

# Trauma Related Somatic Energy Work

## MODULE 3

**Thursday 9 to Sunday  
12 December 2021**  
(4 DAYS)

9.00am to 5.00pm  
Jo's Temple, 418 Leftbank Rd  
MULLUMBIMBY

The Spirit of Light Training is designed to help students grow in consciousness and free their own potential for healing and love. You will learn different techniques to help become an open channel for energy-healing and psychic work. In this module we touch on the basics of nervous system regulation to build capacity and create coherence. We also touch on the general way of using light to support healing.

Join us for these 4 days as Ghata gives you an understanding of the nervous system in order to help heal trauma and develop resilience. You will learn in a safe, loving and gentle environment to:

- Explore the importance of boundaries and how to repair boundary breaches and tears in relationships with ourselves and others.
- Learn how to self regulate under stress and how to develop resources.
- Connect to ourselves, to empower ourselves and others and to find safety in the midst of challenges. Use energy work to help the body to release trauma, become stronger and able to support ourselves and others.

During this module you will be learning different tools and have plenty of time to practice this energy work hands-on with guidance from Ghata. This module is delivered face-to-face.

**COST:** \$990 / Early Bird \$890\* Reviewers \$695 / Early Bird \$595\* (includes 4 x organic vegan lunches)  
*\*Pay a non-refundable \$200 deposit before 7 September to receive the Early Bird Price*

COME JOIN US, PLACES ARE LIMITED AND BOOKINGS ESSENTIAL!

## INFORMATION & BOOKINGS

Ghata Engels on 0403 399 904

email [spiritoflighttraining@gmail.com](mailto:spiritoflighttraining@gmail.com)

### SPECIAL OFFER

Book 2 modules  
receive \$100 off

Book 3 modules  
receive \$200 off

To find out  
more about SOL  
Spirit of Light Training  
and to see the other  
modules available, visit  
[solspiritoflight.com](http://solspiritoflight.com)



**Ghata I Engels** is the founder, director and facilitator of SOL Spirit of Light Training. She is an internationally renowned and respected energy worker, Somatic Experiencing Practitioner SE® and facilitator. Since 1992, Ghata has worked globally in teaching and leading personal development trainings. Her students see her as an incredibly intuitive and supportive teacher who is truly authentic in her care and commitment to leading by example. Her level of openness and authenticity is unique which attracts men and women from all walks of life.

