

# Insights & Transformation...

Nurture your self-knowledge and love through intuitive healing

## **ENERGY ESSENTIALS: Meditation and Beyond**

Explore energy and learn effective and enjoyable meditation techniques for self-care in this four-session course. These methods help with relaxation, centering and transforming thoughts, habits and patterns. You will be equipped with a valuable set of tools that benefit physical and emotional health and support the changes you'd like as well as help you navigate any challenges you may encounter.

### **FREE First Class (see if it's for you!):**

Wednesday, September 15 | 6:00-7:00pm MT

### **Class dates:**

Wednesdays, September 22, 29, Oct 6 | 6:00-7:15pm MT

Classes held via Zoom. \$90

## **INTUITIVE ENERGY HEALING & PSYCHIC TRAINING 2021-2022**

This 9-month course in energy awareness and skill development emphasizes presence, change and relationship. We will explore intuition development, creativity, energy anatomy, and energy reading & healing skills as well as ongoing practices for your self-care and self-inquiry. You can use the healing tools both for yourself and others, such as people, pets and our planet. Both the class curriculum and the sense of community that develops are intended to be enjoyable and supportive and contribute to your overall well-being. Class will be held over Zoom, and offered in three separate 3-month segments (commit to one at a time) beginning in October. Energy Essentials is the pre-requisite foundational skills class.

**For more information or to register, contact Erica [erica@ericalinson.com](mailto:erica@ericalinson.com), 415-378-3804**

*Erica's classes were something to look forward to every week. I'd leave feeling renewed and at peace and gained valuable information and tools."*

*Anne Winton, Ketchum, Idaho*



Erica is a practitioner of energy medicine. She works with individuals as well as shares skills and perspectives to help others develop the discernment and sensitivity necessary to establish their own relationship with energy and healing. She has over two decades experience studying with healers, and has taught energetic self-care and healing techniques for the past 17 years. Erica's work is held within a broader context of collaboration and commitment to aligning the world towards a more sustainable future. She holds an M.A. in Philosophy & Religion from the California Institute of Integral Studies in San Francisco, and a B.A. from Georgetown University.

**Contact & register: [erica@ericalinson.com](mailto:erica@ericalinson.com) • [www.ericalinson.com](http://www.ericalinson.com)**