



Suzanne Scurlock

Healing From the Core

Full Body Presence: One-Day Overview

To thrive in today's demanding world, we need full access to our inner and outer resources. Just imagine how much more you could accomplish when you ...

... Have as much energy at the end of your day as you do at the beginning.

... Are so centered during your day that no matter what issues arise, you stay calm & centered.

... Feel more comfortable saying "yes" or "no" to everyday situations.



Attend a Full Body Presence Overview & learn effective skills to:

- **Maintain** strong, healthy boundaries.
- **Understand** the dynamics of your own energy patterns.
- **Nourish and rejuvenate** in healthy, live-giving ways.
- **Remain fully grounded** and present, even in extreme stress.

This course teaches how listening to the body's deep wisdom can help us to navigate our lives and enable us to discover our innate spirituality and develop our emotional intelligence. You will learn a step-by-step process of reclaiming and transforming the tight, numb, or pain places within so that you can feel your wholeness—the sense of aliveness that allows us to be in a state of grace, connected with our core. Using guided explorations, conscious intention and journaling, we will learn about our unique energy flows and how to create new energy habits that help heal internal blocks and open the way to grace and wholeness.

March 3, 2019

Wales, WI (near Milwaukee)

Presenter: Sandy Williams, LCSW, CST, LMT

Tuition: \$150

SAVE \$25 register by 2/1/19

Hours: 9:00 am - 4:30 pm

Registration @ 8:30 am

For Info or To Register contact:

Natalie Bledstein

natalieb@journeysot.com

262-409-5571

or

Sandy Williams

SLWilliams.cst@gmail.com

815-227-0127

Name (on credit card) _____

Credit Card Billing Address _____

Phone (h) _____

Phone (c) _____

Email _____

Credit Card Number _____

Expire Date _____

Security Code _____

Signature _____

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