**In this video, I am diving into what I mean when I say ‘Inner Child’ as a healer.** There is a lot to know and understand when it comes to the inner child. Relating to your inner child is one of the most effective and powerful tools you have in healing your energetic wounds. I am explaining some of the ways that your inner children may try to communicate with you and how you can begin to connect with them.

**Here are the references I mentioned about the ACE (Adverse Childhood Experiences) Study.**

- A brief article that summarizes the ACE Study results and gives a sample ACE survey you can take.
- A wonderful book that explains the ACE Study and dives deep into explaining how childhood wounding can affect our health and life as an adult.

**I am running a one day retreat in Massachusetts where we will dive deep into connecting with our inner children.** We will practice gentle intentional movement to awaken our inner children who are ready to talk to us. We will work with sacred inquiries and energy healing to begin to tend to our inner child wounding. I hope you can join this beautiful soul retreat.

# CHAKRA BLISS SOUL RETREAT

**A Day Retreat**
**To Nurture Your Inner Child**

with Damla Aktekin

October 19, 9am to 4pm

@PositiveWorks- Amesbury Pilates

**Register at adropofom.com**

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