



Our Divine Feet

A Hands-On Energy Wellness Class

Focusing on the whole self and the feet, gateways to healing

Based on the work of Donna Eden, renowned pioneer in the field of Energy Medicine

Led by:



SUSAN
SHANLEY, MSW



DATE:

Sunday, August 8, 2021

TIME:

9:30 am - 4:30 pm

LOCATION:

ADK Northwoods, Athol, NY
(www.ADKNorthwoods.com)

FEE: \$75



- Explore the many powerful acupressure points on the feet
- Enjoy a foot bath with local flowers and herbs
- Relax with a sea salt/essential oils foot scrub
- Learn a bit of reflexology and how to release stuck energies in the feet
- Rejuvenate the feet with crystals, essential oils, tuning forks, and plants
- Practice the Brazilian Toe Technique, an Energy Medicine protocol, for deep calming
- Take home a foot massage oil that you create

REGISTER WITH SUSAN SHANLEY: sus.shanley@gmail.com or 518-275-5664

Having practiced as a psychotherapist for 25 years, Susan Shanley, MSW is an energy wellness coach, as well as an Advanced Eden Energy Medicine Practitioner, mediator and muralist. Susan specializes in matters of the heart and spirit. She offers individual coaching sessions, wellness classes and training seminars, including island retreats. Her practice is located in Saratoga Springs, NY. For more information, visit www.EnergyWellnessNow.com; call (518) 275-5664; or email: sus.shanley@gmail.com.