

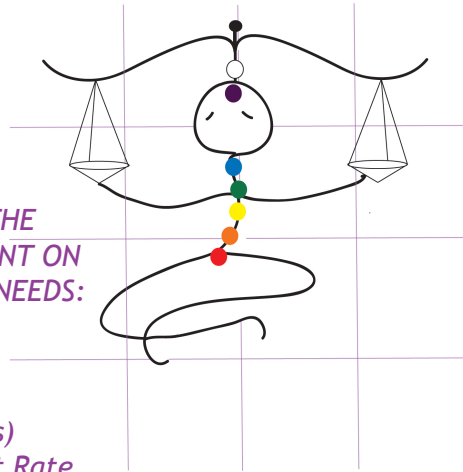
ENERGY TYPES CONSULTS

Personality, Chakras & Balance

Your personality can (and does) affect your health.

An Energy Types session will introduce 'you to you' on a whole new level, supporting equilibrium emotionally, physically and spiritually. Learn which of your chakras (energy fields) may be vulnerable to imbalances as well as where your natural strengths lie and what this means.

BALANCE = PEACE



SESSIONS WILL INCLUDE A MIX OF THE FOLLOWING MODALITIES, DEPENDENT ON YOUR INDIVIDUAL ENERGY TYPE & NEEDS:

- * Chakra Yoga & Qigong Flows
- * Chakra Guided Meditations
- * Pranayama (Breathing Techniques)
- * Heart Rhythm Meditation / Heart Rate Variability - Stress Management
- * Healing Energy Work
- * Taking AIM (Affirmation, Intention & Motion)

***** Also available: MBTI® CONSULTS -
For validated feedback on your personality type. *****

For more info, contact Maureen Kelly at (360) 920-1125 /
Email: sagebutterfly2@comcast.net or visit our website:

www.energy-types.net



TRUST IN THE MAGIC.

