

THERAPEUTIC TOUCH CONFERENCE 2026



BC Therapeutic Touch Network Society

In-Person Conference at the Coast Tsawwassen Inn,

1665 56th St., Delta

Sunday May 24, 2026

Chakra Self-Care

with guest presenter

Bonita Hodgson

When your field becomes congested due to stress, fatigue, or unprocessed experiences, it can influence the outcome of a healing session. In this workshop, you will learn practical ways to recognize and address anything that may disrupt or distort your energy flow, helping you to offer the most supportive and effective session possible. We will explore a variety of techniques for assessing the condition of our own chakras. These methods will help enhance energy flow by addressing congestion in the field from the inside out.



You will learn:

- Visualization techniques to gain a clearer understanding of how each chakra functions
- How to address subconscious patterns that affect chakra flow
- How to help your field act as a clear conduit for Therapeutic Touch® (TT) and other energy work
- Self-care practices to help maintain equilibrium during challenging circumstances

Through this workshop, you will learn how to maintain a steady flow of energy and cultivate a calm, centered field regardless of what is happening around you. Discover how your very presence can radiate TT energy wherever you go.

Participants will also enjoy plenty of hands-on practice with techniques that are valuable for TT practitioners as well as those working in other energy healing modalities.

For more information, go to: <https://bctherapeutictouch.com>

Register Here!



As a psychic life and business coach for over 44 years, with a background as a Therapeutic Touch Recognized Practitioner and a Psych-K Advanced Facilitator, Bonita has worked with countless individuals and organizations, teaching spiritual development, well-being and mindset practices, inner child work, and relationship healing for the home and the workplace, among other offerings.

Bonita works worldwide from her home in Nanaimo, BC.
Learn more about Bonita at <https://BonitaPsychicCoach.com>