

ELYSIA

WELLNESS RETREAT

HUNTER VALLEY

FACE AND BODY INTERPRETATIONS

Join specialist practitioner, Linda during this 50 minute wellness session available for a limited time only.

Your body is your vehicle which takes you through life. In reading your body's form, it shows your attitudes in life and how you have experienced life to date. By becoming aware of how your body communicates to you and how this reflects in your face and form, you gain great insights into how change can be integrated.

This consult will provide you with some practical awareness on how you can improve communication by learning to read how "habitual thoughts and emotions" become part of the human form. Linda will demonstrate how this information is available to read and how it can create more effective communication and to deepen your understanding of the differences between people's perspective.

As a registered Teacher of the Psychosomatic Therapy College, Linda facilitates training and workshops within Australia and internationally, helping others to find that special "magic" which resides within all of us. She feels privileged to share her passion for this ancient practice and facilitation of deeper awareness and connection to all.

\$160 FOR A 50 MINUTE SESSION

For more information or to book call 1300 991 254.