

Healing Bodies / Healing Minds

Free Classes and Healing Clinic

Could you be Healthier? Happier? Wealthier?

Would you like develop the mental, physical and emotional states needed to accomplish your goals?

This complimentary series of classes taught by area teachers will incorporate multiple modalities including Neuro Linguistic Programming (NLP), Hypnosis, Bio Energetics exercises, Emotional Freedom Techniques (EFT), Reiki Healing, and Mindfulness Practices, all designed to support positive change in your life!

Where:

Location:

Dates:

Time:

Schedule:

Fee:

Vajra Yoga Center

(On the Web: VajraLounge.org)

1085 S. Virginia St., Reno, NV 89502 *(Above the Spy Shop)*

Six Friday Nights, Starting May 29th

June 5, 12, 19, 26, July 10 (No class July 3rd)

6 -8 p.m.

Class with Demonstration, 6-7pm

Healing Clinic with practical application, 7-8pm

Free - Optional donation appreciated to Vajra Yoga Center.

Meet Your Instructors:

Donna Hamilton

Marriage and Family Therapist (MFT), and NLP, Hypnotherapy Instructor, and EFT Practitioner

Bud James

Clinical Hypnotherapist, NLP Master Practitioner, Regression Therapist, and EFT Practitioner

Zelma Dick

Clinical Hypnotherapist, NLP Master Practitioner, Reiki Master, Angel Therapy Practitioner, Radical Forgiveness Practitioner, and EFT Practitioner

Lisa Sauls

Spiritual Wellness Teacher, Author, and Clairvoyant. Certified in Hypnotherapy, NLP, and Reiki

Please wear comfortable clothing and no contact lenses as these classes include movement and extended periods with your eyes closed.

For more information, email us: HealingBodiesHealingMinds@yahoo.com

Or visit us on the web at :

<http://health.groups.yahoo.com/group/HealingBodiesHealingMinds/>