

## **Love & Intimacy Workshop Syllabus Turning Point Healing Center**

**Friday, September 21, 7:00 p.m. - 9:30 p.m.**

### **7:00 p.m. - 8:30 p.m.**

Registration includes:

MSA energy assessment of vital life force

Breath assessment

Personal assessment

- \ Physical
- \ Mental
- \ Emotional
- \ Relationship
- \ Sexual
- \ Flower essence questionnaire
- \ Introduction to therapeutic & healing relaxation
- \ Course content

### **8:30 p.m. - 9:30 p.m.**

- \ Brief explanation of MSA and Qi/ life force
- \ About Dr. Emoto
- \ Where do you invest most of your time and money?
- \ Overview of benefits
- \ Of being a healthy individual
- \ Being in a healthy relationship
- \ "I" statements:
- \ Discharging negative qi
- \ \*Homework MN/ SR

## **Love & Intimacy Workshop Syllabus (Continued)** **Turning Point Healing Center**

**Saturday, September 22, 3:00 p.m. - 8:30 p.m.**

### **3:00 p.m. - 5:00 p.m.**

- ) Therapeutic & healing relaxation
- ) Awakening the qi
- ) MSA demonstration of impact of emotions/situations on life force
- ) Quantum physics presentation Bruce Lipton, Candace Pert,
- ) Therapeutic & healing Laughter
- ) Physical health qigong
- ) Emotions organ /emotions Yin Yang principles
- ) Improve flexibility while becoming stronger physically
- ) Boosting reproductive and digestive functions as well as improving asleep quality
- ) Developing balance in your body, life, and thus your relationship

Rewriting your Beliefs, Perceptions, Emotions, Roles

**Food as** Physical, Mental, Emotional, Relationship, and Sexual energy. Energy foods to enhance physical and sexual strength

Becoming self aware

\_\_\_what your body feels;

\_\_\_what your actions are;

\_\_\_what your intuition keeps coming back to.

### **5:00 p.m. - 6:00 p.m.**

Women breakout with Susan exploring the ideal relationship mental picture is health, beauty, and sexual vitality.

Men breakout with Mike exploring the ideal relationship mental picture relationship issues health, strength, and sexual vitality

### **6:00 p.m. - 6:45 p.m.: Break**

Refreshments

### **6:45 p.m. - 7:00 p.m.**

Therapeutic & Healing Relaxation

### **7:00 p.m. - 8:30 p.m.**

Experiential work

Homework

## **Love & Intimacy Workshop Syllabus (Continued)** **Turning Point Healing Center**

**Sunday, September 23, 3:00 p.m. - 8:30 p.m.**

### **3:00pm 5:00pm**

- ) Therapeutic & healing relaxation
- ) Moving towards wholeness
- ) Congruence Being emotionally honest
- ) Keeping love alive
- ) Evolving together
- ) Designing your new future without your old blueprint
- ) Coupleship a higher view
- ) Setting the mood
- ) Cultivating and Playing with the energy of self and of partnership

### **5:00 p.m. – 6:00 p.m.**

- ) Women breakout with Susan relationship issues health, beauty, and sexual vitality
- ) Men breakout with Mike relationship issues health, strength, and sexual vitality

### **6:00 p.m. - 6:45 p.m. Break**

Refreshments

### **6:45 p.m. – 7:00 p.m.**

Therapeutic & Healing Relaxation

### **7:00 p.m. - 8:00 p.m.**

- ) Experiential work
- ) Homework
- ) Always improving flexibility while becoming stronger physically.
- ) Always boosting reproductive & digestive functions as well as improving asleep quality
- ) Always keeping balance in your body, life, and thus your relationship