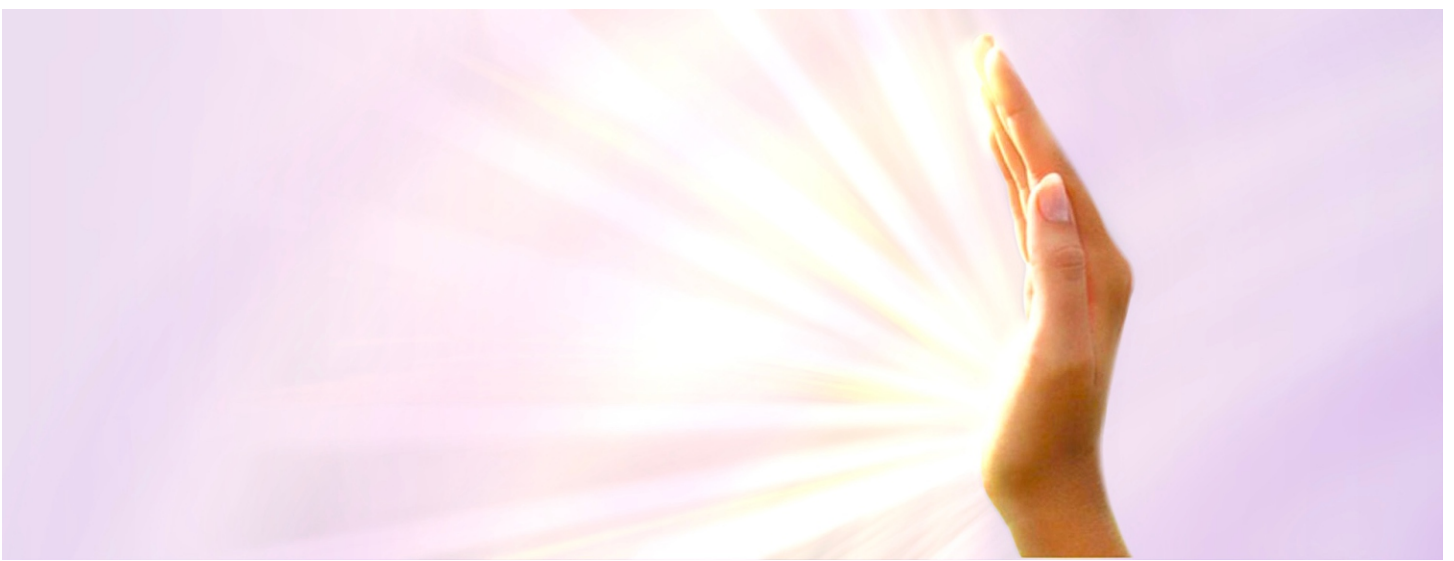
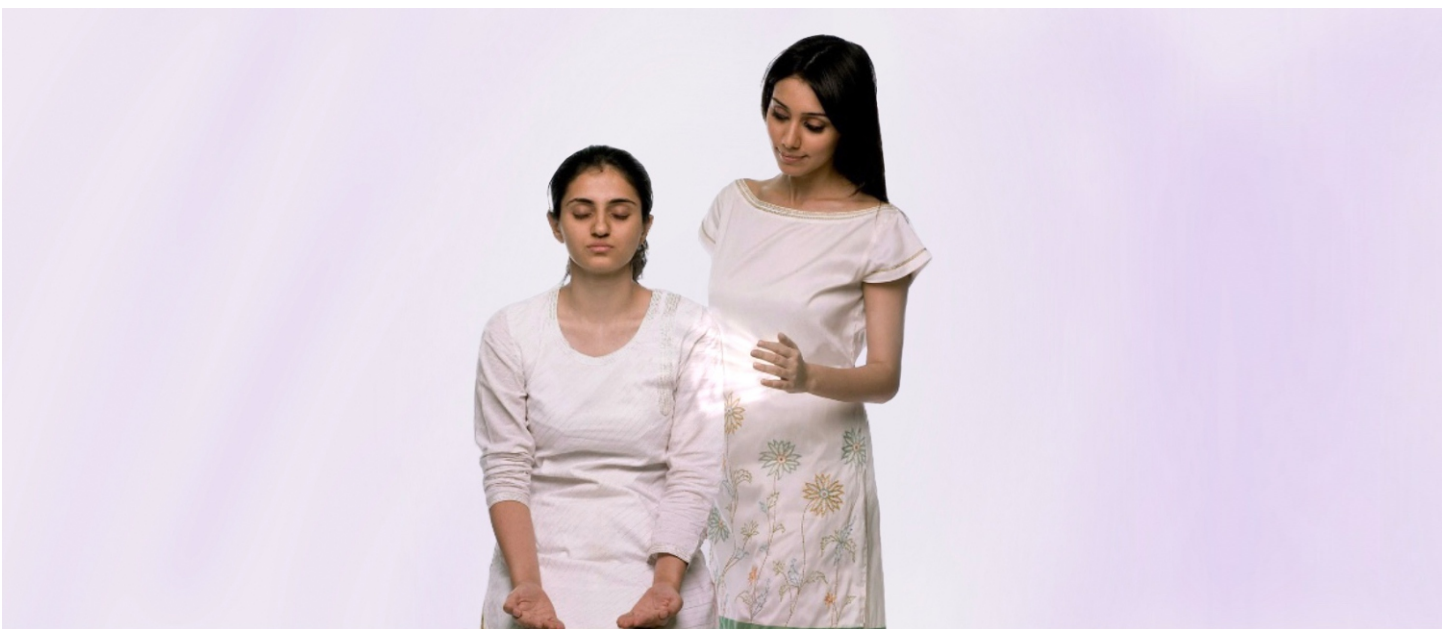




## Introduction to: Pranic Healing The art and science of energy healing



Join us online to learn how Pranic Healing can accelerate your body's natural healing ability.



**Pranic Healing** is an effective, powerful, non-touch healing modality that can be learned by almost anyone. It teaches **practical ways to improve** physical health, emotional well being, relationships and professional success.

**In this free one hour online introduction you will learn:**

- The **basic principles** of Pranic Healing that can be used to heal yourself and others
- How **prana** or life energy can **accelerate healing**
- Ways energy can affect you **physically, emotionally, mentally** and **spiritually**
- How to **breathe** to reduce stress and **increase relaxation** and life energy
- To help **cleanse yourself of stress** and negative emotions at the end of the day
- A **powerful technique** to help reduce anxiety, negative thoughts and cravings
- About the **chakras** and **energy anatomy**
- How to experience and feel **subtle energies**
- How **distant healing** works
- About the **origins** of Pranic Healing and its founder, Master Choa Kok Sui

Please contact [Mara Messenger](#), for upcoming dates and to register [mara@pranichealingontario.ca](mailto:mara@pranichealingontario.ca)

Hope to see you there 🙏