

# TIBETAN SELF-HEALING TECHNIQUES

## WORKSHOP SERIES SCHEDULE

The time zone for all live events is **Australian Eastern Standard (BRISBANE)**. To check the time in your location use the [Time Zone Converter](#).

### WORKSHOP ONE

10am – 1pm, July 13

- *Basic principles of Tibetan Healing* - the interconnectedness of mind, body, and elemental energy
- *Yuk Cho* – acupressure, EFT tapping, reflexology, and shiatsu

### WORKSHOP TWO

10am – 1pm, July 20

- *Energy Balancing* – working with chakras, channels and energy through meditation, sound and visualization
- *Vibrational Healing* – working with herbs, plant essences, gem essences and aromatherapy

### WORKSHOP THREE

10am – 1pm, July 27

- *Nejang and Yantra* – the fundamentals of self-healing yoga
- *Milam Nalgor* – dream work, the interpretation of dreams and lucid dreaming