

normandale

ENERGY WORK



Cyndi Dale, BA, MTAEH is the president of Life Systems Services Corporation and is an internationally recognized author of dozens of books on spiritual development, personal growth and energy healing.

These courses will be a tele-seminar/webcast and will be virtual. You will receive an email with the link to the tele-seminar information 1-2 days prior to the start date.

Please ensure that you have a computer with audio capabilities and internet access prior to registration.

See website for complete course descriptions.

The Energy of Food - Creating a Right Relationship to Substances

Especially now – we struggle with our food choices and eating habits. Come and learn with Cyndi Dale about how to make healthy choices and avoid unhealthy decisions. You will better understand how your relationship with food nourishes you or not. Most of us struggle with food, challenged by food issues, cravings, overweight, allergies, sensitivities, addictions, or just plain confusion. This class will cover the little known contributors to these challenges, which are the subtle energies affecting and creating our relationship with food. We will analyze the subtle or invisible energies composing the physiological, psychological, epigenetic (ancestral), and subtle anatomical issues that create—and clear—food issues.
6 Contact Hours, \$135

63245 Saturday, 6/20/20 & 6/27/20 9:00am – 12:00pm

Personal and Global Healing – During This Time of Pandemic Crisis

Cyndi Dale has been working energetically to blend higher consciousness concepts and powerful energy tools and healing techniques to support personal and global healing from the current trauma we have been experiencing - using discussions, demonstrations, guided meditations, and information from her upcoming release Energy Healing for Trauma, Stress & Chronic Conditions. Cyndi will guide you through the process of personal and global healing. See website for complete course description. 4 Contact Hours, \$85

63756 Thursday, 7/2/20 & 7/9/20 6:00pm – 8:00pm

Chakras – For Guiding Decisions

Times like this are confusing. Making decisions while in—and surrounded by—anxiety, depression, and mixed messages is challenging. But you can also take advantage of this time of the pandemic to figure out your main chakra/s and use them as your life guide. Chakras are subtle energy organs that hold all your memories and your spiritual imprint. There are twelve chakras, and each runs a particular set of physical, psychological, and spiritual concerns. Within each person, however, not all chakras are created equal. In order to achieve your unique spiritual destiny—and be wholly fulfilled—you have to nurture the one or two chakras that “run the show.” Which one or two chakras are your most important? By figuring this out, and making decisions according to its primary functions, you can be spot-in with every choice you make.
3 Contact Hours, \$75

63246 Saturday, 8/15/20

9:00am - 12:00pm



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To register or for more information, contact Normandale Continuing Education at **952.358.8343, ncal@normandale.edu** or visit our website www.normandale.edu/CE/classes