



# Listen to your Body's Wisdom!

**Sept 1 & 30 - Free Public Talks**

Discover the unique body story underneath your health issues! **The BodyTalk System™** is a revolutionary health care approach to awaken your innate healing capacity. Join local instructor, Wendy Nelson for a free presentation to learn how the BodyTalk System can help you manage stress more effectively, facilitate physical and emotional healing, and enhance sports or academic performance. You will learn a one-minute technique to reduce stress and balance brain function, and watch a BodyTalk demonstration with a lucky volunteer from the audience! For more information, check [www.bodytalkcolorado.com](http://www.bodytalkcolorado.com).

<b>Wed</b>	<b>Sept 1</b>	<b>7pm – 8:30pm</b>	<b>BodyTalk Boulder</b>	<b>1460 Lee Hill Road, #7, Boulder</b>
<b>Thurs</b>	<b>Sept 30</b>	<b>6pm- 9pm</b>	<b>Boulder Inn</b>	<b>770 28<sup>th</sup> Street, Boulder</b>

**Wendy Nelson, MA, CMT, CBI** has been a student and teacher of Wisdom traditions for 30 years. She is a Certified BodyTalk Instructor, Asian Bodywork Practitioner, Certified Qigong Instructor, Certified Massage Therapist, and Somatic Psychotherapist. She teaches BodyTalk and Qigong to empower people to connect with their own innate healing capabilities. You can contact Wendy directly at (303) 335-0305 or [info@bodytalkcolorado.com](mailto:info@bodytalkcolorado.com).



## Fall Equinox Balancing Clinic on Sept 22

**Affordable Wellness Care - \$20 sessions!**

Come enjoy this opportunity to experience BodyTalk from gifted practitioners. Help your body, mind and spirit adjust and harmonize to the transitions of the fall season. Themes traditionally associated with the fall include our connection to spirit, inspiration, self worth, boundaries, balancing receiving with letting go, and grief. BodyTalk can help you move through transitions with ease!

If you have never experienced BodyTalk before, book your \$20 introductory 30 minute BodyTalk session today and enjoy better health and synchronization with seasonal rhythms. Appointments are required. To book an appointment, email [office@bodytalkcolorado.com](mailto:office@bodytalkcolorado.com) or call (720) 288-0211. For more information on participating practitioners pictured below, check the Practitioners page at [www.BodyTalkColorado.com](http://www.BodyTalkColorado.com).

<b>Wed</b>	<b>Sept 22</b>	<b>9am – 7pm</b>	<b>7 Bowls School</b>	<b>1460 Lee Hill Road #7, Boulder</b>
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