

# Energy Skills 101

Monday, October 10<sup>th</sup> 6:30-8:30pm

This class is perfect for those interested in learning about how we relate to others on many energetic levels. The information shared will be useful to all parents, teachers, managers, and a wide variety of health care professionals, as a tool to help guide your interactions.

There will be fun experiential exercises to deepen your understanding of the Human Energy System and learn about grounding, shielding, and pushing/pulling energy. There will be time for questions and an opportunity to find out more about the 6 month Energy Skills course that begins on October 22<sup>nd</sup>.

**Location: WellnessFirst!**  
3861 N. First Avenue, Tucson  
Must be *registered* to attend.  
Call Bob at: (520) 822-4982 or  
E-mail Catriona at [cat@sonoracohousing.com](mailto:cat@sonoracohousing.com)

For more information about Catriona's certification and the 6 month course, visit:  
[www.BobCatIntegrativeConsulting.com/IESS](http://www.BobCatIntegrativeConsulting.com/IESS)



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