

# Women's Mental Health Retreat Workshops/Lectures:

## **The Fundamentals of Chakra's and Energy Healing**

Paperwork:

- Chakra Handouts
- 7 Chakras Cheat Sheets

**Objective:** To give a thorough and comprehensive understanding of the 7 main energy points (chakras) of the body and their relation to our health and wellness. To understand how to identify a blockage. To gain appropriate tools to bring chakras back into balance.

### **Key Points:**

- \*Step by step break down of each chakra's location, emotional governance, physical governance, distress signals, and balancing tools
- \*Chakra Healing Meditation

## **Self Love & Healthy Boundaries**

Paperwork:

- How am I loving myself?
- Who is \_\_\_\_\_?
- Secure & Insecure Attachment Styles
- 10 self love activities

**Objective:** To give a comprehensive explanation of how shame, projections/conditioning, internal dialogue, and seeking external approval diminish us from the inside out. To provide appropriate tools to rebuild connection with self

### **Key Points:**

- \*Understanding Self Worth attachments and how they are formed
- \*Conditioning & Projections
- \*Internal Dialogue and the negative implications of shame
- \*Establishing Healthy Boundaries

## **Shadow Work 101**

Paperwork:

- What you believe is what you receive!
- Shadow Work in Action!
- Shadow Work Cheat Sheet

**Objective:** To give a comprehensive understanding of how our internal world is shaped, expressed, and experienced. To gain an understanding on the importance of our beliefs systems and the role they take in shaping our lives. To provide the necessary tools to successfully conduct shadow work.

### **Key Points:**

- \*Identifying cycles, symptoms, and roots
- \*Personal beliefs and their relationship with trauma
- \*6 steps to processing trauma
- \*Understanding the unconscious mind and how it helps us locate energy blockages

## **What Are You Afraid Of?**

*Paperwork:*

- False Expectations Appearing Real
- Working Through Fear

**Objective:** To gain a new perspective on fear. To gain the necessary tools to live a life devoid of limitations

### **Key Points:**

- \*Understanding how fear creates limitation through illusion
- \*Tools for overcoming fear

## **Balancing the Left and Right Minds**

*Paperwork:*

- Balancing the Left & Right Minds

**Objective:** To gain a more in depth understanding on decision making and learn how to create a balanced mental space.

### **Key Points:**

- \*Understanding the logical mind and its role
- \*Understanding the emotional mind and its role
- \*How to maintain mental balance and make healthy decisions