

# BODY SPIN



**BODY SPIN** is a gentle yet powerful healing method that finds the memories, past traumas, toxins and suppressed emotions that are blocking our energy flow. These blockages weaken our health and burden our hearts. **BODY SPIN** initiates a powerful flow of energy into the body, which helps us to heal rapidly and effectively.

- It's a healing method that is quick and easy to learn
- It can discharge blocked energy anywhere in the body
- Pain can be relieved and our structure re-aligned, often within minutes
- Body Spin can be practised on oneself & family
- This workshop provides a perfect introduction to working with energy.
- Any issue or conflict or problem can be addressed

**BODY SPIN** is an integral part of **LIFE ALIGNMENT TECHNIQUE** which includes Body Spin, Body Alignment Technique, Vortex Alignment Technique and Home Alignment (an application of Vortex).

**BODY SPIN**, like Body Alignment Technique, addresses the root cause of an issue rather than attempting to treat the symptom. It is a brand new healing method, intuitively received by Dr Jeff Levin in April 2005, following the earth quake and tsunami, bringing a big shift in energies with it.

## **In the workshop you will learn:**

- Vibrational healing and the subtle energy fields
- Identifying and balancing body points and systems
- Major & Minor Chakras
- Pain balancing
- Use of Vortex magnetic healing cards
- Sensing energy with your hand
- Dowsing with a pendulum
- Use of Applied Kinesiology
- Emotional Release process
- Detoxing the whole body

## **Included in the workshop:**

Extensive manual & colour chart, certificate after case studies have been completed, Body Spin Vortex Cards, special energized Pendulum and an additional practice session.

## **Who is teaching Body Spin?**

Brenda Ganwani, is an experienced Body Spin practitioner and teacher. For more information on Body Spin & Life Alignment, read up on the international website [www.bodyalignment.org](http://www.bodyalignment.org)