

Your Feng Shui Dance with Life
OR
How to Create an Oasis Amidst Chaos!

This course will give you your first easy steps to Feng Shui ... because life is meant to be easy! ;)

EASY STEP 1: The Qualities of Energy

- Getting to know one another
- What's Chi, and why Feng Shui?
- The Yin & Yang of Life
- Life Wheel and how to ride over the bumps
- Fun-work, to do at home!

EASY STEP 2: The Power of Releasing

- Checking out your Life Wheel
- Creating the dream
- Energy flows and emotional blows
- Releasing... aka De-cluttering
- Fun-work, to do at home!

EASY STEP 3: What's a Ba Gua????

- Introducing the Magic Grid
- Applying it to your home ... the easy way.
- Focus creates reality
- 10/10? Releasing, part 2
- Fun-work, to do at home!

EASY STEP 4: The 5 Elements Theory

- Another pretty useful diagram
- Interactions between the elements
- The importance of Chi flow in our homes
- Ba Gua placement, part 2
- Fun-work, to do at home!

EASY STEP 5: Creating the Oasis

- The Yin & Yang of Nature
- Optimising energy flow for balance and harmony
- The use of colour, textiles and lighting

- Moving home ... and more!
- More fun-work to do at home :)

EASY STEP 6: Living the Dream!

- Time to recap
- Your questions answered
- Moving on