

# A PERSONALISED APPROACH TO YOUR HEALTH



Trinity Health & Living  
All Natural Therapies (Fri & Sat only)  
61-63 Railway Street  
Corrimal NSW 2518  
Phone: 0438 642 965  
[www.trinityhealthandliving.com.au](http://www.trinityhealthandliving.com.au)



## INDIVIDUALISED HEALING SESSIONS

Each session will take a holistic approach and look at where you are at physically, emotionally, mentally and spiritually. Leave feeling calmer, refreshed, having a clearer mind and a better understanding of yourself and having a bit more of a spring in your step.

Unlike other healing modalities that may be based on using a certain formula, these sessions are completely driven by your own unique needs. No two sessions will ever be the same.

Some techniques that may be used during a session:

- Biodynamic craniosacral therapy
- Sound healing
- Crystal healing
- Energetic body upgrade
- Replenishment of the body's energy
- Removal of energetic blockages
- Cutting energetic cords
- Inner child healing
- Past life/karmic/ancestral healing
- Psychic surgery
- Soul retrieval
- Trauma resolution and integration

30, 60 and 90 min sessions available.



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