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Energy healing yoga and energy healing treatments with human energy stations

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Humans who have program beliefs which limit their experience for a higher capacity for love, optimal health, joy and ease on Earth. As an expert in movement, author has witnessed and become aware of the unique experience that humans have when engaging in the practice of yoga, somatic movement and guided meditation-whereas they literally witness their own illusion of physical, mental or emotional limitations and witness a new perspective and possibility every time they learn a new healing pose or mental/emotional which at one time, perhaps even at the beginning of that class, they thought they could not achieve. Upon guiding thousands of classes in populations varying from homeless to mega corporate campuses and from ages 1-day old to 93, it became apparent that these movement and visual practices were creating opportunity for belief-change work taking place in yoga classes, therefore, concluding that epigenetics were indeed a part of yoga, meditation and somatic movement. As further multiple practices of energy healing such as Theta Healing, Reiki and a variety of others were being practiced with individuals, these energies organically became infused into all group classes, and the effects are profound. Companies who were once interested in more of a physical fitness noontime yoga class became more interested in restorative yoga which transitioned into energy healing yoga which at one time sounded weird, eight-years into these practices on campus because normal. Human energy station's desire is to educate humans on the true benefits of energy healing through movement, meditation and hands-on therapy and the importance of choosing it to be a normal and regular implementation to their self-care, which will create changes in our personal human experience.