

Energy Reading and Foot Reading for healing and personal growth

With Yair Sagy and Ziza Fernandes Sagy

At; Cortijo Las Amapolas, Lanjaron, Spain

The workshop includes; theoretical knowledge, practical experience, creative expression with different materials and ways to connect with nature energy.

The theoretical and creative part will be offered to all participants. Each theoretical chapter will be followed by practical practice.

In the second stage of the training we will separate in-to 2 groups:

1. Those who want to learn more about mind - body Acupuncture.
2. Those who want to learn more about Mind body reflexology and foot reading.

Workshop topics:

Theory of mind-body (to all participants)

Anatomy of the human energy body:

- Aura
- Chakras
- Meridian system

Mind body interaction

- The mind as the tool of creation
- The feeding cycle: thoughts – emotions – energy/ physical reaction

The illusion of the ego

- Unity and the illusion of duality
- Duality and "stories"
- (I am) identity as basis for suffering
- The power of BEING

Healing

Healing the mind

Moving from slavery to freedom

- Identifying our own "story"
- Learning to separate thoughts from emotion
- Working with the fear to let go of our addiction for self destruction.

Healing the energy / physical body

The energy body as reflection of our mind

- Energy language (learning what to look for).
- Identify energy imbalances within the energy body.
- Being present with the imbalance as a means for transformation.
- Affirmations.
- Direction of energy in relationship to thoughts.
- Learn to move awareness in and out of body.

Therapy

Mind-body Acupuncture with Yair

Using Acupuncture to balance the energy system

- General concept
- Using Ren and Du mai
- Using Yang ming
- Using Dai mai
- Using Ear acupuncture
- Using Tong Ren model
 - Optional for the whole group.
 - Point location by seeing and feeling the points energy.
 - Learning to see energy
 - Learning to translate the energy image that the client radiates, into the client mind body imbalance.

Mind-body Reflexology and foot reading with Ziza

- 4 elements.
- Feet and toes reading.
- Demonstration and Practice.
- Integration of intuition in to therapy.

The joy of creation

- Free creative expression with different materials and techniques.

Connecting with nature

- Energy manifestation in nature.
- Mandalas
- Textures

Daily schedule

8-9:30	Yoga
9:30	Breakfast
10.30 – 13.30	1st study session
13.30 – 15.30	Lunch brake + Private sessions
15.30 – 17.00	2nd study session
17.00 – 17.30	Tea break
17.30 – 19.00	3rd study session
19.00 –	Dinner
21.00 -	Meditation

How to prepare your self:

Recommended practice:

We advise to start a regular practice routine to enhance self awareness. It can include Meditation, Yoga, Qi Gong, Relaxation, positive affirmation, nature walks or any other practice that helps you feel connected to yourself and relaxed.

Recommended reading material:

General – ***Peace is every step*** and ***Anger*** By Thich Nhat Hanh

Anatomy of the spirit by Caroline Myss

The power of now and ***A New Earth*** by Eckhart Tolle

You can heal your life by Louise Hay

Acupuncture - ***Between Heaven and Earth*** by Harriet Beinfield

(or any other book that talks about the meridian system)

Reflexology - ***Foot Analysis: Foot Path to Self Discovery***

by Avi Grinberg

-Finding your feet

By Ann Gadd

Practical stuff

Time of arrival to our center, Thursday between 15.00 and 17.00.

We will start our first activity on Thursday at 4pm and conclude our training on Monday morning.

The training fee is 500 euros.

To secure your place please pay 250 euros registration fee and the rest 250 to be paid up to one month before starting the training.

Since we limit the number of participants to 6, we need to know ASAP if you are defiantly interested to participate.

In order to pay your registration fee please email to receive our bank account.

If you wish to pay by credit card please let us know and we will send you request from our **paypal account.**

- Please note that treatments and airport transfer are not included in the retreat fee.
- **Airport Transfers**
A low cost group transfer from Malaga airport to our center can be arranged, subject to your flight arriving no later than 13:30 and your request being confirmed in advance. To book a group transfer please send us an email.
- **Insurance**
YOU MUST HAVE FULL TRAVEL INSURANCE TO COVER THE ACTIVIT.
You need to have your own travel insurance and provide us with those details in case of emergency. Your insurance should cover you for cancellation, sickness, losses and all the usual risks.

We are looking forward for your participation in our training.

With lots of love and best wishes,

Yair and Ziza