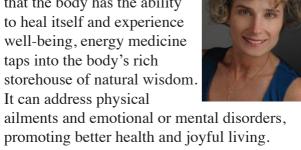
Join Energy Medicine **Practitioner**

Gatherine McLenaghan

for an energy medicine workshop designed to bring more vitality, joy, and

spirit into your life. Based on the understanding that the body has the ability



Some things you will learn at the workshop: • a daily energy routine that aligns and

- balances your energy system for optimal functioning
- four steps to lessen and eliminate pain. • an easy energy exercise for releasing toxic
- emotions • three simple ways to reduce stress and anxiety
- a healing technique you can use on family and friends to bring deep relaxation to the
- brain and nerves and release toxins • an energy exercise for improving memory function Catherine McLenaghan is a certified

Practitioner and an ACEP certified Energy Health Practitioner with a private practice in Ottawa.

Donna Eden Energy Medicine

The two-day, hands-on workshops will be held in Old Ottawa South April 10th-11th and April 24th-25th

Classes are limited to ten people Registration fee is \$160

For more information or to register, contact:

Catherine at The Wellspring Energy Studio 613-730-0411 or email catherine@energywellspring.com www.energywellspring.com