

Angel's Serenity

Holistic Health Day

July 12, 2008

Therapeutic Massage with Sandy Draus - \$15

10am – 2pm

Sandy is a licensed Therapeutic Massage Therapist. Therapeutic Massage is used for the reduction of stress and pain and has been shown to boost the immune system. Since most diseases are exacerbated by stress, massage can help you become and stay healthier.

Therapeutic Massage can help with stress reduction, anxiety, relaxation, muscle aches, muscle pain, sleep problems, depression, immune system function and sports conditioning.

Angel Messages with Lisa – \$15

10am – noon

Lisa is a Certified Angel Healer®, trained by Charles Virtue and certified by Doreen Virtue, Ph.D. in spiritual counseling and healing techniques. These techniques involve calling upon your angels, as well as the archangels, ascended masters and other spiritual beings. Receive guidance, messages and healings from the archangels.

Mini Life Coach Sessions with Christine Brogan - \$15

Noon – 2pm

Christine has been studying metaphysics for 15 years, is a certified Comprehensive Life Coach and a licensed Life Success Consultant. She has acquired many techniques to help YOU balance your life and assist in processing through the 'rough spots'. Life coaching is about shifting perspectives. Gift yourself the opportunity to see things a new way.

Heart of Joy Healing for Body, Mind & Spirit with Terri Love – \$20

Noon - 2pm

Terri works with Ascended Master Sanat Kumara, allowing Him to zero in on those issues that need healing within. You will ask one question that you know in your Heart needs to be resolved/healed/balanced, and Terri becomes the Sacred Channel for Master Sanat to bring clarity, and JOY for your journey. 20 minutes.

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Spinal Exam & Consult with Dr. Carol Reed – free

2pm – 4pm

Dr. Carol is a Holistic Care Chiropractor and acupuncture specialist. She treats her patients using the Triangle of Life: Body, Mind and Spirit. She is offering a free spinal exam, spinal image and consult.

Chakra Analysis with Edwin – \$20

2pm – 4pm

Every organ, gland and body system is connected to a chakra and each chakra connects to a colour frequency. There are a total of seven main chakra centers that are aligned along the spinal column. If there are disturbances on any level, this shows in our chakras and generally will affect various parts of the body which are linked to its correlating chakra centre.

Aura Analysis with Ali – \$40

2pm – 4pm

Part of our electromagnetic energy field—aura—is a projection of the vibratory rates emitted or received by our body. The aura is also part of our personality. It displays thoughts and emotions on a conscious and unconscious level, showing the energies of not only our physical condition but also our psychological condition.