



Palm of Healing Services

New Programs

Garden of Healing with Shantam



Healing You, Healing the Planet

Shantam and Stephen believe that individual healing has a profound effect on the planet we live on, a planet struggling to survive.

Two of their programs are particularly focused on this integration of personal and planetary ecology. How do we stand up for a respectful way of being on Earth, yet learn to convert emotions such as anger into energy, when change is slow or not happening the way we want it to. How do we not let it fester and eat away at our happiness?

The essence of who we are is love; whenever we express that essence we help to heal ourselves and the atmosphere around us. Vitality returns: to our bodies, to our communities, to the earth.

“Garden of Healing” with Shantam

Whether it's a journey into your own backyard, a park, a communal garden, the seashore or a day in the country, Shantam can guide you through a deep and delightful alignment with yourself and the nature around you.

This includes (but not limited to): sensitizing to the different plant life, walking and sitting meditations, ground play and more.

This program can vary from a few hours to a few days, depending on the client's wishes, and may include travel and accommodation costs.

Garden of Healing sessions can be designed for Individual and group workshop journeys.

Individualized session duration: 2 hour sessions

Individualized sessions: \$120.00

Contact us for group booking opportunities