

SEVA

Stress Management

You Work to LIVE

Is your job becoming a nightmare?
Do you feel you need a technique to handle
your pressures?

To do so you just need to know about

- Self-understanding and recognition of our own habitual patterns
- Emotional impact on the physical body
- Stretching based on the five-element principle of Chinese medicine
- Breathing exercises for more focused stretches and increasing circulation
- Relaxation techniques
- Recognizing the stress and the related emotion
- Posture and alignment
- Visualization to stay focused
- Creating balance and healthy life style

and Bhavna Solecki, Intuitive healer, Shiatsu therapist, entrepreneur, free thinker and activist takes you on an **eight week** journey to overcome your troubles

Price: \$480

Date and content of the program may change with no prior notice

For registration info please contact us at

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www.innerevolutioncenter.com

