

# JUMP START

## WORKSHOP

INFINITE BODY AWARENESS

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### DESIGN OF THIS WORKSHOP:

Are you ready for more meaningful personal relationships, inspired work, creative play, abundant finances, and overall well-being? Meet other like-minded individuals who are ready to learn to self-heal and transcend to the next level of awareness in 2018.

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### IN THIS WORKSHOP YOU WILL LEARN:

- Learn the history of the mind-body connection.
- Increase the awareness of your body's signals.
- Learn how to use the mind-body connection concepts to heal yourself.
- Explore the underlying mental, emotional component that inhibit your success.
- Learn body breath techniques that open your intuition.
- Understand how stress impacts your life and how to harness it to your advantage.
- Balance your life and establish healthy habits that sustains your well-being and harmony in life.
- Learn strategies to reframe life experiences.

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INVESTMENT IN  
SELF | \$ 99.00

- Saturday, January 13th from 3:00PM to 5:00 PM
  - All attendees are entered to win an online class.
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