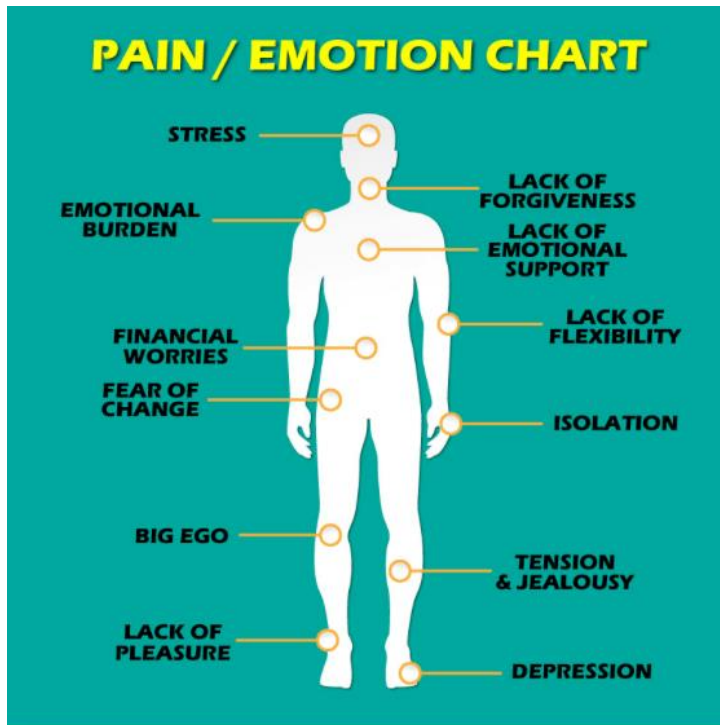


CONNECTING WITH YOUR BODY 101

It is easy to write off our aches and pain as aging or wear and tear. However, WHERE pain is located can be a sign of a message that's not being heard. Attend this session to learn what your body may be trying to tell you...



Sue McLaughlin
Holistic Practitioner
Somatic Coach

Inner Source Living, LLC
513-882-0451

sue@innersourceliving.com
www.innersourceliving.com

When: November 17th from 10 to 11:30 a.m.

Where: Inner Source Living, LLC
7864 Camargo Road
Madeira, OH 45243

Workshop outline

- Introduction to the meaning of specific areas within the body
- Mindful body scan technique you can do anywhere
- Brain Balancing Technique for self and family care
- An understanding of the benefits of Somatic Coaching
- Demonstrations of Mini Somatic Coaching sessions

Workshop Fee: \$20 if you register in advance via phone or email. Or, \$25 day of event.

Advanced payments can be made using paypal.me/SueAMcLaughlin