

# If You Find Life A Challenge-Try This



A session of Metamorphic technique involves light touch on the **spinal** area of the feet, **hands** and **head**, the Moving, Doing and Thinking areas of the body. It is so simple anyone can do it.

**Some people describe a session as an hour of absolute bliss.**

Try a short session and see what you think. It is a very individual experience. At a talk or workshop you will learn more about the technique, the background to it and how to make connections between characteristics you see on the feet, how you were born and what's going on in your life now.

**No experience is necessary, just come with an open mind.**

## **Metamorphic Experience Day**

**Athlone**

**Creggan Court Hotel**

**Sat April 28th**

**10am—5pm / €55**

**Patricia O'Hanlon**

**Tel 087 632 4154**

**[www.kinect2health.com](http://www.kinect2health.com)**

**Malahide — Tel 087 632 4154**

*'I felt very relaxed afterwards and it gave me what I need most right now—a relaxed mind'*

*'The Meta session I had 10 days ago I found to be extraordinarily gentle and non-invasive, yet powerful. I slept well every night for a week, which is unusual for me—very restoring!'*



*Patricia has used the technique for 12 years and is teaching since 2005. She is a member of an association that has practitioners in 16 countries. She finds it to be an economical and very empowering skill to share in challenging times. [www.kinect2health.com](http://www.kinect2health.com)*