

If You Find Life A Challenge, Try This



Metamorphic Experience Day

May 19th, 10am—5pm

Luisne, Kilcoole, Wicklow

Tel 2010001 / 087 6633 581 (10am-1pm M-Fri)
info@luisne.ie

€55 including coffee breaks
You can bring your own lunch

Patricia O'Hanlon
Tel 087 632 4154

'I felt very relaxed afterwards and it gave me what I need most right now—a relaxed mind'

'The Meta session I had 10 days ago I found to be extraordinarily gentle and non-invasive, yet powerful. I slept well every night for a week, which is unusual for me—very restoring!'

www.kinect2health.com

Patricia has used the technique for 12 years and is teaching since 2005. She is a member of an association that has practitioners in 16 countries. She finds it to be an economical and very empowering skill to share in challenging times.

A session of Metamorphic technique involves light touch on the **spinal** area of the feet, **hands** and **head**, the Moving, Doing and Thinking areas of the body. It is so simple anyone can do it.

Some people describe a session as an hour of absolute bliss.

Try a short session and see what you think. It is a very individual experience. At a talk or workshop you will learn more about the technique, the background to it and how to make connections between characteristics you see on the feet, how you were born and what's going on in your life now.

No experience is necessary, just come with an open mind.

