

Healing From Within: An Experiential Workshop Series

Are you ready to go deeper on your healing journey?

Dr. Neala Peake & Dr. Greg Vrona have joined forces to work with small groups of people who are interested in deep diving into their personal healing. They will be leading and facilitating a 5-week experiential workshop series designed to create a safe and supportive space where participants can learn more about and gain increased awareness around emotional and energetic patterns they may be holding in their bodies, patterns which may be holding them back from greater joy and freedom. Classes will include unique combinations of group sharing/bonding, meditation, intuition, energy work, and energetic bodywork. This work can be deep and includes dipping into the subconscious to become more aware of stored emotions which we don't readily have access to, so we work slowly and respectfully within every participant's comfort level with every activity that we do.

More specifically, Greg will begin by using gentle bodywork to balance the nervous system and align energy, helping the participant to relax and find their center. With the participant's permission, Neala will then assess the participant's energy flow from an emotional perspective, and both Neala and Greg will work to unblock the stagnant energy in the associated part of the body.

When: Tuesday evenings 5:30-7:00

Dates: Ask Greg or Neala for specific dates

**Where: 77 College Street, Suite 2D
Burlington VT**

Cost: \$385 for 5-week workshop series

For further information or to register, contact:

**Greg Vrona
gvrna@gmail.com**

Within ourselves we hold powerful tools for our journey towards health. Highly effective medicine, as well as deep wisdom and insight is contained in the depths of our own subconscious minds. We have everything we need in order to heal ourselves and others – we just need to learn to connect within and to trust ourselves.

It is our intention to create safe, healing spaces within which people can become more aware of their own emotional and energetic patterns. The emotional and energetic assistance provided by Neala and Greg promotes insight and clarity around these patterns. It is our hope that over time, groups will form that are ready to go a step further and delve into discovering each participants own unique abilities to heal others and to safely practice those abilities by working on each other.

PHYSICAL HEALING: The body reflects our mind, beliefs, and attitudes. Various forms of bodywork and energy healing have the potential to catalyze healing on all levels. Since the body and mind are not separate, working with the physical body is another avenue through which we can access and heal our mental and emotional selves.

PSYCHOLOGICAL HEALING: Carl Jung said: “until you make the unconscious conscious it will direct your life and you will call it fate.” Learn what you hold at the depths of your unconscious, then change your negative thought patterns and release old wounds.

ENERGETIC HEALING: Within our bodies are complex streams of energy. When these energies are out of balance, our emotional and physical health are affected. Every one of our thoughts, attitudes, and beliefs affect this energy flow. Change your attitudes and you change the energy- and therefore your health and well-being. Change the energies through various healing practices, and your attitudes begin to change as well.

SPIRITUAL HEALING: Spiritual practice can help us emotionally, mentally, and physically. Meditation is a powerful practice to connect us to our deeper selves and innate healing abilities.



Your Workshop Guides

NEALA PEAKE, PH.D.

Dr. Peake earned her Ph.D. in psychology and spent many years as a clinical psychologist in private practice. However, her interest in spirituality kept taking her onto other paths – one of which involved spending six years traveling and working with a spiritual teacher who taught her about the use of spiritual energies in healing. This training enables her to work with and read people's subtle energies – feeling where a person is blocked and what emotional issues need to be addressed to bring about healing. Using a blend of psychology, meditation and spiritual practice, she helps people heal their core wounds and live more joyous lives. She has facilitated healing groups and worked with people individually for over 30 years.

www.nealapeake.com

GREG VRONA, D.C.

Dr. Greg is a doctor of chiropractic with over 20 years of experience working with the structure and energy of the body. He was trained in traditional chiropractic at Life University in Marietta, GA, but over the years was guided toward exploring more subtle and energetic modalities, including Bioenergetic Synchronization Technique, Quantum Touch, Reiki, Craniosacral Therapy, Myofascial Release and Zero Balancing. Combining the above techniques and listening to his own intuition, he developed a treatment approach unique to him. His intention is to help others develop the awareness that most physical challenges have an emotional component, and when a light of awareness is shone on the emotional pieces, further healing and expansion is possible.

www.alignmenthealing.net

