

Elemental Holistic Therapies

Body/Mind Healing for You and Your Animal Friends

www.elementalholistictherapies.ca

Whitehorse, Yukon

867.335.0078

Summer 2014 Newsletter

Do you want to feel better? Are you tired of being sluggish, tired & cranky? Are you dealing with anxiety issues, chronic pain or poor sleep?

*Whether you are looking for help with physical, mental, emotional or spiritual concerns, **Reflexology** and/or **Quantum-Touch Energy Healing** can help, without the side effects of drugs!*

And it's a great way to pamper yourself.

And don't forget your pets. Watch for my forthcoming newsletter on how alternative therapies can help your animal companions.

REFLEXOLOGY: What is it, and how can it help you?

Reflexology is not just a foot massage – it is a natural healing art based on the principle that there are reflexes in the feet or hands, which correspond to every part, gland, and organ of the body.

This means that when pressure is applied to those reflex points, tension is relieved, the systems of your body become better balanced, and stress is reduced. Your feet contain a road map to your whole body.

Reflexology helps to restore balance and harmony in the body, encourages a relaxed state, calms the emotions and improves our quality of life – without the side effects of drugs.



Infants can also benefit from Reflexology, whether your child is teething, has chronic colic or poor sleeping patterns.

And don't forget the simple power of touch! We live in a society where many of us are touch-deprived. A Reflexology session can bring comfort and peace to seniors, to those who may be housebound, and to patients in hospital.

People who receive regular Reflexology treatments report that it can help with a number of conditions and illnesses, including:

Anxiety

Asthma

Diabetes

Childbirth

Digestive issues

Headaches

Insomnia

Pain reduction

PMS

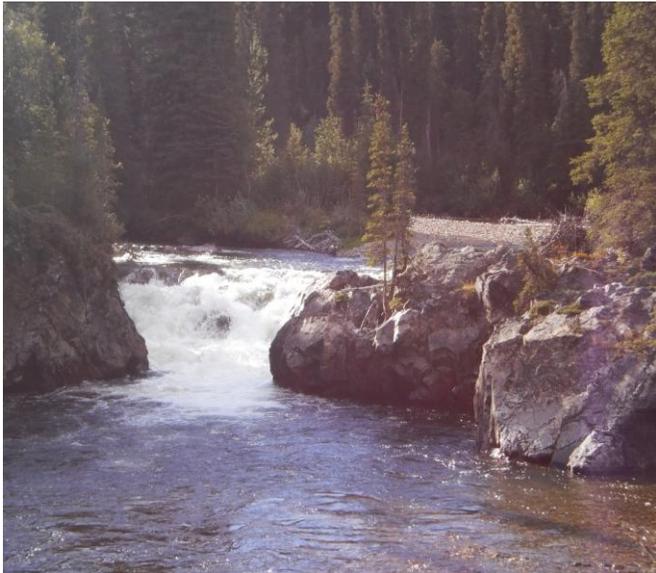
Stress

Chemotherapy induced nausea

Fibromyalgia symptoms

UPCOMING WORKSHOPS

There are a number of upcoming workshops in the coming months, including an ***Introduction to Chakras*** class through Yukon College!



Whether you want to learn a new healing technique, like **Quantum Touch Energy Healing**, or do some self-development work in a supported atmosphere in the **Changing Self-Limiting Beliefs** class, I would be honoured to be a part of your journey.

No time to take a course??

Book your own relaxing Reflexology or Quantum-Touch Energy Healing appointment.

A Reflexology visit is \$60 and includes a scented foot bath. Quantum-Touch sessions run \$60 to \$90.

Quantum-Touch® Level 1 Workshop

Quantum-Touch is a powerful **Energy Healing** therapy, and has helped many people with chronic conditions, including:

- ❖ **Chronic Pain**
- ❖ **Insulin-dependent Diabetes**
- ❖ **ADD and ADHD**
- ❖ **Sports injuries / increased athletic performance**
- ❖ **Weight Loss**
- ❖ **Fibromyalgia**
- ❖ **Releasing emotional trauma**
- ❖ **Smoking cessation**
- ❖ **Chronic migraines**
- ❖ **Scoliosis and spinal adjustments**
- ❖ **Depression**

Learn how to bring down pain and inflammation in record time; to help reduce or eliminate back pain; to re-align bone structure (and so much more...); and get faster and better results than you ever thought possible!

In this exciting 2-day workshop, you will learn how to focus and boost life-force energy by combining various breathing and energy awareness exercises.

Quantum Touch energy healers facilitate the body's own healing process, physically, mentally, emotionally and spiritually.

As both a Level 1 and a Level 2 Quantum-Touch Instructor, Alison provides answers to your questions and lots of individual hands-on attention.

Dates: Saturday October 18 and Sunday October 19, 2014

Times: 9:30 am to 5:00 pm each day

Cost: \$350.00

Changing Self Limiting Beliefs Workshop

Are you holding yourself back with those self-limiting beliefs?

What could you do with your life if you were aware of or free of those thoughts?

**I'm not good enough / I don't know enough
I can't do "that"**

Together we'll discover what self-limiting beliefs are, how they limit us, how we can start to change them.

When:

November 16, 2014

9:30 am - 1:30 pm

Where:

Whitehorse

Cost:

\$60.00

STILLNESS - what's it all about? Much has been written about inner stillness, and why it's important.



It grounds us, connects us to ourselves, to the earth and to others. And it allows us access to clearer thinking, insight, wisdom and creativity.

But many of us are daunted by the thought of sitting quietly for huge chunks of time, vainly striving for “stillness”, with those “but I gotta do this and this and this” thoughts running

rampant in our heads. Who has time these days?

Well, it doesn't have to take long to start practicing! In fact, we can start with 30 seconds. Most of us can find 30 seconds in our day – while we wait for the car to warm up or the toast to pop up, or the eggs to cook.

In fact, let's try it now: Stand or sit comfortably and feel your body being supported by your legs and feet; your body is being supported by the earth itself. Breathe evenly and deeply. Close your eyes, and focus on your breath. Just breathe. Feel your chest and abdomen expand and collapse as the air moves in and out of your lungs, nice and evenly. Aim for 10 breath cycles, each cycle a full inhalation and exhalation. Tune in to your heart, tune in to your body, and listen.

That's it! Open your eyes and notice how you feel. If you can, practice this a few times a day. Work up to 20 breath cycles, simply focussing on your breath each time. Increase the breath cycles as you see fit.

Quantum-Touch[®]
The Power to Heal



Quantum-Touch Healing Circles

Healing Circles provide an opportunity for Quantum-Touch Workshop grads to give or receive energy and to accumulate hours to become a certified practitioner.

For those new to QT, the Healing Circle is a great opportunity to receive a QT session! Quantum-Touch Healing Circles create a loving, supportive, healing environment.

Come and ask your questions; bring a friend along to practice on, and give them the gift of a QT session.

Healing Circles are by donation, which are greatly appreciated.

Check out my website for upcoming dates