Healing Pathway is an experiential spiritual and healing practice that supports well-being and resilience by promoting energetic alignment to all aspects of our being – physical, emotional, mental and spiritual. Programs are supported locally and nationally by the Healing Pathway Society.

*This workshop is sponsored by the Eastern Ontario Ouataouais Healing Pathway Regional Council (*[*HealingPathwayEast@gmail.com*](mailto:HealingPathwayEast@gmail.com)*)*

**Healing from the Heart**

provides an opportunity to deepen the experience of healing and connecting to God’s healing power through the heart centre.

Our bodies are energy. We have fields of energy around us. Emotions and even thoughts carry energy.

When energies flow smoothly, all is well. When all is well, energies tend to flow well.

Stress, injuries, emotional wounds, and grief all impact the energy flow. Blocked energy can create pain and anxiety.

Everyone has the capacity to work with their own energy, and with other people’s energy, to help it flow, to help in our healing

We can learn to tap into Universal or Divine energy and use it to heal. We can learn to be more connected to Universal energy, more grounded, more centred, creating more resiliency for ourselves and others.

All of this helps both in healing what already needs to heal in our bodies and helps keep us healthy, like exercise keeps us healthy.

**Location**

Barrhaven United Church, 3013 Jockvale Road, Nepean \*(Barrhaven)

![Logo

Description automatically generated]()Healing Pathway Society

is the national governing

body of all Healing

Pathway in Canada.

The Society oversees the

Curriculum, code of ethics, and standards

for all Healing Pathway practitioners and instructors.

Visit: healingpathway.ca

Contact: [healingpathwaycanada@gmail.com](mailto:healingpathwaycanada@gmail.com)

A close-up of hands forming a heart

Description automatically generated**HEALING PATHWAY**

Phase 2 workshop

Healing from the Heart

Friday, May 10, 9 am – 5:30 pm

Saturday, May 11, 9 am – 5:30 pm

**at Barrhaven United Church**

**3013 Jockvale Road**

**Nepean**

**Healing Pathway**

**Eastern Ontario Outaouais**

**Regional Council**

Join us in a safe, quiet place as you learn about and explore energy in new ways. Leave feeling empowered to support yourself and others in the challenges of everyday life.

In this workshop you will experience techniques both for working with others and for self-care that focus on heart centred energy healing as a spiritual practice.

At this experiential workshop you will:

* ***Practising the skill of being a heart-centred, healing presence***
* ***Deepening awareness of the physical, emotional, mental, and***
* ***spiritual levels***
* ***Learning and practising specific healing sequences***
* ***Deepening self-awareness and understanding through exploration of spiritual practice and self-care***
* ***Be part of a supportive and caring healing community.***

**What past participants shared:**

“Healing Pathway is a spiritual practice . . . a healing balm in my life.”

“I am connected in body, mind & spirit.”

“I know what it is to be fully present to the moment, others & universal power.”

**Instructors:**

Come, be inspired, and immerse yourself in a workshop course with two experienced, heart centered facilitators – Abbbbb Cddddd and Efffff Ghhhhh. Together they offer years of wisdom and healing experience. Share in their passion for this transformative practice.

**Abbbbbb Cddddd**

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**Effffff Ghhhhhh**

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**Registration Information:  
Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Email:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Phone:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fees c Early bird - $250 by October 15th

c Full fee - $275 after October 15th

c Repeater fee - $150

*No prerequisites required.*

**Cheque made payable to**: Eastern Ontario Ouataouais Healing Pathway

**Mail registration and payment to**:

Healing Pathway

1081 Ambleside Drive Unit 611

Ottawa, ON, K2B 8C8

***OR***

Register on-line at

and eTransfer the payment to: treasurer.eoorc@gmail.com

**Food**

Snacks and drinks will be provided. If you have special dietary needs, please let us know or bring food for yourself. Please bring your own lunch

**Clothing**

Please dress in comfortable clothes and shoes.

**What to bring**

Bring a pillow and a blanket.