

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/supplements and habits that can help heal imbalances in body tissues.

Have option to sign up to receive an individual treatment session

at a reduced rate

Manual therapy, Energy work or Herbal Consult

SEMINAR FORMAT:

SIGN IN AND INTRODUCTIONS

POSTURAL STABILITY AND PHYSICAL CORE ALIGNMENT

Lecture and Hands on practice

BREAK

ENERGETIC BODY AND ALIGNING THE CORE

Lecture and Hands on practice

SUPPORTIVE HERBAL AND NUTRITIONAL OPTIONS

Lecture

CLOSING QUESTIONS

Space is limited.

Sign up early to guarantee a spot.

Individual sessions will be scheduled following the lecture.

*** Schedule within one month of the class to receive the reduced rate of only 40 dollars.**

SIGN ME UP!

REGISTRATION for MULTI LEVEL

CORE STABILITY

DATE Jan 22 ___ Jan23 ___

Mar18 ___ Mar 19 ___

NAME _____

ADDRESS _____

PHONE _____

EMAIL _____

PAID ___ lecture only/ 50 dollars

___ individual session/40 dollars

Make check payable to: Stacey Quade

Send to:

ENERGY FOR LIFE CONNECTION

507 N BLACKMAN AVENUE, DULUTH MN 55811

www.energyforlifeconnection.com

Stacey Quade 218-591-2104

Registration for the seminar must be received 2 weeks prior to course date.

ARE YOU READY FOR:
RELIEF OF SHOULDER PAIN?
MORE ENERGY? MORE HAPPINESS!?
RE NEWED SENSE OF SELF?

ALIGN!

more than just your spine

BALANCE!

the body, spirit, and mind

MULTI-LEVEL CORE STABILITY

“Up-right” on your wellness path

STACEY QUADE

COTA/L, Certified Healing Touch
Practitioner, Practicing Herbalist
and

JOSEPH QUADE, MAPT
Integrative Physical Therapist

Four opportunities available

Sunday Jan.22, 2012 1-5 pm

Monday Jan.23, 2012 5-9 pm

Sunday Mar.18, 2012 1-5 pm

Monday Mar.19, 2012 5-9 pm

**ENERGY FOR LIFE CONNECTION
& GREAT LAKE THERAPIES
507 BLACKMAN AVENUE
DULUTH, MN. 55811**