

Master Adam

World Renowned Physical and Spiritual Healer

Stress & Pain Relief Workshops

Stress is the physical, mental and emotional reaction we experience as the result of changes and demands in our lives. It weakens the body's immune system and brings emotional and physical illness.

In this two-hour experiential and dynamic workshop you will discover and cultivate your ability to:

- ✓ Control negative thoughts and emotions
- ✓ Visualize your dreams into reality
- ✓ Focus and improve alertness and morale
- ✓ Reduce stress by proper breathing, guided imagery and meditation
- ✓ Understand and increase your own energy
- ✓ Use your energy to heal yourself and others
- ✓ Relieve back and neck pain with basic exercises



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Facilitated by master healer, Adam Hanania, a celebrated physical and spiritual healer, hypnotherapy master and a powerful channel for Electro-Magnetic energy. Through the channeling of bio-energy and other physical and spiritual healing modalities, his work in alleviating pain and disorders in the body has helped thousands of men and women achieve physical and spiritual wellness. When he is not working with clients, Adam shares his knowledge and experience in his popular workshops. Adam has appeared on television as a guest on "The Healing Energy of Your Hands" and as the host and master healer for the spa episode of VH1's hit "Surreal Life 4".

Workshops are available at the convenience of your location

For more information:

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