

Meridian Health Workshop

A Therapeutic Approach to Moving Through Life



**presented by Renée Clair, DMA
Energy Psychology Practitioner**

**Learn a professional healing modality for
stress relief and personal healing**

- Reduce anxiety, overwhelming feelings, and worries!
- Improve Focus! Increase Faith, Love and Trust in the process of Life!
- Learn about meridians: the channels through which your chi (energy) flows. Imbalances may lead to future health problems.
- Meridian Cleansing, Stretching, Strengthening and Tracing
- Emotional Field Therapy; Traditional Chinese Medicine Elements
- Physical Exercises.
- No previous experience or knowledge necessary.