**Star Nation Foundation for the Healing Arts**

**A Not for Profit Corporation**

Presents a series of workshops with Eric Lindemer in April 2016.



# Eric Lindemer, LMT, has been practicing and teaching the healing arts for almost twenty years. He has worked as a professional dancer, massage therapist and energy healer and has presented at institutions throughout the country including: Harvard University, Boston University, Boston Conservatory, Brigham and Women's Hospital, Centers for Spiritual Living in Ft. Lauderdale, FL and Oklahoma City, OK, and the Sedona Creative Life Center.

Sunday April 17th **Meridian Clearing $30.00**

From 3pm to 5pm: Location: 1443 17th Street, Columbus GA 31901

The meridians are the body’s energy pathways, and in this class you will learn to clear them with your hands! The routine, once learned, only takes about a minute, but it is a powerful tool for clearing and balancing our energy, or someone else’s. This class will not make you an expert on the intricacies of the meridians (that requires years of study,) but you’ll benefit from knowing how to clear them. Think of it as learning to brush and floss your meridians! Each student will also have the opportunity to have their meridians cleared by Eric as part of the class demonstration. Meridian chart and printed instructions for the routine are provided for each student.

Saturday April 23rd **Meditation, Pranayama, and Energy Balancing
Techniques to clear, strengthen, and upgrade your body/mind/energy system** $20.00

From 10am to 11:30am Location: 1443 17th Street, Columbus GA 31901

 **Prerequisite for Foundations of Energy Healing**

Learn powerful techniques to support the health, healing, and awakening of your mind/body/energy system. Practices include: gentle energy clearing & balancing exercises, meditation, pranayama (yogic breathing techniques,) and mudras (hand positions used in meditation to support the flow of energy through the body.) This class offers powerful techniques for self-care, and is also a prerequisite for our Intro To Energy Healing class. Both beginners and experienced practitioners welcome!

Saturday April 23rd **Foundations of Energy Healing** $20.00

From 1pm to 2:30pm Location: 1443 17th Street, Columbus GA 31901

This course offers an introduction to hands-on energy healing techniques for use with oneself, friends, and family, and also may serve as a starting point for those wishing to further their studies in energy healing. Various theories and techniques of energy healing will be presented and demonstrated, and students will have the chance to try a few techniques on themselves and with classmates.

Sunday April 24th**Deepening Meditation Practice and Temple of the light**

 **Meditation** $30.00

From 1pm to 4pm Location: 1443 17th Street, Columbus GA 31901

Come to relax, release, restore, refresh, and renew! Learn how to develop a mediation practice in your busy life and to maximize the benefits of meditation on health, emotional and spiritual wellbeing. Includes discussion of different techniques, practices and a guided relaxing meditative journey through the Elements of Earth, Water, Fire, Air, and Starlight to release stagnant energy and welcome healing energy and increased spiritual awareness. We will conclude by sharing this healing energy with the Earth and all her beings. Our potential for healing and awakening is greatly enhanced when we gather together, so if you feel called please join us!

Saturday April 30th **Advanced Workshop: Deepening Meditation Practice and**

 **Anointing of the Light Meditation -6 Hours including lunch.** $60.00

From 10am to 4 pm Location: Spirit Farm and Stables

 7539 Roosevelt Highway, Warm Springs GA 31830

Expect to deepen your meditation practice and through different senses using music, sound, crystals and essential oil fragrances as well as guided meditation, energy healing and sitting in the current generated by group intention combining with the energy of the earth and the horses at Spirit Farm. At the end of the day there will be the Anointing of the Light Mediation. This sacred ceremony is similar to the anointing’s, blessings, darshans, or attunements of various traditions with the purpose of supporting well-being and spiritual awareness. This ceremony has emerged from my many years of studying and practicing healing and spiritual traditions including Eric’s work with Reiki, working with leading healers and teachers, and having received many blessings, Darshans, activations and attunements. This ceremony is appropriate both for those wishing to begin or expand their spiritual awareness as well as for experienced practitioners desiring a "recharge" or a "reboot!"

**Individual Energy Healing Sessions with Eric Lindemer: by appointment only- $75 for 1 hour - $45 for ½ hour.**

**Call 706-317-2163 (Dr. Ona Graham’s office) and speak with Ms. White to reserve a place in the workshops or to schedule a Reiki session. Reiki sessions are available both in Columbus and in Warm Springs.**

**Class size is limited. Discounts are available for multiple workshops. Scholarships are available for disabled veterans.**

**Fees for workshops are suggested donations that go to the Foundation to develop healing programs for Veterans and others suffering from Post-Traumatic Stress Disorder.**

**Make checks payable to Star Nation Foundation. Donations are tax deductible.**