

Integrated Energy Therapy

IET techniques target & release the stored emotional energy at the heart of chronic pain.



- **Emotional & Physical Pain Relief:** Targets & facilitates the release of stored emotion on a cellular level.
- **Light Touch Therapy:** Techniques involve acupressure applied to specific integration points located bilaterally along the spine.
- **Deep Relaxation & Stress Relief:** Produces a deep sense of peace, renewal & significant stress reduction.
- **Well-Known & Well-Established:** Originated in 1990's. Over 55,500 IET students in 75 countries worldwide.

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- Do you or your clients struggle with chronic tension connected to emotional stress?
- Have you tried massage or energy work techniques only to have pain patterns re-emerge?

Emotion related to traumas, prolonged anxiety, or difficult experiences is often not fully processed at the time of the event. The body miraculously stores the emotional memory of the event on a cellular level. Subsequent experiences can trigger that emotion to the surface of consciousness without ever fully releasing it. This negative feedback cycle creates repeating patterns of physical, emotional and mental distress. IET targets & releases the stored emotional energy at the heart of chronic pain.

<u>Basic Level:</u> \$225	<u>Intermediate Level:</u> \$275	<u>Advanced Level:</u> \$290
Rasa Spa, Ithaca, NY: Sunday, 11/3/19, 9:30-6 pm	Rasa Spa, Ithaca, NY: DATES TBA	Rasa Spa, Ithaca, NY: DATES TBA
<ul style="list-style-type: none"> ▪ The Basic Level IET attunement empowers you to clear cellular memory blocks. ▪ Introduction to the IET cellular memory map and integration power points. ▪ Learn techniques to target and release physical tension related to emotion that has been stored on a cellular level w/in the body. ▪ Training in Basic IET treatment for self and others. ▪ Detailed, illustrated manual. ▪ 8 NCBTMB CE Credits 	<ul style="list-style-type: none"> ▪ Intermediate IET attunement empowers you to clear the human energy field (HEF) of blockages. ▪ Introduction to the HEF structure. ▪ Learn the connection between emotional energy that has been stored w/in four levels of the HEF & physical pain patterns. ▪ Methods to identify, target and clear HEF blockage. ▪ Training in Intermediate IET treatment for self and others. ▪ Detailed, illustrated manual. ▪ 8 NCBTMB CE Credits 	<ul style="list-style-type: none"> ▪ Advanced IET attunement empowers you to target and release resistant and recurring patterns of stored tension. ▪ Address chronic patterns of upper body stress with three techniques involving the arms. ▪ Address chronic lower body tension with 3 techniques involving the legs. ▪ Learn 4 additional strategies which target and resolve pain and tension that has evaded previous approaches. ▪ Training in the Advanced IET treatment for self and others. ▪ Detailed, illustrated manual. ▪ 8 NCBTMB CE Credits



Sondra Hartmann, LMT
IET Master Instructor

REGISTRATION:

Online: www.rasaspa.com
Or Call: 607-273-1740

10% discount when registered by 10/3/19



Hallie Sawyers, LMT
IET Master Instructor