



Promote Healing and Relaxation
Reduce aches and pains
Alleviate stress and anxiety
Enhance Well-being

Therapeutic Touch Foundations

Now is the perfect time to learn Therapeutic Touch® for yourself and others. Therapeutic Touch is a gentle form of energy healing which touches a person at all levels of their being – physical, emotional, mental and spiritual. It can be easily learned and have a profound effect providing comfort and relief to those who receive it. It's your turn to learn this amazing healing modality.

This is a 4-part virtual Zoom class. The sessions will include practice, feedback and the opportunity to apply your Therapeutic Touch® learning.

March 26&27, April 9&10 1:00 - 4:30 pm

Objectives:

- Learn the history, theory and research for Therapeutic Touch
- Understand the concepts of compassion, centering, and grounding in TT
- Learn how to clear and rebalance the human energy field
- Practice giving and receiving a TT session with supervision
- Develop a practice of self-care and reflection
- Gain confidence in your ability to provide Therapeutic Touch® for yourself and others

Workshop series cost - \$210CAD

Instructors:




Paula has been active in Therapeutic Touch® for twenty years and is both a Recognized Practitioner and Teacher and the TTIA with the Therapeutic Touch Network of Ontario. Over the years, she has provided TT sessions to

hundreds of people and has taught healthcare practitioners, long-term care professionals, volunteers, and interested people this gentle energy healing technique to help themselves and others heal. Since the beginning of the pandemic, she has been facilitating the East End Toronto Branch via Zoom. Paula teaches Foundations and Levels 2&3. For the past six years, she has been teaching Therapeutic Touch for Self-Care on a weekly basis to members of Better Living Health and Community Services in Toronto.



Alison has been practising and teaching Therapeutic Touch® (TT) for more than 25 years. She is both a Recognized Practitioner and Teacher and the TTIA with the TTNO. For the same number of years she has been

providing TT in Stirling Manor LTC and in Pastoral Care for Eastminster United Church. She facilitates two TTNO branches on Zoom; her local Stirling Branch and the TTNO Virtual Branch. In 2014 she received the TTNO Founders Award for her work as both Recognized Teacher for the TTNO and their webmaster. She teaches Foundations and Levels 2 and 3 as well as Therapeutic Touch for Self-Care workshops, bringing with her over 20 years of experience teaching in both high school and elementary public school systems. Recently, Alison, along with co-author, Crystal Hawk, published *Be Your Own Healer: Self-Care with Therapeutic Touch*. This book outlines the self-care program they teach. She has attended the Montana Dialogues since they began in 2010.

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Learn how to
Relax • Replenish • Restore

A 4-Part Series on Zoom

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Workshop Cost \$210CAD

Registration Deadline – March 20

To register and pay by PayPal please click here to access the [TLHealing Pathways](#) website registration page.

To register by e-transfer, cheque or money order email adcooke141@gmail.com

You will receive confirmation of your registration in your email box. We'll send out further instructions closer to the date.