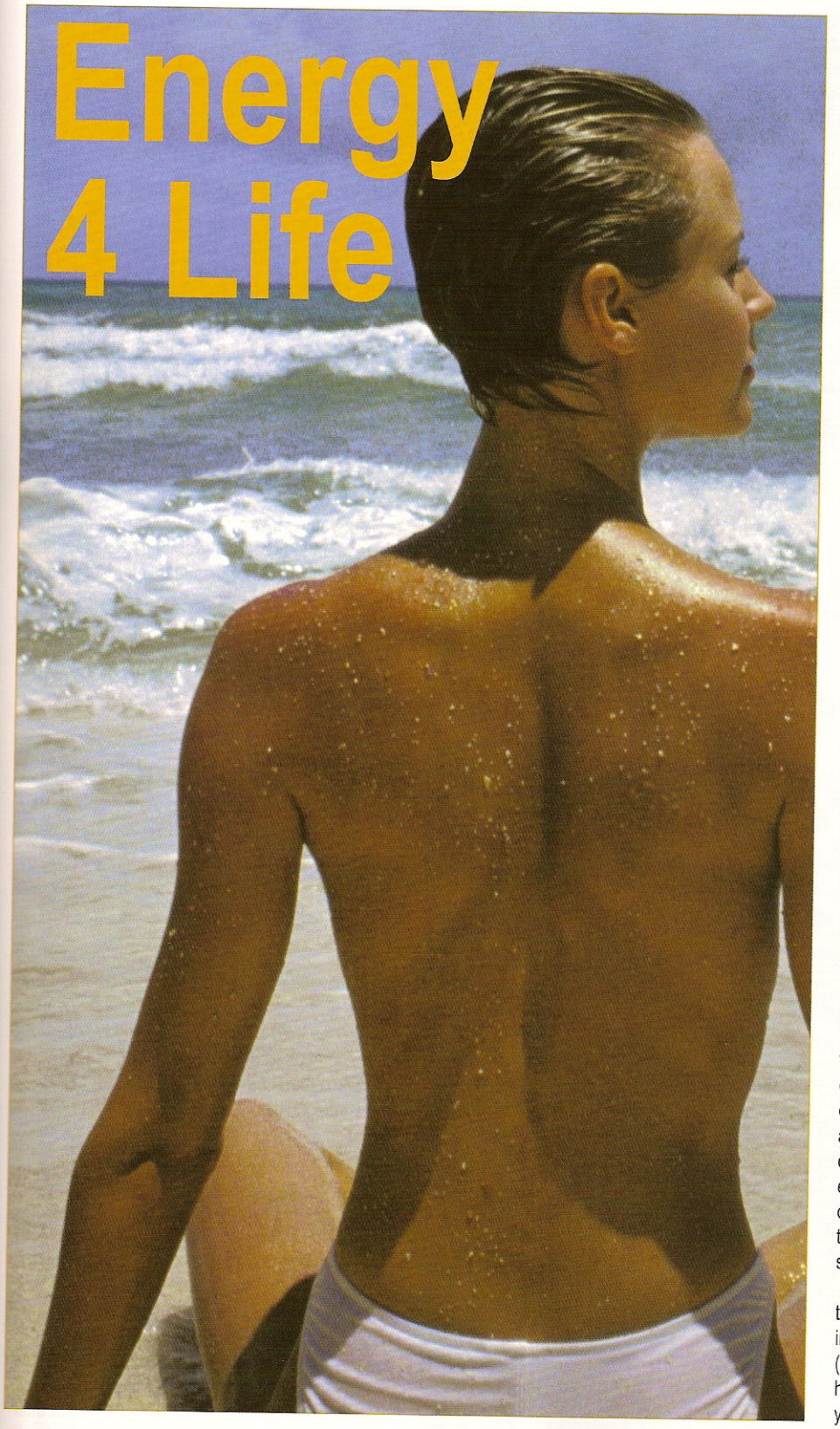
Energy 4 Life



Most people want enough energy and vitality to live life to the full. We don't want to feel drained, exhausted and stressed out all the time. And why should we when being full of energy is our birthright? Energy is the fuel humans are designed to function on. We need regularly topped-up, good quality energy for optimum health and well-being.

Energy is the fundamental building block of life. Everyone is familiar with energy and people describe it in different ways. How many times have you said or heard others say 'I feel full of energy' or 'I am low in energy'? Have you heard people speak of being 'in good spirits' or having 'no energy left at all'? People speak of liking and disliking other people's energy or vibration. Energy is very much part of our common language.

My research over the past twenty-five years has involved the study of energy, holistic healthcare, humanistic psychology, ancient spiritual traditions, quantum physics and new paradigm medicine. I have travelled worldwide and experienced how people maintain health and achieve success in many different cultures. This led me to develop a powerful culturally diverse energy-based approach to balanced living.

Energy 4 Life is a natural healthcare system that activates the chakras and human energy field. It's a powerful energetic approach, coaching people to live healthy, happy and successful lives.

Flow of energy in the human body, mind and spirit is the foundation of health and success. Energy 4 Life teaches four modalities that increase energy flow, each one based on a different element:

Earth Energy: Specific yoga postures and energy exercises designed to develop physical health, increase body awareness and enhance the flow of energy.

Water Energy: Alignment techniques that instantly affect the nervous system inducing deep relaxation and meditation. This balances emotion and promotes energy flow.

Fire Energy: The subtle energetics of food, detoxification and nutritional health are thoroughly explored with the aim of managing energy and restoring health.

Air Energy: Positive psychology, thought power, mind processes and quantum dynamics are all taught, enabling people to make deep and lasting change.

This intensive and timely training draws theoretical underpinnings from ancient spiritual teachings and the cutting-edge sciences of quantum physics, neuro-biology and consciousness studies. It is a meeting of science and spirit that beautifully answers the calling of our time. An advanced training that goes beyond enhancing the health of clients and which utilises contemporary coaching skills, supporting clients to develop greater meaning, purpose and success in life.

An excellent stand-alone training for those new to personal development and therapy or invaluable Continuing Professional Development (CPD) for existing therapists, yoga teachers, healers and coaches. It's the perfect training if you want to develop knowledge and skills in energy management, new paradigm medicine, consciousness and change. Energy 4 Life meets the accreditation criteria of the CMA, AET and the BCMA. This part-time modular course will change your life and give you the skills to help other people change theirs. TT

Caroline Shola Arewa is the author of *Opening to Spirit* and *Way of the Chakras.*
For more information on training and taster sessions visit www.energy-4life.com or contact shola@energy-4life.com.