

ARE YOU READY FOR:

RELIEF FROM NECK, BACK, OR SHOULDER PAIN?

MORE ENERGY?

MORE HAPPINESS!?

RE NEWED SENSE OF SELF?

ALIGN!

more than just your spine

BALANCE!

The body spirit, mind

MULTI-LEVEL CORE STABILITY

“Up-right” on your wellness path

STACEY QUADE

COTAL, Certified Healing Touch Practitioner,
and Practicing Herbalist

and

JOSEPH QUADE, MPT

Integrative Physical Therapist

Four opportunities available

Sunday Jan. 22 or Sunday Mar. 18 from 1-5 pm

Monday Jan. 23 or Monday Mar. 19 from 5-9 pm

\$50 Seminar only

\$40 individual treatment session at special seminar participant price

ENERGY FOR LIFE CONNECTION & GREAT LAKE THERAPIES

507 N. BLACKMAN AVENUE DULUTH, MN 55811

Participants will:

Demonstrate knowledge of postural alignment and core stability

Demonstrate knowledge of the Universal Energy Field

Demonstrate knowledge of his/her own energy system and how it is connected to the core stability of their physical body.

Recognize predominant postural and energetic patterns

Learn effective safe exercises to strengthen and balance the core; on physical, mental, emotional and spiritual levels

Learn about various herbs/foods and supplements that can help heal imbalances in body tissues.

Have option to sign up to receive an individual treatment session. *at a reduced rate*

Individual sessions will be scheduled following the seminar

TO REGISTER: CALL 218-591-2104, EMAIL squade@clearwire.net Space is limited. Sign up early to guarantee a spot!

Registration must be received by 2weeks prior to the scheduled class date.

