

CREATE THE LIFE YOU WANT

“Knowing yourself is the beginning of all wisdom” -Aristotle
Connect Heart Head Body towards Coherence

Join Chew-Nyet Lee and Keet Neville, Master Therapeutic Counsellors in mind-body medicine, as they introduce you to science-based approaches along with ancient practices in this self-discovery series. Applying neuroplasticity, nervous system regulation and drawing from their own experiences, they will guide you in learning and practicing together:



- Experiential exercises to help discover unconscious obstacles that could be blocking you from a fulfilling life.
- The Hakomi method to aid in understanding your habits;
- Heart Math tools to help develop Heart Brain coherence and emotional regulation;
- Meditation as medicine for the mind-body-spirit;
- Movement as a way to access Homeostasis and your unique wisdom.

Schedule: **Tuesday evenings** from 6:30pm-8:00 pm. at Connect Health.

Dates: **Fall 7-Series:** November 7th, November 14th, November 21th, November 28th, December 5th, January 9th, January 16th.

Participants: Maximum of 16, minimum of 8.

EARLY BIRD RATE- Sign-up before November 1st: \$199 + GST

REGULAR RATE- Sign-up after November 1st: \$299 + GST

TO REGISTER: Email us at cs@connecthealthcare.ca or call 604.733.4400 to complete your registration.