



SEASONS OF LIFE

Exploring The Five Element Path to Radiant Health & Wellbeing

A Workshop for Everyone!

with John Kirkwood, Master Acupressure Practitioner

Discover

your primary Element, your greatest difficulty & gift

Understand

your core emotional wound

Learn

practices to heal your particular wounding

Find & unwind

stuck energies that cause illness and distress

Calm

your pain, physical and emotional

Understand

the changing flow of seasonal energies

Use

each season's energies to support your growth

Gain

self acceptance and compassion for others

Support

your Five Element practitioner treatments

Experience

each meeting as a treatment in itself

This workshop will span all Five Elements and their five seasons, meeting monthly over the course of the year. Each month we will look at some of the issues of the Element of the season as they affect our human lives. We'll examine the Element's effects on our physical bodies, including our organs and tissues. We'll explore its effects on our emotions and our psychological states, and we'll look at the implications for our own spiritual journey.

Each Element gives us a view of our possibilities and potential. By exploring its resonances and gifts, we get a sense of how well we are functioning in the Element. If we discover that its energies are not moving freely and easily within us, we will learn ways of living that bring us back to harmony and balance within each Element. Each meeting will not only support your individual treatments, but will itself become a powerful treatment for your total wellbeing.

Become your own healer

Balance your whole being • Body • Mind • Emotions • Spirit
Meet others on a journey of inner wellbeing

Two locations

ADELAIDE

First Thursday each month, Feb-Dec 2012

Starts February 2nd

6:30 – 9:00 p.m.

Revive Natural Health Centre

330 The Parade, Kensington

ADELAIDE HILLS

First Tuesday each month, Feb-Dec 2012

Starts February 7th

6:30 – 9:00 p.m.

17 Carmen Court, Nairne

No prior experience needed. Attend any combination of meetings.

\$40 at the door (per meeting)

\$30 when reserved a week in advance

Contact John 0410 779 159 or

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