

Your Body Speaks Its Mind

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility

Unresolved emotional issues/needs, repressed emotions, karmic lessons, parental scripts: all these and more can help to trigger illness and injury and to prevent or slow healing. In this workshop, you'll learn how to use Interactive Imagery to actually talk with your body. You'll learn the messages behind your past or current illness/injury, plus what your body needs now to heal, or to prevent future health problems. And - you'll learn to create powerful, effective, and precise Imagery for healing.



Gail is a certified Interactive Imagery Therapist, Clinical Hypnotherapist, Psychotherapist and Massage Therapist. Gail has 35 years experience as a workshop leader and has just returned to the Mendocino Coast after 22 years. For more information, call 707.937.2271 or e-mail gail@telehealing.com or visit her website at www.telehealing.com

ONE-DAY WORKSHOP

SATURDAY, APRIL 14 ~ 9AM – 4:30PM

COST: \$75 ~ PRE-REGISTRATION REQUIRED



C.V. STARR COMMUNITY CENTER
300 S. LINCOLN ST. ~ FORT BRAGG, CA 95437
707-964-9446 / FAX: 707.964.1813
WWW.MENDOCOASTREC.ORG