporate Health Training, a unique Medical Intuitive who specializes in Holistic Pain and Anti Aging Management.

In January 2008, USCIS (U.S. Citizenship & Immigration Service) approved Mr. Goldemann as one of the top specialists in his field worldwide and allowed him to come to the U.S. in rare "O-1 Status" to work as a Motivational Speaker, Trainer and Coach in Holistic & Spiritual Healing.

Goldemann: "We focus our attention on the personal evolution, development, unfolding and health of each individual client. Each of our clients learns how to regain personal energy, vitality, youth and health in an effortless, amazing, simple way, that can be recreated in every-day life by practicing simple

Loose casual or sportswear recommended.

"Resetting" Institute, LLC. Mental, Consciousness & Corporate Health Processes

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