

FREE
ADMISSION
RSVP REQUIRED

CONNECTING WITH THE ENERGY OF NATURE

Workshop by Dr. Claire Elouard

Nature's energy can help us in strengthening our own energy and finding back stability and harmony within ourselves. All people have the potential for communication with nature and perception of its energy, although they may need to consciously develop it. Conscious connection with nature and its energy can be an important support in our daily life. It also allows us to discover some unrealised aspects of ourselves through the development of our relationship with nature.

As part of the **Maggie's Cancer Caring Centre - Jockey Club Emotional & Psychosocial Support Programme**, this 3-hour workshop proposes tools for consciously developing and deepening our means of perception of energy and our relationship with nature. Various exercises on grounding and centering and on perception of the energy will be proposed during the workshop, along with an exploration of the perception of the energy of trees that can be supportive for us.

“Connecting with the Energy of Nature” Workshop

Workshops will be conducted in English; interpretation in Cantonese available at selected sessions

DATE & TIME	a) 10 September 2016 (Sat)	10:00 – 13:00
	b) 10 September 2016 (Sat)	14:00 – 17:00 (Cantonese interpretation available)
	c) 1 November 2016 (Tue)	09:30 – 12:30 (Cantonese interpretation available)
	d) 1 November 2016 (Tue)	14:00 – 17:00 (Cantonese interpretation available)
	e) 2 November 2016 (Wed)	09:30 – 12:30 (Cantonese interpretation available)
	f) 2 November 2016 (Wed)	14:00 – 17:00 (Cantonese interpretation available)

VENUE Maggie's Cancer Caring Centre, Tsing Chung Koon Road, Tuen Mun Hospital
CAPACITY 20 per session

SPEAKER Dr. Claire Elouard

Dr. Claire Elouard is of French nationality; she spent her early childhood in Senegal, Africa, and later studied in France. She has Ph.D. in Vegetal Ecology and Master of Biology degrees from French Universities. She conducted her field research for her Ph.D. in Indonesia. After spending 12 years doing research in forest pathology and ecology in places in Indonesia, Malaysia and South India, she directed for 14 years an environmental project in India, in tribal villages of Maharashtra.

Dr. Elouard has been deeply connected with nature since childhood. She later developed this connection by learning about the Hindu philosophy on the five elements and their corresponding chakras. She has been teaching people to communicate with nature and feel its energy since 2004 in India, France, Taiwan, Hong Kong and Singapore.

Funded by

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