

# Release chronic pain and find inner peace - 2 hour workshop on Saturday, 17th September




## Release chronic pain and find inner peace

*In this 2 hour workshop you'll learn how emotions can get trapped in the body and hold a particular condition in place. We'll look at typical emotions around chronic pain and learn how to release them which often leads to an improvement of the condition. Are you ready to make changes in your life? BOOK YOUR PLACE NOW!*

**Workshop content**

- Why do we get chronic pain?
- The body-mind connection
- Stress, pain and healing
- Techniques to reduce pain
- Releasing emotions around pain
- Releasing beliefs around pain
- Releasing resistance to healing

17th September 2016, 10am-12pm, £20 per person  
Limited availability. BOOK NOW!  
Sandy is a fully qualified Psychotherapist and Advanced EFT Practitioner.

**Call: 01273 696295**  
**Text: 07951024580**  
**email: sandyinbrighton@gmail.com**  
**Facebook: Sandy Eft**  
[www.meetup.com/Brighton-Emotional-Balance-Holistic-Wellness-group/](http://www.meetup.com/Brighton-Emotional-Balance-Holistic-Wellness-group/)

Location: Holistic Health Clinic Brighton  
53 Beaconsfield Rd, Preston Circus, Brighton, BN1 4QH

Location **South East, West Sussex**  
<https://www.freeadsz.co.uk/x-428083-z>

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Workshop content:

Why do we get chronic pain?

The body-mind connection

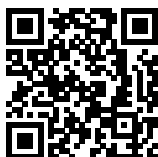
Stress, pain and healing

Techniques to reduce pain

Releasing emotions around pain

Releasing beliefs around pain

Releasing resistance to



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