



Training Course in Capacitar Wellness Practices

Training in Norfolk 2020 / 21

Healing Ourselves, Healing Our World

Training Weekends 2020/21 Modules 1, 2, 4 held at
Mangreen Country House, Swardeston, Norwich
NR14 8DD and Module 3 at Ushaw College, Durham

MODULE 1:

March 7/8 2020 10am – 4.30pm

MODULE 2:

June 13/14 2020 10am – 4.30pm

MODULE 3:

September 12/13 2020 - residential Ushaw College

MODULE 4:

March 6/7 2021 10am – 4.30pm

Course fee of £525 includes a training manual, extensive
background material for each session as well as lunch
and hot drinks. For further details see leaflet or contact

Paul Golightly on
capacitaralbion@outlook.com



Capacitar means empowerment. It is training that draws from many cultures and wisdom traditions. It is simple yet profound and is literally at our finger tips to help us through the stresses and strains of everyday life. A balance of movement and stillness, the practices are done to music and in a quiet relaxed atmosphere.

All are easy to learn and provide a 'tool kit' to be used if troubled by stress or trauma. Tai Chi with visualisation, movements to stimulate the body's innate healing, Emotional Freedom Technique and a range of simple holds, Capacitar teaches us what we can do to find peace of mind. It is used in over 45 countries.

Taster sessions will be run at:

**St Mary's Church Rooms, Church Street,
Watton IP25 6DQ**

Saturday June 8th – 10am - 1pm

led by **Paul Golightly** and **Denise Treissman**

Book with capacitaralbion@outlook.com
or contact **Denise Treissman** on 07880856665