

# Free Your Mind Healing

*Restoring the balance of energy in your mind, body and spirit so that you can live the life you want*

[www.free-yourmind.com](http://www.free-yourmind.com)



## Energy Based Healing Classes

Learn to practice self-care energy-based meditations to open, connect, and balance your chakras!

**\$25 per class**

**\*\*Register for all 3 classes for \$60\*\*  
(savings of \$15)**

**Only 18 spots available per class**

### Register at

<https://forms.gle/bm7h11CZCfHVXBgY7>

Facilitated by  
Christine Salas, LCSW, HTP



Email [fymhealing@gmail.com](mailto:fymhealing@gmail.com) with any questions

## Grounding & Self Mind Clearing

**Date: Saturday, March 6, 2021**

**Time: 10AM-11:30AM PST**

This virtual class is 1.5 hours and includes a 25-minute guided meditation that facilitates grounding and balances the energy in the brain. The purpose of this technique is to promote relaxation and peacefulness and it is used to focus or quiet the mind and clear stress-related headaches. This class also includes an introduction to Healing Touch and the benefits of energy healing.

## Self-Chakra Connection

**Date: Saturday, April 3, 2021**

**Time: 10AM-11:30AM PST**

This virtual class is 1.5 hours and includes a 25-minute guided meditation of a full body balancing technique that facilitates movement of energy from chakra to chakra by connecting the major and minor energy centers, and opening them to flow freely. This technique was designed to connect, open, and balance the energy centers (chakras) and enhance the flow of energy in the body. This class also includes an introduction to the 7 major chakras and how to assess your chakras.

## Self-Spiral Meditation

**Date: Saturday, May 1, 2021**

**Time: 10AM-11:30AM PST**

This virtual class is 1.5 hours and includes a 25-minute guided meditation of a full body technique that facilitates opening, connecting, and balancing of your chakras as well as an expansion of your energy field by using a spiral pattern. This class also includes a brief description of the 7 layers of the energy field and how to assess the energy field.

**CLASSES ARE HELD VIRTUALLY VIA ZOOM**

Each participant will receive a *private* YouTube link with the guided meditation after each class.