

MEDASYN

WORKSHOP PROPOSAL

Inner Child
Guided Visualization



Finding Your Voice!

*Curious Retreat
Dripping Springs TX*

Removing the seed of doubt in order to pursue a desired future for ourselves

– Carrie Barnes



THE WORKSHOP

This powerful work leads the attendees to find truth and healing inside of themselves unwinding protective narratives created in early childhood.

There will be an open discussion on where and how we lost our voice followed by a brief education on how this modality works. The attendees will then be asked to relax on their mats and cover their eyes with sleep masks. They will then be led through a guided visualization leading to an inner child interaction. After this interaction attendees are led through a gratitude meditation in order to seal in the beautiful healing that has occurred . After a brief session of sharing attendees will finger paint to music to express their new emotions through art and movement

Session

Introduction/Outline of Events

How or where did we lose our voice? Open discussion

The science behind Inner Child

Guided Inner Child visualization

Gratitude Experience

Finger Painting

ABOUT MEDASYN

MedaSyn, meaning heal together, is a company founded on the pursuance of truth. The truth about ourselves, the truth about our past and the truth about our future. Using a multifaceted, multimodality, integrated approach we unwind narratives and hidden believes that limit our capacity to thrive. We identify the seeds of doubt, uproot the shame and nourish growth to ultimately allow for the unfolding of a desired future. This is where we lean into a new journey and a new believe system wired with truth, light, grace and beauty. Using energy, reiki, mediation, guided visualization, talk, art, design and music each path is carefully and intuitively designed to accommodate every clients needs and meets them where they are in order to expedite the truth seeking process.



Carrie Barnes

Owner/Founder

615-983-0344

carrieb92@gmail.com

Carrie Barnes is multi-passionate woman on fire to change lives and impact and transform the way we approach traditional ideas and methodologies. She is a corporate Vice President in Healthcare Informatics, Founder of DropCloth Box, and works as a professional stylist with focus on women in recovery. With a degree in Psychology and certifications in Usui Reiki and Meditation, Carrie has a passion for healing. With her unique approach, Carrie specializes in helping clients understand early childhood narratives that cause blockages in their adult lives and supports and connects them to solutions that set her clients on a path of self-awareness and power. Carrie also has a passion for helping women achieve their highest potential in business, especially when it comes to male-dominated industries. By leaning in to her Divine Feminine, Carrie is on a path to empower woman to embrace their own divine feminine, and feel what it is like to be confident in any situation.