

SHEN® therapy

Physio-emotional Release Therapy

Do you ...

- Suffer chronic pain, anxiety attacks or migraines?
- Have problems sleeping, or carry uncleared grief?
- Overreact and say or do things you later regret?
- Feel powerless, unable to move forward in life?
- Have emotions that continually upset your well-being?

.... if so, it's time to get into SHEN®!

Empowering the Heart

A SHEN® Personal Empowerment Workshop

Windlesham, Surrey

Monday 27th October – Sunday 2nd November 2025

SHEN® is scientifically researched and can enhance emotional well-being and balance by releasing chronic pain, stress, burn-out, anxiety, migraines, panic attacks, sleeping problems, uncleared grief, past trauma, phobias, eating disorders, emotional and sexual abuse, and by accelerating physical healing from injuries and operations

Your Instructor



Helena Legg
Certified SHEN®
Therapist SHEN®
Instructor

A SHEN® workshop can be a fresh start for you. Anyone can attend the workshop. It is a powerful path to resolving personal issues which may hold you back in life, and many participants attend purely to receive a concentrated number of sessions for their own emotional healing and balance. It's a great opportunity to release somatically held emotion. Many participants report significant personal changes.

During this fully experiential workshop you will receive 21 SHEN® sessions. You will learn how to use SHEN® to help your family and friends as you and your classmates are guided through the core SHEN® techniques. SHEN® is a powerful yet gentle process, one that can be used safely with the elderly as well as with small children. If you work in counselling, nursing, psychotherapy, care-giving, natural therapies, body work and energy work, it's an ideal forum for learning fundamental SHEN® techniques to help others, as well as for your own unfolding.

SHEN® is easy to learn; we use a comprehensive handbook and a set of clear table charts that are yours to keep after the workshop. SHEN® workshops hours are from 9.00am to 6.00pm. The workshop fee includes tuition, course manual, morning and afternoon tea.

Just a few of the topics in the SHEN handbook you receive:

The Nuts and Bolts of Emotion

- ✓ Unravelling the mysteries of Emotion
- ✓ Field Effects of Emotion
- ✓ Key Principles of Emotion

The Basic Physics of the Biofield

- ✓ Movement Patterns in the Emotional Biofield

A Brief History of Biofield Healing

- ✓ Ancient Antecedents
- ✓ 325 Years of non-religious healing in the United Kingdom

BOOK NOW!!

**To register and for further
information, please call or email
Helena Legg**

Limited Accommodation Available at Venue