

Introduction: Universal principles of the healing human body

Body, Vitality, Soul and Spirit in therapeutic practice

ABOUT THE SEMINAR

This 3 day online seminar offers a transformational shift in experiencing the healing human body. Together we take on a journey towards understanding the fundamentals of universal principles observable in the healing human body. The aim of this journey is to develop an understanding and dialogue of the interconnected principles at work in therapeutic practice.

In this approach we will learn, guided by clear principles, that the body itself is the best and safest physician that any individual could have. With incorporating this understanding, the body never malfunctions, rather the process of disease is an expression of the body either undergoing a healthy healing process or a build up of life forces that needs to be integrated with the body's rhythm again. By understanding and knowing about the universal principles we find a safe and transparent path on everybody's unique healing journey.

ABOUT ALIX

Alix Stokes has dedicated his career to osteopathy with the aim of understanding how the human body develops and evolves throughout life. After gaining international experience in New Zealand, Germany, and the UK, he realized his passion for teaching about the human sciences and osteopathy. His approach and understanding began to blossom when he undertook a diploma in anthroposophical medicine, which provided the building blocks to comprehend the interconnected rhythms of the body, its vitality, the emotional world, and the spiritual aspects of each individual. These dimensions, he discovered, connect us with the rhythms of nature and the cosmos. Applying these insights to his daily practice, Alix unveiled a new dimension of the healing process. He recognized that healing manifests through rhythm changes in both the physical and emotional body. Navigating this path was not without challenges, but Alix learned to trust the principles expressed through the healing body, believing in their potential to yield the best outcome for the individual. Witnessing the healing process come to resolution, he observed a complete shift in individuals' worldviews, as they developed a deeper connection to themselves and felt empowered to move forward on their life's path. As a pioneer in the field of inherent healing, Alix is eager to share these insights with the wider therapeutic community, not just for the benefit of individual practitioners, but for the advancement of therapy and the betterment of humanity, our planet, and our connection to the universe.

SEMINAR DATES

- Introduction: Universal principles of the healing human body (online) **22.03.2024 - 24.03.2024**
- Introduction: Universal principles of the healing human body (online) **19.07.2024 - 21.07.2024**
- Introduction: Universal principles of the healing human body (online) **15.11.2024 - 17.11.2024**
- Introduction: Universal principles of the healing human body (online) **14.03.2025 - 16.03.2025**

SEMINAR DETAILS

Format: 3 day online seminar via Zoom

Price for seminar: £ 220 (VAT incl.)

Maximum participants: 33

Certificate: Directed CPD with peer review **15 hours**

Enroll here: Mail to mail@alixstokes-osteopathy.com

Contact: Alix Stokes | mail@alixstokes-osteopathy.com | Phone: +44 7541 396881

MORE DETAILS ON OUR [WEBSITE](#) BELOW

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FRIDAY

4 - 4:45 pm - Welcome and introduction

5 - 5:45 pm - The healing process and the universal principles

6 - 6:45 pm - The dance of the 4 elements

6:45 - 7:30 pm - Supper break

7:30 - 8:15 pm - The dance of the 4 dimensions within the living human body

8:30 - 9:15 pm - Conversation + Q&A

SATURDAY

9 - 9:45 am - Echo from previous day + recap

10 - 10:45 am - The physical body

11 - 11:45 am - The life vitality

11:45 - 2 pm - Lunch break + walk

2 - 2:45 pm - The soul/emotional meteorology

3 - 3:45 pm - The life calling and biography of the individual

4 - 4:45 pm - Bring it all together 1: Case study and examples in practice

5 - 5:45 pm - Conversation + Q&A

SUNDAY

9 - 9:45 am - Echo from previous day + recap

10 - 10:45 am - Guidance in experiencing these 4 dimensions within ourselves

11 - 11:45 am - Bring it all together 2: Key take away + Q&A

12 - 12:45 pm - Moving forwards with the universal principles

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