

The Light Touch

- Would you like to interpret accurately what's happening for a person simply by watching how they walk and how they hold their body?
- Would you like to move beyond the mental clutter and verbal smokescreens people can create ... and get to the heart of the matter?
- Would you like to have simple yet highly effective tools to encourage clear and consistent change for your clients and for yourself?
- Would you like to learn a technique which requires no manipulation, that honours the flow of the body, that is totally non-invasive, that is so light ... and yet so profound in its impact?

With *The Light Touch* all this and so much more is easily possible. The body never lies, and you can access the information that the body holds. You can learn what the body, and therefore the person, is really saying. You will learn to **speak body**... and get astonishingly accurate feedback. And then? And then together we can explore things more deeply and search for change and integration.

How does *The Light Touch* Training work?

In the end, this is a practical training concerned with **practical matters**.

The Light Touch Training will teach you the following:

- How to speak 'body'
- Identifying core issues running peoples' lives
- Using the **healing power** of your touch. Very much **hands-on**.
- Understanding **energy flow** and how to increase it
- How to understand and support others.
- How to literally **walk our talk**

It's magical work. Exciting, challenging and designed to push back our own boundaries to understanding how our bodies work. In my experience, I have not found a more powerful process for deep-level healing. So, here is an invitation to unwind our historical limitations.

Who is *The Light Touch* Training for?

This is a multi-level training for body workers, healers, nurses, therapists, counsellors, and apprentice magicians. It is for anyone who is curious to learn about the magic of healing. The Training will stretch you and help you develop your intuitive and other skills. No previous training is required. Indeed I encourage you to leave any preconceptions at the reception!

The Light Touch Training in 2 parts over 4 weekends

Dates	Part One: 21-22 May & 11-12 June 2005
	Part Two: 10-11 September & 8-9 October 2005
Venue	The Integrated Health Centre, Cote Royd House, Halifax Rd. Huddersfield
Cost	Part One £240 Part Two £240

SAMRA TRAINING CONSULTANTS

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The Light Touch

About the Trainer

Rajan Samra has been teaching and practising bodywork for over 20 years. The power that Rajan has in this field is quite extraordinary. He has consistently baffled sceptics with his ability to harness the emotional forces of individuals or groups. He has impressive credentials as healer, teacher and trainer. He has brought together the best parts of his understanding from Kinesiology, spiritual healing, NLP, yoga, counselling and many other disciplines into one simple process called **The Light Touch**.

The **The Light Touch** Full Practitioners Course has been developed along the principles of the holistic balance of the Mind, Body and Spirit and consists of **four stages**. From the first course you will learn powerful skills that can improve our health and well being.

Stage One

What it means to be a healer
What we notice when we simply **look**
The elements of **touch**
Connecting with the healing pulse
How to understand energy flow

Stage Two

Walking our talk: posture and integration
How to gently release neck and shoulders
Freeing the knees

Stage Three

How to work on the pelvis and sacrum
Attuning with the rhythm of the body
Chakras and subtle body flow
Working on the cranial plates & TMJ
Improving posture, spinal realignment

Stage Four

Cranial-sacral work
Releasing the Spine
Deepening the power of The Light Touch
The Cliff Edge Experience
Bringing it all together

The training is for anyone wanting to experience the joy of self-discovery and personal transformation. No previous background in bodywork is required.

Client Testimonials

"I've found Rajan's teaching style to be safe and warm, inspiring and uplifting. I'm now able to go out into the world with confidence and expanded vision – free of the doubts and blocks that had previously limited my life" John L. Writer

"I couldn't have found anyone more suited to me than Rajan. The way we operate seems very logical and effective for me. This stuff actually works! Rajan works intuitively—he just knows what to do, and I am grateful for his support." Nicola B

"The course was excellent. Clear, well structured, never boring, and it was challenging (as you promised!) and very well presented. Thank you for your teaching; it has been the most fun learning I have ever done." Fiona D. TV Producer

Please post/email your reply to SAMRA TRAINING CONSULTANTS

12 Whitebeam Park Huddersfield HD2 2GZ tel: 01484 545457
Cheques payable to R Samra

YES PLEASE RESERVE MY PLACE ON **The Light Touch** TRAINING

Name

Address

..... Post Code

Tel No

I enclose a non-refundable deposit of £40 I enclose Payment for Part One £240/ Full payment of £480