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**AUSTRALIA**  
**6-day EA RETREAT**

(Phases 1, 2, 3)

at Manly Beach  
(near Sydney)

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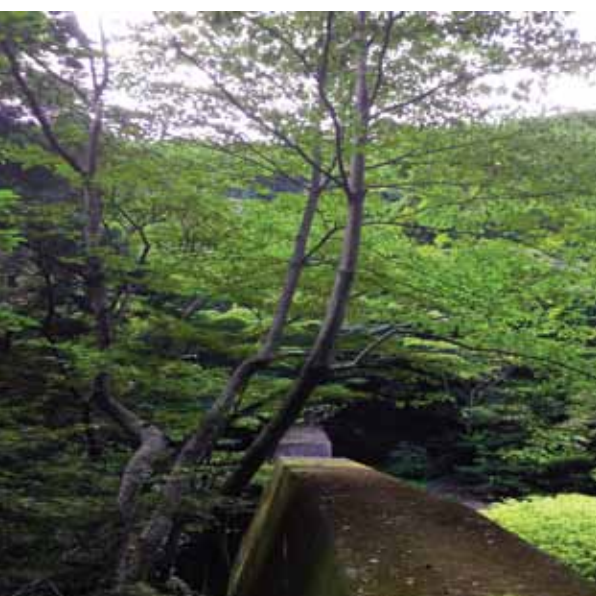


for healers, helpers *and everyone else*

Welcome to Energy ALIVE's first newsletter in 2016. Last year was an amazing year for Energy ALIVE. We had special "Labyrinth-building" and "Honoring the Feet with Healing Herbs" classes at the beginning of the year. In October, we held a Phase 3 Energy ALIVE healing retreat at a Buddhist temple in Izu, Japan.....with onsen (hot springs) and beautiful mountains. The participants -- each one of them -- did wonderful work on themselves and with each other. It was a true joy to be there. (see photos below)

The momentum continues for 2016, and on the next few pages, I hope you will take a peek at what is unfolding. There are activities in three countries and all will have professional Japanese interpretation if needed. Enjoy!

*Henri*



# Who needs ENERGY ALIVE?

Whether you have a modality you practice, a regular 8-to-5, or family you care for, finding time for yourself is important. No matter how much you love what you do, there are times when you need to stop and tune in to the signals your body gives you.

For example:

How often do you ignore your need to rest?

When was the last time you turned down that noontime client so that you could have lunch or go relax in the park?

At the end of the day, how do you feel? Pleasantly tired or drained?

Your answers speak volumes about how well you listen to your natural rhythms. Physical tension, mental fatigue, feeling stuck or pushed to the max are all signs that self care is being neglected. It's time to allow equilibrium back into your life.

**Here is where Energy ALIVE can help. It is designed to support your life as you live it. It can jump start your day, help you release stress, or focus you after lunch. It can also give you professional tools you can use to help others.**

**IN PHASE ONE** you will learn a series of awareness-building techniques that make it easy to tune in more powerfully to yourself and your body. Simple movements from internal martial arts and mime create an easygoing base on which to begin.

Then we introduce you to the Energy ALIVE touch techniques. Touch in EA is always feather-soft and yet strategically placed for maximum stress relief. Imagine being able to release tension from your eyes while sitting at your desk, using one fingertip.

**PHASE TWO** expands your awareness of organs and rhythms, working from outside in and inside out. You'll see how intentionality and breathwork allow you to ground more fully.

You'll also look at your emotions in new light, seeing their energetic roots and the wisdom they impart. This gives you new tools to handle the physical and emotional stressors in your life.

**PHASE THREE** takes those tools and understandings deeper, working with chakras and channels. Energy ALIVE uses a 15-chakra model that aligns you to your foundation and to your inspiration. Each chakra is explored, experienced and understood so that it is easy to see how individually and collectively they impact daily life.

Phase 3 also works with key transformational points on the body which allow us to let go of slow and stressful energies. All of this is done with only a featherlight touch.... or no touch at all.



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Energy  
**ALIVE**™ *in Hawaii*

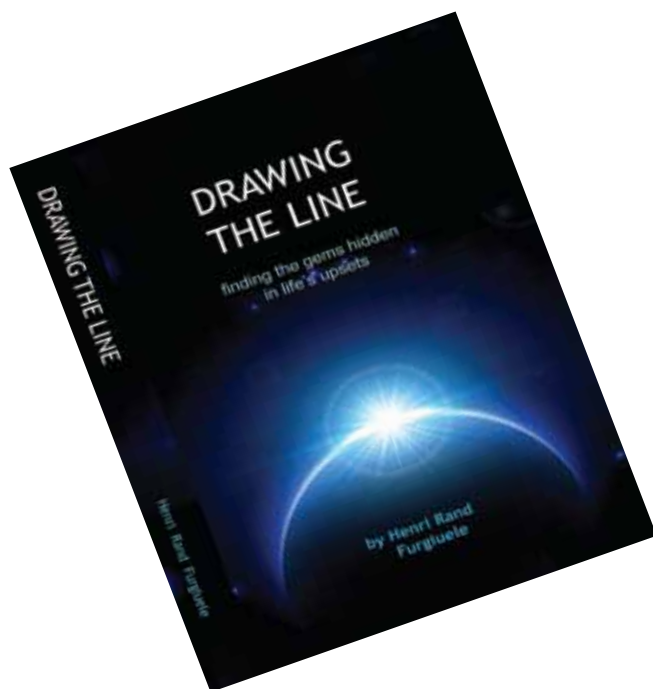
- EA classes (Phase 1, 2, 3 and 4)
- EA retreats - 1-day (or longer) personalized healing retreats with energy work, visits to power spots, and amazing healing trees
- EA private sessions by appointment

808-221-1431    [henri@energy-alive.com](mailto:henri@energy-alive.com)

## E-BOOK available

in ENGLISH or JAPANESE

TO ORDER: [henri@energy-alive.com](mailto:henri@energy-alive.com)



¥1500 or \$12.95

Ever wondered why you keep reliving old upsets?

Why you keep thinking about the past, even though you tell yourself to move on?

Why you find it so hard to forgive and forget?

There are REASONS why we react the way we do to life's upsets. **DRAWING THE LINE** helps us to identify what those reasons are.

**DRAWING THE LINE** is a 5-step process that brings clarity to upset, and redirects our attention to what matters most.

Hello everyone,

We are Energy Alive Colleagues (EAC) in JAPAN.

We came together for the purpose of Energy Alive promotion activity and to build relationships between EA students.

We hold practice meetings every month around Tokyo. Please visit our website and get more information about it. You're always welcome to join our practice meetings.

You can also get information about Energy Alive on our Facebook group page as below. <http://info-energy-alive.jimdo.com/>

<https://www.facebook.com/groups/394972880618437/>



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## ENERGY ALIVE in JAPAN

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## Feb. 6 EA Experience Tokyo

EAC's next taikenkai will be on Feb. 6 (Saturday) from 14:00 to 16:00.

PLACE: Art Forum Azamino (a 5 minute walk from Azamino Station of the Tokyo Denen Toshi Line.) See links above.

OPEN TO ALL

EAC  
thank you

A big aloha to all members of EA Colleagues for their help in organizing practice meetings, and ongoing support in general. For all that you do, THANK YOU!

Especially:  
Matsuda Toshifumi for guiding everyone....  
Suzuki Masami for all her help with emails, etc.  
Hidaka Yukiko for her interpretation  
Koga Michi for the EA group online updates .... and each one of you who are participating in the EA journey



## MARCH 19 and April 9

EA PHASE 1

March 19, 2016 10 am - 7 pm

April 9, 2016 10 am - 7 pm

(must attend both days for certificate)

TO REGISTER: please contact  
Synchronicity Japan, Inc.  
email: [sjevent@voice-inc.co.jp](mailto:sjevent@voice-inc.co.jp)  
phone: 03-5411-0530

## April 10, 2016

EA HEALING CIRCLE with HENRI  
organized by Synchronicity Japan.

Open to all EA students.  
Seating is limited, so please register early with SJ.

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at Manly Beach  
(near Sydney)

Practitioners shown left to right by row.

# EA CERTIFIED PRACTITIONERS

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Senior EA Practitioner / EA  
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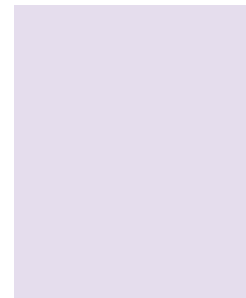
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## TOYAMA, Mana

Tokyo: [info@voice-of-spine.com](mailto:info@voice-of-spine.com)





arriving soon in the Washington, DC area

APRIL 28, 2016	EA Introductory Lecture and Demonstration	\$25 *	
APRIL 29-30	PHASE 1	\$500	} \$1350 if signing up for all three **
MAY 1 -2	PHASE 2	\$500	
MAY 6 - 7	PHASE 3	\$500	

\* The \$25 intro lecture fee is subtracted from your tuition if attending all three phases.  
 \*\* To lock in this special rate, you can either pay in full the tuition for all 3 phases BY APRIL 1, or make a \$500 non-refundable deposit at any time. The tuition balance is due one week before class begins. To register, contact Miriam Hunter (see below).



\$125 (includes supplies)

**HONORING THE FEET**  
 with  
*healing organic herbs*

with international speaker and founder of ENERGY ALIVE  
 Henri Rand Furgiuele

**THURSDAY, May 5, 2016**  
**1 to 5 pm (13:00 - 17:00)**

**WHERE:**  
**The Intuitive Wellness Center**  
 in Burke, VA

**CONTACT:**  
**Miriam Hunter, co-founder**  
 202-361-7321  
 miriamhunter@verizon.net



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# AUSTRALIA

## Manly Beach, NSW

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### Six-Day Practitioner Training Course

We're planning a PHASE 1, 2, and 3 Energy ALIVE retreat in beautiful Manly Beach, NSW. The smell of the ocean is in the air, and the tall evergreen trees that line the beach are just footsteps away. This is a beautiful area about an hour from Sydney. There are wonderful restaurants and shops nearby. It is a perfect place to hold an Energy ALIVE retreat.

**SEPTEMBER 15-22, 2016**

(classes Sept. 16-21, arrive 15th, leave 22nd)

We will have professional Japanese interpretation and all materials will be in English and Japanese. We will learn in a relaxed setting, and come away refreshed yet equipped with skills and practices for self and others. Henri will teach this course.

For more info: [henri@energy-alive.com](mailto:henri@energy-alive.com)