

SUNDAY

FEBRUARY 22, 2009 1-3:30

12 STAGES OF HEALING



**TO SIGN UP CALL
DR. JAMIE NASH
508-394-9355**

**ALTERNATIVE HEALTHCARE ASSOCIATES
38 ROUTE 134, SUITE SOUTH DENNIS, MA**

BASED ON DR. DONALD EPSTEIN'S BOOK

The 12 stages of healing exercises are tools we can use to gain mastery over our lives. Each stage will help you integrate rhythms and parts of yourself. It is an amazing way to shift perceptions and connect with new energies. The types of choices and actions we make each day are a result of these perceptions. This workshop provides Somato Respiratory Integration exercises to put you in the drivers seat of your life. It is open to anyone interested in mastery of their relationships, their body and their life.

COST IS \$40.00