

Massage and Bodywork Professionals: Self Care for Health, Longevity, and a Successful Practice

As a bodyworker, you take care of others. One of the best ways to care for others more fully is to learn how to care for yourself.

In this class you will:

- Learn which foods will sustain you during a long day, and enhance & support your energy, health, and mental clarity.
- Practice ways of being that ground your energy and support your well-being and that of your clients.
- Experience practices and exercises that support your physical and energetic well-being and prevent injury and burn out.
- Discover tailored movement and breathing exercise that support your healing & reduce stress.

Topics discussed include: diet/nutrition, strengthening exercises, meditation, breathing, stretching, grounding, sourcing, stress management, boundaries, and injury prevention.

Date: June 26, 2011

Time: 9am — 6pm

Location: Studio Evolve

3333 Wallingford Ave. N.
Suite B ~ Seattle, WA



Class Instructor: Jenelle Strine, LMP, NTP ~ Lifestyle & Wellness Coach

To register or for more information call 206-290-4774 or visit:

www.vibranthorizons.com