

BodyTalk ACCESS

HEALTH EMPOWERMENT

FOR LIFE



***Activate Your
Innate
Healing Potential!***

**Saturday, March 3
9AM – 5PM**

Caritas Spiritist Center
5723 Arapahoe Ave, Suite 1A
Boulder, CO 80303



Put your health back into your own hands.

**Instructor:
Wendy Nelson**



Wendy Nelson, MA, RMT, CBI has been a student and teacher of Wisdom traditions for 30 years. She is a Massage and Asian Bodywork Therapist, Somatic Psychotherapist, Integrative Certified Nutrition Therapist, Qigong Instructor, and Certified BodyTalk Instructor.

Pre-registration required:
\$125 before February 20; \$150 after February 20
Includes full color manual

On-line registration: www.BodyTalkColorado.com
For questions: office@bodytalkcolorado.com or 720-288-0211

BRAIN

- ✓ More clarity
- ✓ Increase relaxation
- ✓ Think with both sides of the brain

DE-STRESS

- ✓ Reset your nervous system
- ✓ Speed recovery
- ✓ Boost self-esteem

IMMUNE SYSTEM

- ✓ Strengthen your immune system
- ✓ Recover fast
- ✓ Decrease allergies

STRUCTURE

- ✓ Reduce pain
- ✓ Balance structure & posture
- ✓ Fast recovery from injury