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# Energy Healing



## Synopsis

True wellness begins at the energetic level. As traditional healers have known for thousands of years---and as modern medicine is now beginning to recognize---our symptoms and health challenges can begin first as imbalances in our energy field. So what can you do to enhance the health of your subtle body? With Energy Healing, Dr. Ann Marie Chiasson presents a complete training course in medically sound practices for energetic self-care. Drawing from the material she teaches at Dr. Andrew Weil's Arizona Center for Integrative Medicine, Dr. Chiasson presents a comprehensive suite of movement, meditation, breathing, and touch-based techniques to improve your health and enhance your vitality. Includes over six hours of instruction on CD and DVD, a 107-page workbook, and 25 reference cards for mastering powerful energy healing practices from Dr. Ann Marie Chiasson.

## Book Information

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## Customer Reviews

Ann Marie ChiassonAnn Marie Chiasson, MD, is Canadian Board Certified in family practice. She has a private integrative and energy medicine practice in Tucson, Arizona, where she offers consultations, treatments, seminars, and retreats. She also teaches through the Center for Integrative Medicine at the University of Arizona.

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