

Grounding and Personal Awareness Chakra Balancing Through Personal Experience

Learn to consciously operate your human energy field

A Two Day Retreat at Hohmeyer's Lake Clear Lodge

Presented by Todd Cunningham 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



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."

E. W.

Where: Hohmeyer's Lake Clear Lodge
When: June 12, 13, 14 th Friday Evening until Sunday afternoon
To register call: Hohmeyer's Lodge 518-891-1489 or go to the website
Retreat Fee: \$249.00 2days 2nights

Grounding and Personal Awareness - Saturday June 14th

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

Chakra Balancing - Through Personal Experience - Sunday June 15th

On the second day of the retreat we are going to explore, being aware of another persons chakras by using our ability to consciously operate our own energy system.
You will learn how to use your natural intuitive skills and awareness to help another balance their chakra system

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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