



HERMETIC SELF HEALING

DEEPLY FEELING THROUGH AWARENESS
IN AUTHENTICITY & CONNECTION

Hermetic therapy seeks to bring our awareness to our feelings and free EXPRESSION of all of them as we allow ourselves and others the space to feel to be able to heal.

Space holding in connection, focusing on all areas of the body/mind we can alleviate and clear suppression before it becomes embedded in the mind/body as dis-ease and draw awareness to the underlying emotional contributors that affect our wellbeing.

SOMATICS - MEDITATION - BREATHWORK - SOUND HEALING



Hermetic therapy weekly immersions aim to provide a space for deep inner and outer connection to allow you to become your most authentic self and in turn step out into any environment with the inner knowing and safety that you are honoured for who you are and have the freedom to express yourself wherever you go and the compassion and acceptance of others to do the same.

SOMATIC
CONNECTION CLASS

1/326 LOWER PLENTY RD
VIEWBANK

EXCHANGE \$50 CASH

WEDNESDAY 6:30-8:30
MAY 7, 21, 28

We will get into connection together in circle anchoring within our bodies to centre and ground ourselves as we go into a guided meditation, deep breathwork and somatic movement with a different focus and intention each week. Ending as everyone lays comfortably, we will go around the room facilitating hands on energetic therapeutics. This month we will focus on co-regulation in connection. This will be about self healing in connection with another body and group resonance. We are shifting the paradigm of being responsible in any way for another's healing or being and coming into complete self responsibility in connection to the greater whole. Undoing projection and separateness to truly look within and be the change and acceptance we want to be for the collective.

Tapping into unconditional authenticity, the highest vibrational frequency, especially in connection with others, creates more compassion, safety and acceptance and amplifies that frequency to all.

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CONNECTION - AUTHENTICITY - LOVE - WITNESSING - SAFELY TRUSTING