

Whole Being Explorations presents

Energetic Selfcare Class @ The StarHouse

We human beings are energetic beings. We work everyday with physical, emotional, mental, and spiritual levels of energy because it is part of who we are. Mostly we do this unconsciously, or quasi-consciously, interacting with each other from aspects of ourselves that we are not fully aware of.

Becoming aware of oneself as an energetic being gives you choices about when and how you interact with yourself and others. This class also gives you simple effective tools that help to craft interactions that really work for you and help you to create the life you want to live.

- Develop your intuitive awareness
- Consciously connect to energies that nourish you
- Set clear and effective boundaries
- Clear foreign energy from your space, call yours home
- Release old programs and patterns

Taught in a magical space with lots of amusement and permission to explore and learn from your own experience. Open to all levels of experience.

Taught by Alan McAllister, CCHt, PhD-phys.

WWW.WHOLEBEINGEXPLORATIONS.COM/SPIRIT

Monday's from 7:00 to 9:00pm, five weeks starting July 19th.

Free introductory evening at Alan's office, July 12th.

Investment is \$200 for five weekly 2 hour classes

Spaces limited, save yours with a \$50 deposit

Pre-register by July 12 for \$180

For Registration and Information

303-545-5562 or ahm@wholebeingexplorations.com