

# Grounding and Personal Awareness

*Learn to consciously operate your human energy field*

An Experiential Workshop

Presented by **Todd Cunningham** [www.PersonalGrounding.com](http://www.PersonalGrounding.com)

*"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



*"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."*

E. W.



## Universal Flow

Where: Still Point Interfaith Retreat Center	When: Saturday May 2nd 10:00 am - 4:30 pm	To register call: Universal Flow 518-623-0652	Course fee: \$95.00
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There will be a ½ hour lunch break tea and a kitchen are provided

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 you will learn and practice:

- A Guided Grounding Meditation
- The Personal Sensation and Inventory Technique
- Emotional Awareness and Inventory Technique
- Your Personal Energy Body Alignment

### 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

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