



The Gentling Way

Self Care Retreat

BE GUIDED ON A JOURNEY OF SELF REALIZATION & HEALING

Brisbane

29 - 30th September, 2018 09:00 AM to 5:00 PM

**Highest Good For All - starting with self.
both counts ..
'Them' and 'Us' .
We are all the One.**



Heather Bruce is Transformative Energy Body Worker and the Founder of **The Gentling Way**. Over the last 40 years clinical and life experience have given Heather a vast sea of knowledge - where she now teaches and mentors those who seek her out into soul centered heartfelt hands – on beingness
www.heatherbrucehealing.com

During this retreat we will explore:

- R.I.C.E
 - R: Responsibilities as a healer and what that means
 - I: Intentions for your own health and future
 - C: Commitment to your life, practice, health...
 - E: Expectations: healing will trigger pockets of pain. How do you manage for yourselves and your clients?
- Blockages that are holding you back from living your best life
- Self care practices that you can utilize to shift your health
- Becoming a clear channel in order to be fully present for your clients
- Learn tools to heal your pains to assist yourself and others

Embark on this spiritual journey to open and bring forth your healing gifts into your life and practice.

This class is the gateway course to become a Gentling Way Practitioner and a prerequisite for **Living Ligaments I**

This course will teach you the practical movements to release ligaments, realign structural imbalances, heal diastasis, reposition visceral organs, untwists rotated pelvises, releases congested sacrum, and benefits all pain, gynecological, pelvic, digestion and lymphatic issues.

Investment: \$550 for Gentling Way Self Care Retreat

This includes: Self Care & Self Discovery Online Courses

EARLY BIRD \$475

SIGN UP HERE

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