

# Crystal Therapy Workshops

## Introduction to Crystal Therapy Day One 20<sup>th</sup> February 2010

Outline of the day: Choosing and Cleansing Crystals • Exercises for Developing Sensitivity to Crystal and Human Energy Fields • Exercises to Attune to Crystal Energy • The Chakra System • Crystal Chakra Balancing for Self and Others • Specific Crystals for Health, Abundance, Confidence, Spirituality and Joy • Basic Crystal Healing Techniques.

**This day provides an excellent framework to start to work with crystal energy.**



## Developing Crystal Therapy Day Two 20<sup>th</sup> March 2010

Outline of the day: The Heart as the Point of Energetic Balance in the Body • Crystals to Open the Heart to Healing and Personal Happiness • Learning to accurately and confidently dowse with a crystal pendulum • Chakra analysis with a crystal pendulum • Crystal healing and energy balancing exercises.

***Facilitated by Kim Dowdell - Workshops cost £40 each or £35 concs and are held near Cowbridge running from 11 am to 5 pm.***

**Kim Dowdell has 15 years experience of the Healing Arts including Crystal Therapy, Crystal Acupuncture, Donna Eden's Energy Medicine, Colour Works, Reflexology, Reiki, Stress Therapy, Kinesiology and Shamanic Soul Retrieval.**

*Booking is necessary, to reserve a place please send full payment to Kim Dowdell, 9 Church Cottages, Church Street, Llantwit Major, Vale of Glam. CF61 1SB.*

**Enquiries can be made to Kim on 01446 796065 or 077362 46512**

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