

# Personal Grounding

*Learn to consciously operate your human energy field*

## An Experiential Workshop

Presented by Todd Cunningham

*“Todd's classes have given me a foundational understanding of the importance of grounding, and in that, the beginning journey of self awareness.”*

Cindy S. RN



## Universal Flow

*“Todd, your work is amazing. Learning from you was one of the most exciting experiences I have ever had and opened many doors... Your lessons can be shared and remembered for the rest of my life.”*

Eliza

### About Todd Cunningham

Todd Cunningham is a pioneer in Energy Work and a highly accomplished Facilitator and Teacher, certified in CranioSacral Therapy, Somatic Emotional Release, Body Electronics, Massage and Chakra Balancing. He is the developer of River of Life Therapy, Conscious Language and Energetic Mirroring and holds a BS degree in Physics.



Todd has been in private practice for twelve years

[www.personalgrounding.com](http://www.personalgrounding.com)

Where:  
A New Leaf  
Coffee House  
Lake Placid

When:  
Saturday January 9th  
10:00 am - 1:00 pm

To register call:  
Universal Flow  
518-623-0652

Course fee:  
\$45.00

### Consciously Grounding your self will:

Align your personal energy field  
Increase your mental emotional and physical bodies efficiency and wellbeing  
Expand your ability to receive intuitive information  
Deepen your confidence of self expression and decision making

### In this workshop we will practice:

A Guided Grounding Meditation  
The Personal Sensation and Inventory Technique  
A Personal Energy Body Alignment

For more information on Universal Flow please visit [www.PersonalGrounding.com](http://www.PersonalGrounding.com)