**HOLISTIC HEALING**

The FAO Staff Coop Human Values Group offers sessions of integral health advice. They focus on the whole body activating the self-healing energy which allows the compromised or blocked life force to flow and bring mind & spirit into harmony again

“Health depends on being in harmony with our souls”

Dr Edward Bach 1886-1936

The sessions also introduce Chakra & Aura harmonization and other self-healing ways with a combination of different techniques and complementary therapies such as: Reiki, Sound and Aromatherapy, Crysta- and color- Therapy, radiesthesia, space cleansing, relaxation and Bach Flowers essences – Bach flower remedies help remove emotional imbalances in humans and animals. The Flowers correct negative emotions and replace them with positive.

**All the sessions we will also focus on different aspects, such as:**

* Women’s health (insomnia, fatigue, skin care)
* Relation between Woman and the Moon
* How to minimize stress and depression
* Nutrition as a Healing Power advice

**Dates:** - October: Thursday 13.10.2016; Thursday 27.10.2016

* November: Thursday 1011.2016; Thursday 24.11.2016
* December: Thursday 08.12.2016.

**Where:** Room E.021 **Time:** 12.00 – 13.00 hours

**Facilitator**

Hannelore Habedank Sabogal, Reiki master, Back Flower Practitioner,

Hildegard von Bingen, Remedies, Relaxing therapist, Radiesthesia therapist,

Holistic health therapist, Health coach, Spiritual healer, Music therapist.

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