Self Healing Workshop

At Wiawaka Center for Women Wiawaka Center for Women

Lake George, NY

Friday August 29th evening Through Sunday August 31st, 2025

"You are a child of the Universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the Universe is unfolding as it should."

©Max Erman, 1927

Yes, the Universe is unfolding as it should—but are we always equipped to deal with it? Sometimes it seems as though life is playing a game with us...we are diagnosed with some disorder, we lose a job, we encounter a spiritual crisis, our best friend leaves town, etc. These are the times when it helps to have some tools to work with. Therapeutic Touch® is one of those tools and can be used for self-healing. With our TT community this can give us the strength to deal with the hand life is dealing us—and to do so happily.

"The time has come for you to start owning your life...You own it for what you choose to be. If you don't take ownership, let me make you a promise, someone else will. And they do it through guilt and they do it through demands." ——Carol Price

The goal of this Self-Healing workshop is not to advocate that you become a health food—exercise addict, or someone who denies themselves the fantastic pleasures life has to offer. Instead we want you to examine and think about the choices you are making for your body, your mind, and your life. As we go through the weekend, you may hear ideas in a new way, and realize that you can and do want to change some things you are presently living with. While you are still in a "get healthy" mood, we will read the ideas presented and **write down the easy choices we can make** as a starting point for our new lifestyle. We will share time in meditation, TT sessions, walking the labyrinth, relaxing on the dock and in the water, and enjoy the community of TTrs.

Objectives: At the end of the workshop, participants will be able to:

* Define the human energy field
* Discuss the use of your own energy to change its patterns
* Create a written plan for self healing

The weekend will not be a serious, "I'm going to have to make hard choices" experience. Instead, it will be filled with plenty of light-hearted humor, conversation with like-minded people, and some really good ideas to think about. The fee for this workshop is $420.00. This includes Dinner Friday, breakfast, lunch, dinner Saturday and breakfast on Sunday. It also includes a copy of **Be Your Own Healer** by Crystal Hawk and Alison Cooke along with handouts to help you create a written plan for yourself.

Total Fee $420.00

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Facilitator: Sue Conlin, BA QTTT, TTCCF, has been practicing Therapeutic Touch® since 1990, teaching TT since 1998, and studied extensively with the co-creator of Therapeutic Touch, the late Dolores Krieger PhD, RN, Professor Emerita of NYU College of Nursing. Sue is the Operations Manager of *Therapeutic Touch International Association* (TTIA) and is credentialed by *Nurse Healers Professional Associates International, Inc.*, the educational arm of TTIA. She also serves as Treasurer of The Therapeutic Touch Dialogues, Inc. She Volunteers for Ellis Medicine and offers TT to staff and students at the Belanger School of Nursing as well as staff at several other Ellis Medicine sites. Therapeutic Touch is a lifeway for Sue and its inherent compassion guides her life.

To register please fill out and return with your deposit of $200.00 by July 31st, 2025 to:

Sue Conlin, Therapeutic Touch Training, P.O. Box 138, Warnerville, NY 12187-0138 or to tttrainer@verizon.net

Final Payment of $220.00 due August 20th, 2025

Self-Healing Workshop 8-29-25 through 8-31-25

Payment maybe made by PayPal or Zelle (tttrainer@verizon.net) or Venmo (@sueconlin) or by check to Sue Conlin, PO Box 138, Warnerville, NY 12187.

Name: _____

Address: _____

City: _____ ST:_____ Zip: _____

Cell Phone #: _____

E-mail:_____

Years as TT Practitioner: _____

Other Modalities: _____

Dietary Restrictions:

Gluten -Free _____ Vegetarian _____ Vegan _____ Other _____

Anything else we should know? _____

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