

Refresh Your Life

Saturday, July 23rd, 8:30 - 4:00 pm



Daytona Books & Metaphysics
125 International Speedway Blvd.
Daytona Beach, FL 32114

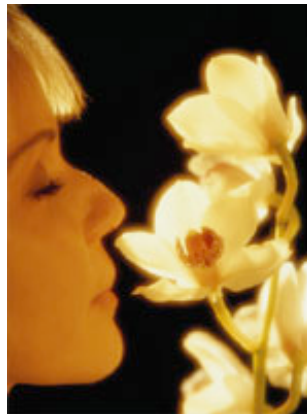
This 6 hour program is a retreat style class for all levels of interest. The class syllabus is both didactic and experiential to provide you with a day of Energy Renewal, a day for YOU.

- 8:30 Registration
- 9:00 Welcome
Pranayam/Yoga
Warrior Breath
Integrative Rest
(Yoga Nidra)
- noon: Break for lunch
- 1:00 Guided Relaxation
Qigong
Energy Balancing
Food Healing Techniques
- 4:00 Closing

The class provides 6 CEU's for Licensed Massage Therapists and Yoga Alliance Teachers.

Pre-registration and \$20 desposit required due to limited number of participants

WellConnected@me.com
Class fee is \$40



6 CEU's

FL Board of Massage
Provider #50-12519
NCBTMB #45414-10

Yoga Teachers
Yoga Alliance #53755.

Instructors are Ed Eisler and Suzanne DeWees

Both are licensed massage therapists and certified yoga instructors.

Ed is a Level 3 Instructor in Qigong ,Certified Fitness Trainer (ACE), and a Certified Food Based Healing Instructor.
EislerTherapeutics.com 386 214 6465

Suzanne has been awarded her PhD in Integral Health. She is an SCSCMA Certified Healer and a Kripalu Yoga Mentor.
SuzanneDeWees.com 386 747 0574

Together, they bring you years of experience in teaching health & wellness and providing energy renewal to individuals and groups.