

Bio Energy Academy of Dublin



Setting up your healing space

Think about the logistics for the type of space you want to have for doing your Bio Energy sessions. How relaxing do you want to make it? Would you like to have music, candles (non-scented), what are the chairs like? Do you need cushions, pillows? Do you need to re-arrange furniture? How would you like the space to be if you were receiving a session? When we set up our healing space it is good to have practices in place which are part of your set up. This applies to both in-person and remote sessions.