

# ■ Inner Child Healing – Heal, Nurture & Reconnect

## Course Overview

Inner Child Healing is a profound journey of emotional reconnection, designed to help you heal the wounded parts of your inner self that were formed in childhood. This course offers deep emotional release, forgiveness practices, and energetic alignment to bring harmony and freedom into your life. It helps you rediscover joy, confidence, and unconditional self-love through practical healing tools and guided meditations.

## Course Curriculum

- Understanding the concept of the Inner Child and its impact on adult life
- Identifying and healing emotional wounds and childhood traumas
- Techniques for forgiveness, acceptance, and emotional release
- Guided meditations and visualization practices for healing
- Reparenting and nurturing your Inner Child
- Integrating healed energies into your daily life
- Building healthy emotional boundaries and self-worth
- Tools for maintaining emotional balance and resilience

## What You'll Gain

- Deep emotional healing and self-acceptance
- Reconnection with your authentic self and inner joy
- Emotional freedom from past hurts and limiting beliefs
- Improved relationships through forgiveness and empathy
- Empowerment to create a loving and balanced life
- Tools to handle emotional triggers with calmness and awareness

## Who Should Join?

This course is for anyone seeking emotional healing, personal transformation, or deeper self-awareness. Ideal for individuals who have experienced emotional trauma, low self-esteem, inner conflict, or disconnection from joy and purpose. Also beneficial for coaches, therapists, and healers wanting to enhance their emotional healing toolkit.

## ■ Why Learn From Padma Pavani?

With 20 years of training and coaching experience and 15 years of dedicated spiritual practice, Padma Pavani brings unparalleled expertise to this sacred healing art. As a published author of "Redesign Your Life" and master practitioner in multiple healing modalities including Aura Reset, Chakra Balancing, Akashic Records Reading, and Ancestral Healing, she offers a uniquely comprehensive approach to Hawaiian Healing.

Her background in corporate training and life coaching ensures that you receive not just spiritual wisdom, but practical, applicable techniques that integrate seamlessly into modern life.

### ■ Ready to Begin Your Healing Journey?

Contact Padma Pavani

■ Email: [Your Email]

■ WhatsApp: [Your WhatsApp Number]

■ Website: [Your Website]

■ Facebook: [Your Facebook Page]

■ Instagram: [Your Instagram Handle]

Limited Seats Available! This intimate course is limited to 20 participants to ensure personalized attention and deep transformational work.

Next Batch Starts: [Date]

Registration Deadline: [Date]