

## Workshops. Classes & Individual Sessions offered by Glenda & Martin

### Vanuatu – Feb/Mar 2020 – Energizing your Spirit

#### Martin's Classes & Workshops focus on *Sound Therapy, Movement & Astrology*

1. Movement for Health & Wellbeing  
Balancing your Energy - utilizing the principles of Tai Chi, Qigong & Polarity Yoga.
2. Healing with Sound  
Tapping into the power of sound & resonating with your personal frequencies.
3. Basic Astrology (with Rebecca)  
Introduction to the Astrological Landscape; The Symbolic Chart: Signs, Houses & Planets; Elements & Modalities in Astrology; Understanding Chart Aspects; Casting Your Chart

*Workshops 1 & 2 : Two hours duration*

*Workshop 3: Two 2 hour workshops (back to back)*

[www.appliedvision.com.au/bodysoul-energy](http://www.appliedvision.com.au/bodysoul-energy)

#### Glenda's Workshops focus on *Holistic Health & Spiritual Wellbeing*

##### Workshop 1: The Art of Health Building

Part 1: Restoring & maintaining health – body, mind & spirit; Balancing your energy to optimise whole body intelligence; Discovering techniques for self-healing and tools for daily practice.

*2-hour workshop*

Part 2: Working with the 5 Elements (Earth, Water, Fire, Air, Ether/Space); Understanding your Chakras – the governing energy centres of human life & intelligence.

*2-hour workshop*

This Workshop has a *holistic health* focus and based on the principals of Polarity Therapy created by Dr Randolph Stone and further developed by Julie Collett.

##### Workshop Series: Integrating Spirituality into Everyday Life

1. Creating internal space by clearing the inner landscape
2. Enhancing interpersonal relationships
3. Connecting with self, others & the whole of life
4. Re-meeting & recovering parts of ourselves
5. Exploring our unique contribution to others and our communities

This series of workshops have a *spiritual development* focus based on the principles of Ongo, developed by Catherine Cadden & Jesse Wiens from the work of Dr Marshall Rosenberg and the traditional Zen form of practice - working with the somatic experience of how we sense through our body sensations in the present moment.

*Each Workshop is for 2 hours*

### **Individual Sessions with Glenda Frances - Body Intelligence**

A 2-hour session is recommended for supporting health conditions and includes holistic coaching

A 1-hour session is provided for energy balancing

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