

Begin the new year with a new you!

Free yourself, discover self-love, and deepen self-knowledge through intuitive healing.

Energy Essentials

Learn effective and enjoyable energy meditation techniques for self-care in this three-session course. The methods help with relaxation, centering, physical and emotional health, and transforming thoughts, habits and patterns. It's a wonderful toolbox that helps with stress and focus, and supports the changes we'd like to make as well as navigating the circumstances we may find ourselves in.

Free Intro Classes:

Tuesday, January 12 | 6:30-7:30pm MT

Saturday, January 16 | 3:00-4:00pm MT

Course Options:

Tuesdays, January 19, 26, February 2 | 6:30-7:45pm MT *or*

Saturdays, January 23, 30, February 6 | 3:00-4:15pm MT

Classes will be held via Zoom. \$90 for each course.



Intuitive Energy Healing & Psychic Training 2021

This six-month course in energy awareness and skill development emphasizes presence, change, and relationship. We will explore intuition, creativity, energy anatomy and practices for self-care as well as energy reading and healing skills. These healing methods are effective for your own personal use or for others, such as people and pets, politics and planet. The curriculum supports well-being, and is designed to be enjoyable, supportive and informative. Energy Essentials is the pre-requisite foundational skills class. Classes begin February 12, 2021 and will be held via Zoom.



Erica is a practitioner of energy medicine. She shares techniques, 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.

To learn more, contact erica@ericalinson.com • www.ericalinson.com